How to add a conditional column from another table.

The hours table below shows hours booked by date. There is also a period column here, but this is based on calendar month and we do not use this, actually we have a custom period definition called PMR Period Name. See picture at bottom

This is a separate table that shows the custom period definition. So any hour transaction falling between 29th Jan 2018 and 25th Feb 2018 belongs to PMR Period Name 201802 for example.

I want to be able to return a table with my hours grouped by PMR period Name, so am assuming the best way would be to add a conditional column in the hours table which checks if Date is >= and <= the Start and Stop date in the Period definition table, but am not sure how to go about this, advice would be appreciated.