

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)



Week Commencing: 13th 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 13/05 | | | | Everyday Athlete Club 09:30-10:30 | | Perf Sport / HTAP / TASS 11:00-12:00 | This Girl Can Lift 12:00-12:45 | | England Squash 14:15-15:45 | | | Hatfield Swim 17:00-18:00 | Regional Golf 18:00-19:00 | | HTAP / TASS 20:00-21:00 | | |
| Tue 14/05 | | | | | | Perf Sport / HTAP / TASS 11:00-12:00 | | | | | | Hatfield Swim 17:00-18:00 | | HTAP / TASS 19:00-20:00 | Hatfield Swim 20:15-21:15 | | |
| Wed 15/05 | | | | | | 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 16/05 | | | | | | 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 17/05 | | | | | | 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 18/05 | | | | | | | | | | | | | | | | | |
| Sun 19/05 | | | | | | | | | | | | | | | | | |



PerformanceHertfordshire



PerformHerts



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