

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 7th 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 07/04				:30		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		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 08/04		Adult HTAP 07:30-08:30	Strength & Conditioning Level 1 Workshop 09:00-16:30 Active Staff - This Girl Can 12:00-12:45									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 09/04						Perf Sport / ALL HTAP / TASS 11:00-12:00				England Squash 14:30-15:30					Youth HTAP / TASS 20:15-21:15		
Thu 10/04		Adult HTAP 07:30-08:30				Perf Sport / ALL HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		ALL HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Fri 11/04						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							
Sat 12/04							Arsenal WFC U21's 11:15-12:15										
Sun 13/04																	



PerformanceHertfordshire



PerformHerts



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"Train hard, turn up, run your best and the rest will take care of itself." – Usain Bolt