

= Closed

= Private Booking

= Available

= PH Members Unsupervised  
Access (Waiver required)



### Week Commencing: 11th 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 11/05						Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00	TGC 13:00-13:45		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 12/05		Adult HTAP 07:30-08:30		S&C Level 1 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 13/05									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 14/05		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					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 15/05						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					
Sat 16/05	Closed																
Sun 17/05	Closed																