

Pay As You Go

Activity	Standard	Concession	Budget
Racquet Sports per Person	£5.90	£2.95	£0.50
Fitness Class	£6.40	£3.20	£0.50
Gym Induction	£10.20	£5.10	£0.50
Gym Session	£7.40	£3.70	£0.50
Changing & Shower only	£3.00	£1.50	£0.50

Venue Prices

Area	Standard	Concession
Full Sports Hall	£48.40	£24.20
Full Sports Hall (non sporting)	£40.60	£20.30
Youth Room	£17.00	£8.50
Birthday Party Bouncy castle/ Soft Play/Nerf Wars	£92.30	N/A

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	£372.00	£31.00
Individual	£247.20	£20.60



Badenoch Leisure Centre 6th January-29th March 2020

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>

Contact us: Badenoch Centre, Spey Street, Kingussie, PH21 1EH
Phone: 01349 781250

Email: badenoch.centre@highlifehighland.com





Booking commences on the 6th January with Activities commencing on 13th January 2020

Pre-School Activities

Day	Activity	Time	Age group	What's it all about?
Thursday	Bookbugs	11.00-11.30am	Accompanied 0-5 yrs	Share songs, stories and rhymes
Thursday	Duplo	11.30—12.00pm	Accompanied 0-5 yrs	Great way to kick off a child's building career.
Thursday	Chatter-Books*	3.45–4.30pm	P4-P7	Books, craft and fun. Please contact the library to secure your place.
Friday	Lego Club	2.30-4.30pm	0-100 yrs	*UNDER 8 must be accompanied by an adult* Great way to kick off a child's building career.
Friday	Tumble tots	2.30-3.00pm	Accompanied 3-5 years	Learn balance and co-ordination through games.

Primary Activities

Day	Activity	Time	Age group	What's it all about?
Monday	Multi Sports	4.00-4.45pm	P1-7	Mix of different sports, games and equipment
Tuesday	Racket Sports	4.00-4.45pm	P1-7	Racket skills, drill and games
Wednesday	Football	4.00-4.45pm	P1-3	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, relays and obstacles
Friday	*ABC	3.30-4.15pm	P1-3	Agility, Co-ordination, Balance
	*ABC	4.15-5.00pm	P4-7	Agility, Co-ordination, Balance
	*Gymnastics Development	5.00-6.00pm	P1-7	Development of Gymnastic skills and confidence

Adult Classes

*weekly pre booking advised

Day	Class	Time	Duration	Instructor
Monday	Yoga	7:30am	30mins	Marina
	Sculpt & Stretch	10:00 am	45 mins	Marina
	*YOGA	11.00am	45 mins	Judy
	*YOGA	12.00pm	45 mins	Judy
	*Chair YOGA	1.30 pm	60 mins	Judy
	Metafit	6.00pm	30 mins	Finlay
	*Indoor Cycling	6.35 pm	30 mins	Finlay
	Box Fit	6.30pm	45mins	Bob
Tuesday	Easy Line	9.00 am	30 mins	Shannon
	OTAGO	1.15 pm	45 mins	Shannon
	*Barbell Workout	6.00 pm	60 mins	Phil
	*Indoor Cycling	7.15pm	45 mins	Phil
Wednesday	Arke	7.30am	30 mins	Marina
	Fit Plus	11.00 am	45 mins	Instructor
	Metafit	6.00pm	30 mins	Instructor
	Ski fit	6.30pm	60 mins	Instructor
Thursday	Body Blast	9.15am	30 mins	Instructor
	OTAGO	1.15 pm	45 mins	Marina
	*Pilates	3.00pm	60 mins	Marina
	X-Training	6.00 pm	55 mins	Nicolle
	*Indoor Cycling	7.00 pm	30 mins	Nicolle
	YOGA	7.35 pm	60 mins	Marina
Friday	Metafit	7.30am	30 mins	Instructor
	Fit Plus	9.00am	30 mins	instructor
Saturday	Circuits/FitPlus Circuit	9.15am	30 mins	Instructor
Sunday	* Indoor Cycling	9.15 am	30 mins	Instructor

Customer Information

Due to Staff Annual leave the Following classes will run from week beginning 06/01/20-17/01/20 restarting on week beginning 03/03/20

Monday- Yoga-7:30-8:00am

Thursday- Pilates-3:00-4:00pm

Thursday -Yoga-7:35-8:35pm