

= Closed

= Private Booking

= Available

= PH Members Unsupervised  
Access (Waiver required)



Week Commencing: 25th 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 25/05	May Bank		May Bank		May Bank		MAVS NSL 12:00-13:00	Holiday				Holiday					
Tue 26/05	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 27/05						Perf Sport / HTAP / TASS 11:00-12:00	MREP 13:00-16:00						HTAP / TASS 19:00-20:00				
Thu 28/05							MAVS NSL 12:00-13:00	Perf Sport / HTAP / TASS 13:30-14:30				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 29/05				UH Netball Testing 10:00-11:00	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 30/05	Closed																
Sun 31/05	Closed																



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"Your body can stand almost anything. It's your mind that you have to convince." – Andrew Murphy