

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 20th May 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 20/05				Everyday Athlete Club 09:30-10:30		Perf Sport / HTAP / TASS 11:00-12:00	This Girl Can Lift 12:00-12:45	MSc Practical 12:45-16:00 England Squash 14:15-15:45 (Main Gym)				Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00		HTAP / TASS 20:00-21:00			
Tue 21/05						Perf Sport / HTAP / TASS 11:00-12:00	MSc Practical 12:00-16:00				Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15				
Wed 22/05						Perf Sport / HTAP / TASS 11:00-12:00				England Squash 14:15-15:45			Herts Golf 18:15-19:15	Herts Golf 19:15-20:15	HTAP / TASS 20:15-21:15			
Thu 23/05						Perf Sport / HTAP / TASS 11:00-12:00	Performance Pilates 12:10-13:00					Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00				
Fri 24/05						Perf Sport / HTAP / TASS 11:00-12:00				England Squash 14:30-15:30		HTAP / TASS 16:30-17:45	Perf Sport 18:00-19:00					
Sat 25/05																		
Sun 26/05																		



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"To begin, begin." — Peter Nivio Zarlenga (Author)