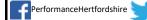
performance PH Members Unsupervised = Closed = Private Booking = Available Access (Waiver required) Week Commencing: 16th December 2024 Building Better Athletes To book a drop in session, please login to your HSV account and click make a booking  $\rightarrow$  book a class  $\rightarrow$  performance gym  $\rightarrow$  select session → book Time 6 7 8 2 5 6 7 8 9 10 11 12 1 3 4 Date Perf Sport / Mon Regional Golf Squash Academy 16/12 Tue Swim Academy Academy 17/12 16:00 - 17:00 17:00-18:00 Wed Herts Golf 1 Herts Golf 2 HTAP / TAS 18:15-19:15 | 19:15-20:15 | 20:15-21:15 18/12 Thu Physio & Swim Basketball Swim 19/12 Rehab 19:00-20:00 .6:00 - 17:00 17:00-18:00 UH Women Fri utsal 6:30 20/12 7:30-8:30 Sat 21/12 Sun 22/12







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

9

10