

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)



Week Commencing: 30th 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 30/03 | | | | | | 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 31/03 | | UH Netball II 7:00-7:30 | Adult HTAP 07:30-08:30 | | | Perf Sport / HTAP / TASS 10:00-11:00 | | | | | | Hatfield Swim 17:00-18:00 | Watford FC 18:00-19:00 | HTAP / TASS 19:00-20:00 | | | |
| Wed 01/04 | | | | | | Perf Sport / HTAP / TASS 11:00-12:00 | | | | Adult HTAP 14:30-15:30 | | Pre HTAP 17:15-18:15 | | | | HTAP / TASS 20:15-21:15 | |
| Thu 02/04 | | | 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 | | | | 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 03/04 | Good Friday | | | | | | | | | | | | | | | | |
| Sat 04/04 | | | | | | | | | | | | | | | | | |
| Sun 05/04 | | | | | | | | | | | | | | | | | |



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"I don't count my situps. I only start counting once it starts hurting." – Muhammad Ali