

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 15th April 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 15/04				Everyday Athlete Club 09:30-10:30		Perf sport / HTAP / TASS 11:00-12:00	This Girl Can 12:00-12:45		England Squash 14:15-15:45			Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	Everyday Athlete Club 19:00-20:00	HTAP / TASS 20:00-21:00		
Tue 16/04						Perf sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00	Arsenal WFC 18:00-19:00	Everyday Athlete Club / HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Wed 17/04				Everyday Athlete Club 09:30-10:30		Perf sport / HTAP / TASS 11:00-12:00			England Squash 14:15-15:45			Everyday Athlete Club 17:15-18:15	Herts Golf 18:15-19:15	Herts Golf 19:15-20:15	HTAP / TASS 20:15-21:15		
Thu 18/04						Perf sport / HTAP / TASS 11:00-12:00	Perf Pilates 12:10-13:00					Hatfield Swim 17:00-18:00	Arsenal WFC 18:00-19:00	Everyday Athlete Club / HTAP / TASS 19:00-20:00	Arsenal WFC 20:00-21:00		
Fri 19/04			UH Futsal 08:30-09:30	Everyday Athlete Club 09:30-10:30		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 16:30-17:45		Everyday Athlete Club 18:00-19:00				
Sat 20/04						Arsenal WFC U21's 11:15-12:15											
Sun 21/04																	



“Physical fitness can neither be achieved by wishful thinking nor outright purchase.” — Joseph Pilates