= Closed	= Private Booking	= Available	= PH Members Unsupervised Access (Waiver required)

Week Commencing: 23rd Nov 2026

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

PERFORMANCE HERTS

Time / Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 23/11						Perf Sport / HTAP / TASS 11:00-12:00	Mavs 12:00-13:00	TGC 13:00-13:45	Adult HTAP 14:30-15:30		UH Netball 16:00-17:00		Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00		
Tue 24/11			Adult HTAP 08:00-09:00	BSc Practical 09:00-13:00							UH Am Football 16:00-17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 25/11						MSc Practical 10:30-12:00	Perf Sport / HTAP / TASS 12:00-13:00	MSc Practical 13:00-14:00	Adult HTAP 14:30-15:30			HTAP / TASS 17:00-18:00	Herts Golf 1 18:00-19:00	Herts Golf 2 19:00-20:00	HTAP / TASS 20:00-21:00		
Thu 26/11			Adult HTAP 07:30-08:30	BSc Practical 09:00-13:00 Perf Pilates (Studio 1) 12:15-13:05				Perf Sport / HTAP / TASS Physio Triage 13:00-14:00			UH Basketball 16:00-17:00	Hatfield Swim 17:00-18:00	Mavs NGen / NSL 18:00-19:00	HTAP / TASS 19:00-20:00			
Fri 27/11			UH Futsal 07:30-08:30	UH W.Football/ Futsal 09:00-10:00		Perf Sport / HTAP / TASS 11:00-12:00	Active Staff - Weightlifting 12:00-12:45		Adult HTAP 14:30-15:30		Spd & Agility 16:30-17:00	HTAP / TASS 17:00-18:00		Herts Cricket 19:00-20:00			
Sat 28/11																	
Sun 29/11																	

PerformanceHertfordshire PerformHerts PerformanceHerts

"What makes something special is not just what you have to gain, but what you feel there is to lose."
–Andre Agassi