

Pay As You Go

Activity	Standard	Concession	Budget
Racquet Sports per Person	£5.30	£2.65	£0.50
Fitness Class	£5.80	£2.90	£0.50
Gym Induction	£9.20	£4.60	£0.50
Gym Session	£6.60	£3.30	£0.50
Active Kids Coaching		£2.90	£0.50
Changing & Shower only	£2.70	£1.35	£0.50

Venue Prices

Area	Standard	Concession
Full Sports Hall	£43.90	£21.95
Full Sports Hall (non sporting)	£36.80	£18.40
2 Courts	£29.30	£14.60
1 Court	£14.60	£7.30
Youth Room	£15.40	£7.70
Birthday Party Bouncy castle/ Soft Play/Nerf Wars	£83.70	

Leisure Centre Opening Times

Weekdays Mon-Fri	7.30am—10.00pm
Weekends	9.00am—1.00pm

Happy Hour

Happy Hour	Access for all £1.00
Happy Hour Tuesday	7.30am-8.30am
Happy Hour Wednesdays	8.30pm—9.30pm
Happy Hour Sunday	12.00pm—1.00pm

All-Inclusive Prices

Membership	Annual Payment	Monthly Direct Debit
Family	£360.00	£30.00
Individual	£240.00	£20.00



Badenoch Leisure Centre 4th January— 1st April 2018

Activity Programme and Information

Online booking for fitness classes - coming soon!

Don't miss out – Sign up now to book online!

As an all-inclusive High Life member you can book your favourite classes online up to 7 days in advance.

Make sure we have your email address up to date in order to receive booking details



Contact us: Badenoch Centre, Spey Street, Kingussie, PH21 1EH

Phone: 01540 662 485

Email: badenoch.centre@highlifehighland.com

Web: www.highlifehighland.com

Programme may be subject to change. Find us on Facebook for the latest



Pre-School Activities

Bookings commence 8th January, activities
commence 15th January 2018

Day	Activity	Time	Age group	What's it all about?
Thursday	Mini Kickers	10.15-10.45am	Accompanied 3 - 5 years	Fun soccer skills and drills for pre-school
Thursday	Bookbugs	11.00-11.30am	U5's	Share songs, stories and rhymes in Library.
Friday	Mini Shinty	1.30-2.10pm	4yrs — P1	Learn basic stick skills whilst having fun.

Primary Activities



HLH Consent form required at
time of booking.

Day	Activity	Time	Age group	What's it all about?
Monday	Multi-Sports	4.00-4.45pm	P1-7	Mix of different sports and equipment
Tuesday	Football	4.00-4.45pm	P1-3	Skills , Drills and Games
	Football	4.45-5.30pm	P4-7	Skills , Drills and Games
Wednesday	Fit Kids	4.00-4.45pm	P1-7	Fitness Based fun, obstacles and fun relays
Thursday	Chatterbooks	3.45-4.15pm	P4-7	Library Activity
	Racket Sports	3.45-4.30pm	P4-7	Racket Skills, drills and games
Friday	Mini Shinty	1.30-2.10pm	4yrs—P1	Learn basic stick skills whilst having fun.
	ABC	3.30-4.15pm	P1-3	Ability, Co-ordination, Balance
	ABC	4.15-5.00pm	P1-3	Ability, Co-ordination, Balance
	ABC	5.00-6.00pm	P4-7	Ability, Co-ordination, Balance

Teen Activities

Day	Activity	Time	Age group	What's it all about?
Thursday	Teen Workout	4.30-5.15pm	S1-6	Fun fitness for teenagers



Adult Classes

*weekly pre booking advised

Day	Class	Time	Duration	Instructor
Monday	Sculpt & Stretch	10:00 am	55 mins	Marina
	*Yoga	12.00pm	60 mins	Judy
	*Chair Based Yoga	1.30pm	60 mins	Judy
	Metafit	6.00 pm	30 mins	Finlay
	Box Fit	6.30 pm	45 mins	Bob
	*Indoor Cycling	7.15 pm	45 mins	Finlay
Tuesday	Easy Line	9.30 am	30 mins	Shannon
<i>New</i>	Legs, Bums & Tums	12.45 pm	30 mins	Josh
	OTAGO	1.30 pm	45 mins	Josh
	*Pilates	3.00 pm	60 mins	Marina
	X-Train	6.00 pm	45 mins	Josh
	*Indoor Cycling	7.00pm	45 mins	Josh
Wednesday	Arke	7.30 am	30 mins	Finlay
	Fit Plus	10.15am	45 mins	Finlay
	Pure Tone	6.00 pm	60 mins	Marina
	Power Pilates	7.15 pm	45 mins	Marina
Thursday	Body Blast	9.15 am	30 mins	Finlay
	OTAGO	1.15 pm	45 mins	Ally
	FatBurn Extreme	5.30 pm	30 mins	Ally
	*Circuit-Spin	6.00 pm	60 mins	Ally
Friday	Metafit	7.30am	30 mins	Instructor
Saturday	Metafit	9.15am	30 mins	Instructor
Sunday	*Indoor Cycling	9.15am	30 mins	Instructor

All-Inclusive Prices

Membership	Annual Payment	Monthly Direct
Family	£360.00	£30.00
Individual	£240.00	£20.00

