

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)

performance
herts

Building Better Athletes

Week Commencing: 5th August 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 05/08				Everyday Athlete Club 09:30-10:30		Perf Sport / HTAP / TASS 11:00-12:00	This Girl Can 12:00 12:45		England Squash 14:15-15:45				Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00				
Tue 06/08						Perf Sport / HTAP / TASS 11:00-12:00						AWFC 17:00- 18:00		HTAP / TASS 19:00-20:00	AWFC 20:00- 21:00			
Wed 07/08						Perf Sport / HTAP / TASS 11:00-12:00			England Squash 14:15-15:45					HTAP / TASS 19:00-20:00				
Thu 08/08						Perf Sport / HTAP / TASS 11:00-12:00							HTAP / TASS 18:00-19:00					
Fri 09/08						Perf Sport / HTAP / TASS 11:00-12:00			AWFC U16's 13:30-14:30	E.Squash 14:30-15:30	AWFC U21's 15:30-16:30	HTAP / TASS 16:30-17:45						
Sat 10/08						AWFC U21's 11:15-12:15												
Sun 11/08																		



PerformanceHertfordshire



PerformHerts



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*“Every champion was once a contender that refused to give up.” — Rocky
Balboa*