

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 20th January 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 20/01						Perf Sport / 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	HTAP / TASS 20:00-21:00		
Tue 21/01			Strength & Conditioning Level 1 Workshop 9:00-16:30 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	HTAP / TASS 19:00-20:00	Arsenal WFC Academy 20:00-21:00		
Wed 22/01					MSc Practical 10:30-12:00	Perf Sport / 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	HTAP / TASS 20:15-21:15		
Thu 23/01					Perf Sport / 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	HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Fri 24/01	UH Mens Futsal 6:30-7:30	UH Womens Football 7:30-8:30				Perf Sport / 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	HTAP / TASS 16:30-17:30	Speed & Agility 17:30-18:00	Perf Sport / Adult HTAP 18:00-19:00	Herts Cricket 19:00-20:00			
Sat 25/01						Arsenal WFC U21's 11:15-12:15											
Sun 26/01																	