

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



PERFORMANCE
HERTS

Week Commencing: 18th 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 18/05						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 19/05		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00	HTAP / TASS 18:00-19:30				
Wed 20/05						Perf Sport / HTAP / TASS 12:00-13:00			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 21/05		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00					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 22/05						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 23/05	Closed																
Sun 24/05	Closed																



PerformanceHertfordshire



PerformHerts



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"I believe in the impossible because no one else does." – Florence Griffith Joyner