

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)

performance
herts
Building Better Athletes

Week Commencing: 21st April 2025

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 21/04	Easter Monday																
Tue 22/04		Adult HTAP 07:30-08:30				Perf Sport / ALL HTAP / TASS 11:00- 12:00					UH Mens Futsal 16:00-17:00	Hatfield Swim 17:00-18:00	Arsenal WFC Academy 18:00-19:00	ALL HTAP / TASS 19:00- 20:00	Arsenal WFC Academy 20:00-21:00		
Wed 23/04						Perf Sport / ALL HTAP / TASS 11:00- 12:00				England Squash 14:30-15:30			Herts Golf 1 18:15-19:15	Herts Golf 2 19:15-20:15	Youth HTAP / TASS 20:15- 21:15		
Thu 24/04		Adult HTAP 07:30-08:30				Perf Sport / ALL HTAP / TASS 11:00- 12:00					UH American Football 2 16:00 - 17:00	Hatfield Swim 17:00-18:00		ALL HTAP / TASS 19:00- 20:00		Hatfield Swim 20:15-21:15	
Fri 25/04						Perf Sport / ALL HTAP / TASS 11:00- 12:00			Arsenal WFC U16's 13:30-14:30	England Squash 14:30-15:30	Arsenal WFC U21's 15:30-16:30	Youth HTAP / TASS 16:30-17:30	Speed & Agility 17:30- 18:00				
Sat 26/04				S&C Level 2 Workshop 09:00-16:30 Arsenal WFC U21's 11:15-12:15													
Sun 27/04																	



PerformanceHertfordshire



PerformHerts



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"Without self-discipline, success is impossible, period." – Lou Holtz