

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 3rd March 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 03/03						Perf Sport / ALL HTAP / TASS 11:00-12:00	Active Staff - This Girl can Lift 12:00-12:45			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 04/03		Adult HTAP 07:30-08:30				Perf Sport / ALL HTAP / TASS 11:00-12:00	Active Staff - This Girl can Lift 12:00-12:45				UH American Football 1 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 05/03						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 06/03		Adult HTAP 07:30-08:30				Perf Sport / ALL HTAP / TASS 11:00-12:00	Performance Pilates 12:05-12:55	Performance Physio & Rehab 13:00-14:00				UH American Football 2 16:00 - 17:00	Hatfield Swim 17:00-18:00	UH Mens Basketball 18:00-19:00	ALL HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15	
Fri 07/03	UH Mens Futsal 6:30-7:30	UH Womens Football 7:30-8:30				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		Herts Cricket 19:00-20:00		
Sat 08/03						Arsenal WFC U21's 11:15-12:15											
Sun 09/03																	



PerformanceHertfordshire



PerformHerts



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"Most people never run far enough on their first wind to find out they've got a second." –William James