

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance
herts

Building Better Athletes

Week Commencing: 29th July 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 29/07	Available	Available	Available	Private Booking Everyday Athlete Club 09:30-10:30	Available	Private Booking Perf Sport / HTAP / TASS 11:00-12:00	Private Booking This Girl Can 12:00-12:45	Available	Private Booking England Squash 14:15-15:45	Available	Available	Private Booking UH Netball 17:00-18:00	Private Booking Regional Golf 18:00-19:00	Private Booking HTAP / TASS 19:00-20:00	Available	Available	Available
Tue 30/07	Available	Available	Available	Available	Available	Private Booking Perf Sport / HTAP / TASS 11:00-12:00	Available	Available	Available	Available	Available	Private Booking Arsenal WFC 17:00-18:00	Available	Private Booking HTAP / TASS 19:00-20:00	Private Booking Arsenal WFC 20:00-21:00	Available	Available
Wed 31/07	Available	Available	Available	Available	Available	Private Booking Perf Sport / HTAP / TASS 11:00-12:00	Available	Available	Private Booking England Squash 14:15-15:45	Available	Available	Available	Available	Private Booking HTAP / TASS 19:00-20:00	Available	Available	Available
Thu 01/08	Available	Available	Available	Available	Available	Private Booking Perf Sport / HTAP / TASS 11:00-12:00	Available	Available	Available	Available	Available	Available	Private Booking HTAP / TASS 18:00-19:00	Available	Available	Available	Available
Fri 02/08	Available	Available	Available	Available	Available	Private Booking Perf Sport / HTAP / TASS 11:00-12:00	Available	Private Booking Arsenal WFC U16's 13:30-14:30	Private Booking England Squash 14:30-15:30	Private Booking Arsenal WFC U21's 15:30-16:30	Private Booking HTAP / TASS 16:30-17:45	Available	Available	Available	Available	Available	Available
Sat 03/08	Available	Available	Available	Available	Available	Private Booking AWFC U21's 11:15-12:15	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Sun 04/08	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available