

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance

herts

Building Better Athletes

Week Commencing: 6th May 2024

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 06/05	Bank Holiday (HSV open 08:00-16:00)																
Tue 07/05					Perf Sport / HTAP / TASS 11:00-12:00	This Girl Can Lift 12:00-12:45						Hatfield Swim 17:00-18:00	Arsenal WFC 18:00-19:00	HTAP / TASS 19:00-20:00		Hatfield Swim 20:15-21:15	
Wed 08/05					Perf Sport / HTAP / TASS 11:00-12:00				England Squash 14:15-15:45					Herts Golf 18:15-19:15	Herts Golf 19:15-20:15	HTAP / TASS 20:15-21:15	
Thu 09/05					Perf Sport / HTAP / TASS 11:00-12:00	Performance Pilates 12:10-13:00						Hatfield Swim 17:00-18:00	Arsenal WFC 18:00-19:00	HTAP / TASS 19:00-20:00		Arsenal WFC 20:00-21:00	
Fri 10/05					Perf Sport / HTAP / TASS 11:00-12:00			Arsenal WFC U16's 13:30-14:30	England Squash 14:30-15:30	Arsenal WFC U21's 15:30-16:30	HTAP / TASS 16:30-17:45		Perf Sport 18:00-19:00				
Sat 11/05																	
Sun 12/05																	



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"Don't sit down and wait for the opportunities to come. Get up and make them." — Madam C.J. Walker