

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

Week Commencing: 28th 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 28/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30		UH Netball 16:00-17:00		Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00		
Tue 29/09		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 30/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30			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 01/10		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00		Physio Triage 13:00-14:00			UH Basketball 15:30-17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Fri 02/10		UH Futsal 07:30-08:30		UH W.Football/Futsal 10:00-11:00		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		Herts Cricket 19:00-20:00		
Sat 03/10																	
Sun 04/10																	

PerformanceHertfordshire

PerformHerts

PerformanceHerts

"Without self-discipline, success is impossible, period." – Lou Holtz