

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 27th 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 27/05	Bank Holiday (HSV open 08:00-16:00)																
Tue 28/05	Private	Private	Private	Private	Private	Perf Sport / HTAP / TASS 11:00-12:00	This Girl Can 12:00-12:45	Private	Private	Private	Private	Hatfield Swim 17:00-18:00	Private	HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15	Private	Private
Wed 29/05	Private	Private	Private	Private	Private	Perf Sport / HTAP / TASS 11:00-12:00	Private	Private	England Squash 14:15-15:45	Private	Private	Private	Private	Private	HTAP / TASS 20:15-21:15	Private	Private
Thu 30/05	Private	Private	Private	Private	Private	Perf Sport / HTAP / TASS 11:00-12:00	Private	Private	Private	Private	Private	Hatfield Swim 17:00-18:00	Plyometrics Workshop 18:15-21:15 (HTAP / TASS 20:15-21:15)				Private
Fri 31/05	Private	Private	Private	Private	Private	Perf Sport / HTAP / TASS 11:00-12:00	Private	Private	England Squash 14:30-15:30	Private	HTAP / TASS 16:30-17:45	Perf Sport 18:00-19:00	Private				
Sat 01/06	Bank Holiday																
Sun 02/06	Bank Holiday																



PerformanceHertfordshire



PerformHerts



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"Nobody who ever gave their best regretted it." — George Halas