

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)



Week Commencing: 8th June 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 08/06						Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00		Adult HTAP 14:30-15:30			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 09/06		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 10/06						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30			Pre HTAP 17:15-18:15	Herts Golf 1 18:15-19:15 Breathwork Workshop 18:30-19:30	Herts Golf 2 19:15-20:15	HTAP / TASS 20:15-21:15		
Thu 11/06		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		HTAP / TASS 19:30-20:15	Hatfield Swim 20:15-21:15		
Fri 12/06						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 13/06	Closed																
Sun 14/06	Closed																



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"Strength does not come from winning. Your struggles develop your strengths." – Arnold Schwarzenegger