

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 30th 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 30/12	Closed	Closed	Available	Available	Available	Perf Sport / HTAP / TASS 11:00-12:00	Available	Available	England Squash 14:30-15:30	Available	Available	Hatfield Swim 17:00-18:00	HTAP / TASS Regional Golf 18:00-19:00				
Tue 31/12	Closed	Closed	Available	Available	Perf Sport / HTAP / TASS 11:00-12:00	Available	Available				Available	Available					
Wed 01/01																	
Thu 02/01	Closed	Available	Available	Available	Available	Perf Sport / HTAP / TASS 11:00-12:00	Available	Performance Physio & Rehab 13:00-14:00	Available	Available	Available	Hatfield Swim 17:00-18:00	Available	HTAP / TASS 19:00-20:00	Available	Hatfield Swim 20:15-21:15	Available
Fri 03/01	Closed	Available	Available	Available	Available	Perf Sport / HTAP / TASS 11:00-12:00	Available	Available	England Squash 14:30-15:30	Arsenal WFC U21's 15:30-16:30	Perf Sport / HTAP / TASS 16:30-17:30	Available					
Sat 04/01	Closed		Closed			Arsenal WFC Academy U21's 11:15-12:15	Closed										
Sun 05/01	Closed																



"Your body can stand almost anything. It's your mind that you have to convince." - Andrew Murphy