

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 16th March 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 16/03						Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00			Adult HTAP 14:30-15:30		UH Netball 16:00-17:00	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 17/03		UH Netball II 7:00-7:30	Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00		TGC 13:00-13:45				Hatfield Swim 17:00-18:00	Watford FC 18:00-19:00	HTAP / TASS 19:00-20:00				
Wed 18/03						Msc Practical 10:30-12:00	Perf Sport / HTAP / TASS 12:00-13:00	Msc Practical 13:00-14:30	Adult HTAP 14:30-15:30			Pre HTAP 17:15-18:15	Herts Golf 1 18:15-19:15	Herts Golf 1 19:15-20:15	HTAP / TASS 20:15-21:15			
Thu 19/03		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00 Pilates (Studio 1) 12.15-13.05	Perf Physio & Rehab 13:00-14:00				UH American Football 2 16:00-17:00	Hatfield Swim 17:00-18:00		Mavs Next Gen 18:30-19:30	HTAP / TASS 19:30-20:15	Hatfield Swim 20:15-21:15	
Fri 20/03		UH Men's Futsal 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30		HTAP / TASS 16:30-17:30	Spd & Agility 17:30-18:00		Herts Cricket 19:00-20:00			
Sat 21/03				Warm Up Workshop 09:00-11:00			Plyometric, Speed and Agility Workshop 11:30-14:30											
Sun 22/03																		



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"Overpower. Overtake. Overcome." – Serena Williams