

## Pay As You Go

Activity	Standard	Concession	Budget
Racquet Sports per Person	£5.60	£2.80	£0.50
Fitness Class	£6.10	£3.05	£0.50
Gym Induction	£9.70	£4.85	£0.50
Gym Session	£7.00	£3.50	£0.50
Active Kids Coaching		£2.80	£0.50
Changing & Shower only	£2.90	£1.45	£0.50

## Venue Prices

Area	Standard	Concession
Full Sports Hall	£46.10	£23.05
Full Sports Hall (non sporting)	£38.70	£19.35
1 Court	£15.33	£7.66
2 Court	£30.76	£15.38
Youth Room	£16.20	£8.10
Birthday Party Bouncy castle/ Soft Play/Nerf Wars	£87.90	

## 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



'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



**Badenoch Leisure Centre 2nd April —15th April 2018**

## Activity Programme and Information



## Easter Holiday Opening Hours

Friday 30th March	CLOSED
Saturday 31st March	09.00am-13.00pm
Sunday 01st April	09.00am-13.00pm
Monday 02nd April	09.00am-13.00pm

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

Phone: 01540 662 485

Email: [badenoch.centre@highlifehighland.com](mailto:badenoch.centre@highlifehighland.com)

Web: [www.highlifehighland.com](http://www.highlifehighland.com)

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



## Easter Kid's Activities

HLH Consent form required at  
time of booking.



## Week 1 & 2 Children's Activities

Day	Activity	Time	Age	What's it all about?
Tuesday	Bouncy Castle & Soft Play	11.00-12.00pm	U 5's	Drop in to bounce and play.
Wednesday	Easter Fun & Games	2.00-3.30pm	P1-7	Drop in and have some Easter fun with a variety of different sports & games
Thursday	Easter Arts & crafts	2.00-3.30pm	P1-7	Time to get creative with an Easter twist on it

## Next terms Activities

Booking for next term commences Monday 16th April.  
Activities start the following week 23rd April.



## Easter Weekend Adult Fitness Classes

Day	Class	Time	Duration
Saturday	Metafit	09:15	30 minutes
Sunday	Spinning	09:15	30 minutes
Easter Monday	Circuits	09:15	30 minutes
Easter Monday	Yoga	11:00	60 minutes



## Adult Classes

\*weekly pre booking advised

Day	Class	Time	Duration	Instructor
<b>Monday</b>	Sculpt & Stretch	10:00 am	55 mins	Marina
	Yoga	11.00 am	60 mins	Judy
	*Yoga	12.00pm	60 mins	Judy
	*Chair Based Yoga	1.30pm	60 mins	Judy
<b>Tuesday</b>	Metafit	6.00 pm	30 mins	Finlay
	Box Fit	6.30 pm	45 mins	Bob
	*Indoor Cycling	7.15 pm	45 mins	Finlay
	Easy Line	9.30 am	30 mins	Shannon
	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
	Arke	7.30 am	30 mins	Finlay
<b>Wednesday</b>	Fit Plus	10.15am	45 mins	Finlay
	Pure Tone	6.00 pm	60 mins	Marina
	Power Pilates	7.15 pm	45 mins	Marina
	Body Blast	9.15 am	30 mins	Finlay
	OTAGO	1.15 pm	45 mins	Ally
<b>Thursday</b>	FatBurn Extreme	5.30 pm	30 mins	Ally
	*Circuit-Spin	6.00 pm	60 mins	Ally
	Metafit	7.30am	30 mins	Instructor
<b>Friday</b>	Metafit	9.15am	30 mins	Instructor
<b>Saturday</b>	Metafit	9.15am	30 mins	Instructor
<b>Sunday</b>	*Indoor Cycling	9.15am	30 mins	Instructor

## All-Inclusive Prices

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

