

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 4th May 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 04/05	May Bank		May Bank		May Bank		MAVS NSL 12:00-13:00	Holiday			Holiday		Closed					
Tue 05/05	Adult HTAP 07:30-08:30					Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00				
Wed 06/05						Perf Sport / HTAP / TASS 11:00-12:00		Staff Training 14:00- 14:30	Adult HTAP 14:30-15:30			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 07/05	Adult HTAP 07:30-08:30		MSc Practical Assessments 09:00-13:30 Pilates (Studio 1) 12:15-13:05					MAVS NSL 13:30-14:30	Msc Practical Assessments 14:30-17:00			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 08/05	UH Men's Futsal 07:30-08:30		MSc Practical Assessments 09:00-13:30					Perf Sport / HTAP / TASS 13:30-14:30	Adult HTAP 14:30-15:30			HTAP / TASS 16:30-17:30	Spd & Agility 17:30- 18:00	Closed				
Sat 09/05	Closed																	
Sun 10/05	Closed																	