= Closed	= Private Booking	= Available	= PH Members Unsupervised Access (Waiver required)

Week Commencing: 14th Sept 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

PERFORMANCE HERTS

Time / Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 14/09					UH Netball Testing 09:00-12:00				Adult HTAP 14:30-15:30				Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00		
Tue 15/09		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 16/09						Perf Sport / HTAP / TASS 11:00-12:00			MSc Gym Induction 14:00-15:00			HTAP / TASS 17:00-18:00	Herts Golf 1 18:00-19:00	Herts Golf 2 19:00-20:00	HTAP / TASS 20:00-21:00		
Thu 17/09		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00					UH Basketball 16:00-17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Fri 18/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30		Spd & Agility 16:30-17:00	HTAP / TASS 17:00-18:00					
Sat 19/09																	
Sun 20/09																	

PerformanceHertfordshire PerformHerts PerformanceHerts

"Train hard, turn up, run your best and the rest will take care of itself." – Usain Bolt