

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 13th May 2024

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 13/05				Everyday Athlete Club 09:30-10:30		Perf Sport / HTAP / TASS 11:00-12:00	This Girl Can Lift 12:00-12:45		England Squash 14:15-15:45			Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00		HTAP / TASS 20:00-21:00		
Tue 14/05						Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Wed 15/05						Perf Sport / HTAP / TASS 11:00-12:00			England Squash 14:15-15:45				Herts Golf 18:15-19:15	Herts Golf 19:15-20:15	HTAP / TASS 20:15-21:15		
Thu 16/05						Perf Sport / HTAP / TASS 11:00-12:00	Performance Pilates 12:10-13:00					Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Fri 17/05						Perf Sport / HTAP / TASS 11:00-12:00			England Squash 14:30-15:30			HTAP / TASS 16:30-17:45	Perf Sport 18:00-19:00				
Sat 18/05																	
Sun 19/05																	



"All progress takes place outside the comfort zone." — Michael John Bobak