

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)



Week Commencing: 6th 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 06/05 | Bank Holiday (HSV open 08:00-16:00) | | | | | | | | | | | | | | | | |
| Tue 07/05 | | | | | | Perf sport / HTAP / TASS 11:00-12:00 | | This Girl Can 13:00-13:45 | | | | | 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 08/05 | | | 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 09/05 | | | | | | Perf sport / HTAP / TASS 11:00-12:00 | Perf Pilates 12:00-13:00 | | | | | | 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 10/05 | | | 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 11/05 | Bank Holiday | | | | | | | | | | | | | | | | |
| Sun 12/05 | Bank Holiday | | | | | | | | | | | | | | | | |



“Don't sit down and wait for the opportunities to come. Get up and make them.” — Madam C.J. Walker