

Pay As You Go

Activity	Standard	Concession	Budget
Racquet Sports per Person	£5.60	£2.80	£0.50
Fitness Class	£6.10	£3.10	£0.50
Gym Induction	£9.70	£4.90	£0.50
Gym Session	£7.00	£3.50	£0.50
Changing & Shower only	£2.90	£1.50	£0.50

Venue Prices Per Hour

Area	Standard	Concession
Full Sports Hall	£46.10	£23.05
Full Sports Hall (non sporting)	£38.70	£19.35
2 Courts	£30.76	£15.38
1 Court	£15.33	£7.66
Youth Room	£16.20	£8.10
Birthday Party Bouncy castle/ Soft Play/Nerf Wars	£88.80	

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-7th April 2019

Activity Programme and Information



Online booking for fitness classes

As an all-inclusive High Life member you can book your favourite classes

online up to 7 days in advance.

Visit : <https://www.highlifehighland.com/badenoch-centre>

**Personal Training
Availability. Please ask at
reception for more
information**



**BOOK ONLINE
TODAY!**

Contact us: Badenoch Centre, Spey Street, Kingussie, PH21 1EH
Phone: 01349781250

Email: badenoch.centre@highlifehighland.com

Web: www.highlifehighland.com



Booking commences 7th January, Activities commence 14th January

Pre-School Activities

Day	Activity	Time	Age group	What's it all about?
Thursday	Bookbugs	10.45-11.15am	Accompanied 0-5 years	Share songs, stories and rhymes
Thursday	Duplo	11.15-11.45am	Accompanied 0-5 years	great way to kick off a child's building career.
Thursday	Soft Play (4th Jan-7th Feb)	10:00-10:30am	Accompanied 0-5 years	Crawl climb and build with soft play
Friday	Mini Tumble Tots	2.30-3.00pm	Accompanied 3 -5 years	Learn balance, co-ordination and skills through games and obstacles
Friday	Lego and Duplo	2:30-4:30pm	0Yrs-P7 Under 8s Accompanied	great way to kick off a child's building career.

Primary Activities

Day	Activity	Time	Age group	What's it all about?
Monday	Multi Sports	4.00-4.45pm	P1-7	Mix of different spots and equipment
Tuesday	Racket Sports	4.00-4.45pm	P1-7	Racket skills, drill and games
Wednesday	Football	4.00-4.45pm	P1-7	Skills , Drills and Games
	Football	4.45-5.30pm	P4-7	Skills, Drills and Games
Thursday	Fit Kids	4.00-4.45pm	P1-7	Fitness Based fun, obstacles and fun relays
Friday	ABC	3.30-4.15pm	P1-3	Ability, Co-ordination, Balance
	ABC	4.15-5.00pm	P4-7	Ability, Co-ordination, Balance
	Gymnastics Development	5.00-6.00pm	P1-7	Development of Gymnastics skills and confidence

Adult Classes

*weekly pre booking advised

Day	Class	Time	Duration	Instructor
Monday	Metafit	7.30 am	30 mins	Marina
	Sculpt & Stretch	10:00 am	55 mins	Marina
	Yoga	11.00pm	60 mins	Judy
	Yoga	12.00pm	60 mins	Judy
	Chair Based Yoga	1.30pm	60 mins	Judy
	Metafit	6.00 pm	30 mins	Finlay
	Indoor Cycling	6.45 pm	30 mins	Finlay
	Box Fit	6.30 pm	45 mins	Bob
Tuesday	Easy line	YOU TIME 09.30 am	30 mins	Finlay
	OTAGO	YOU TIME 1.30 pm	45 mins	Josh
	Barbell Workout	6.00 pm	45 mins	Phil
	Indoor Cycling	7.00pm	45 mins	Phil
	Adult Gymnastics (4th Feb-25th Feb)	8.00pm	60mins	Shannon/ Jack
Wednesday	Arke	07.30am	30 mins	Instructor
	Fit Plus	YOU TIME 11.00am	45 mins	Finlay
	Ski-Fit	6.00 pm	45 mins	Jack
	Stretch and Flex	7.00pm	30 mins	Rory
Thursday	Body Blast	9.15 am	30 mins	Finlay
	Fit Plus Gym (7th Feb-7th March)	YOU TIME 10:00	45 mins	Finlay
	OTAGO	YOU TIME 1.15 pm	45 mins	Instructor
	Pilates	3.00pm	60 mins	Marina
	Metafit	6.00 pm	30 mins	Instructor
	Circuit Spin	6.30pm	60 mins	Marina
Friday	Metafit	7.30am	30 mins	Finlay
	Fit Plus	YOU TIME 12.00pm	45 mins	Finlay
Saturday	Metafit	9.15am	30 mins	Instructor
Sunday	*Indoor Cycling	9.15am	30 mins	Instructor

Customer Information

Programme may be subject to change.

For up to date info like us on Facebook



****Adult Gymnastics – 4 week programme** Supplement your usual fitness routine with **basic skills and abilities**

****Fit Plus Gym– Older adults** Introduction to gym with Instructor Guidance.