

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 16th December 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 16/12						Perf Sport / HTAP / TASS 11:00-12:00				England Squash 14:30-15:30		UH Netball 16:00-17:00 Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00 Arsenal WFC Academy 19:00-20:00	Arsenal WFC Academy 19:00-20:00 HTAP / TASS 20:00-21:00			
Tue 17/12						Perf Sport / HTAP / TASS 11:00-12:00					UH American Football 1 16:00 - 17:00	Hatfield Swim 17:00-18:00	Arsenal WFC Academy 18:00-19:00	HTAP / TASS 19:00-20:00	Arsenal WFC Academy 20:00-21:00		
Wed 18/12						Perf Sport / HTAP / TASS 11:00-12:00				England Squash 15:00-16:00			Herts Golf 1 18:15-19:15 Herts Golf 2 19:15-20:15		HTAP / TASS 20:15-21:15		
Thu 19/12						Perf Sport / HTAP / TASS 11:00-12:00	Performance Pilates 12:05-12:55	Performance Physio & Rehab 13:00-14:00			UH American Football 2 16:00 - 17:00	Hatfield Swim 17:00-18:00	UH Mens Basketball 18:00-19:00	HTAP / TASS 19:00-20:00		Hatfield Swim 20:15-21:15	
Fri 20/12	UH Mens Futsal 6:30-7:30	UH Womens Football 7:30-8:30				Perf Sport / HTAP / TASS 11:00-12:00				England Squash 14:30-15:30		HTAP / TASS Christmas Party 16:30-17:30					
Sat 21/12	Closed																
Sun 22/12	Closed																



"Don't be afraid of failure. This is the way to succeed." – LeBron James