





= Closed	= Private Booking	= Available	= PH Members Unsupervised Access (Waiver required)	 <p>performance</p> <h1>herts</h1> <p>Building Better Athletes</p>														
Week Commencing: 28th 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 28/04							Perf Sport / ALL HTAP / TASS 11:00-12:00			England Squash 14:30-15:30		UH Netball 16:00-17:00	Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	Arsenal WFC Academy 19:00-20:00	Youth HTAP / TASS 20:00-21:00		
Tue 29/04		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 30/04						MSc Practical 10:30-12:00	Perf Sport / ALL HTAP / TASS 12:00-13:00	MSc Practical 13:00-14:30	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 01/05		Adult HTAP 07:30-08:30					Perf Sport / ALL HTAP / TASS 11:00-12:00	Performance Pilates 12:05-12:55				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 02/05						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 03/05						Arsenal WFC U21's 11:15-12:15												
Sun 04/05																		

 PerformanceHertfordshire
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"I really think a champion is defined not by their wins, but how they recover when they fall." – Serena Williams