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

Week Commencing: 5th Oct 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 05/10						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 06/10		Adult HTAP 07:30-08:30		Mavs 09:00-10:00		Perf Sport / HTAP / TASS 11:00-12:00					UH Am Football 16:00-17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 07/10						MSc Practicals 10:30-12:00	Perf Sport / HTAP / TASS 12:00-13:00	MSc Practicals 13:00-14:30	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 08/10		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00		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 09/10		UH Futsal 07:30-08:30		UH W.Football/ Futsal 10:00-11:00		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 10/10																	
Sun 11/10																	

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