

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



### Week Commencing: 22nd June 2026

To book a drop in session, please login to your HSV account and click make a booking → book a class → performance gym → select session → book

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	
Mon 22/06			AFEX Camp 08:00-09:00			Perf Sport / HTAP / TASS 11:00-12:00		TGC 13:00- 13:45		Adult HTAP 14:30-15:30		Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00			
Tue 23/06			S&C Level 3 Workshop 09:15-15:45 Perf Sport / HTAP / TASS 12:00-13:00									Hatfield Swim 17:00-18:00	HTAP / TASS 18:00-19:30					
Wed 24/06			Msc Assessments 09:00-16:30									Pre HTAP 17:15-18:15	Herts Golf 1 18:15-19:15	Herts Golf 2 19:15-20:15	HTAP / TASS 20:15-21:15			
Thu 25/06		Adult HTAP 07:30-08:30	AFEX Camp 09:00-10:00		Perf Sport / HTAP / TASS 11:00-12:00	Pilates (Studio 1) 12.15-13.05						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15			
Fri 26/06					Perf Sport / HTAP / TASS 11:00-12:00		AFEX Camp 13:00-14:00		Adult HTAP 14:30-15:30		HTAP / TASS 16:30-17:30	Spd & Agility 17:30- 18:00						
Sat 27/06	Closed																	
Sun 28/06	Closed																	