

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

Leisure Centre Opening Times

Monday to Thursday	7:00am to 9:00pm
Friday	Facility open 7:00am-9:00pm unless Vaccine centre is running. Dates of Closure will be advertised on Facebook in advance.
Saturday	9:00am-1.00pm



BOOK ONLINE TODAY!

Happy Hour

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



All-Inclusive Prices

Membership	Annual Payment	Monthly Direct Debit
Family	£391.20	£32.60
Individual	£260.40	£21.70



Badenoch Leisure Centre 5th January– 3rd April 2022

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.

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

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

Phone: 01349 781250

Email: badenoch.centre@highlifehighland.com

Web: www.highlifehighland.com



Kids Activities

Booking LIVE from Friday 7th Jan

Activity	Day	Age Group	Time	Booking Code
Multisports	Mon	4 - 6 yrs	3.45-4.15m	TBC Friday
Multisports	Mon	7-11 yrs	4.15-5.00pm	TBC Friday
Indoor Football	Tue	5-7 yrs	3.45-4.30pm	TBC Friday
Indoor Football	Tue	8-11 yrs	4.30-5.15pm	TBC Friday
Ball Sports	Wed	4-6 yrs	3.45-4.15pm	TBC Friday
Racket Sports	Wed	7-11 yrs	4.15-5.00pm	TBC Friday
Zumba Kids	Thu	5-8 yrs	4.00-4.30pm	TBC Friday
Zumba Kids	Thu	9-12 yrs	4.30-5.15pm	TBC Friday
Mini Movers	Fri	2-4 yrs	3.00-3.30pm	TBC Friday
ABC**	Fri	4 - 7 yrs	3.30-4.10pm	TBC Friday
ABC**	Fri	8 -11 yrs	4.15-5.00pm	TBC Friday
Gymnastics* *	Fri	8-11 yrs	5.15pm	TBC Friday

Customer Information

- **Face coverings must still be worn on entry/exit and moving around the facility (unless exempt). Please use the hand sanitizer on entry.**
- **Maintain and respect 1m Social Distancing from each other.**
- **Kingussie High school Gym Times:**
 - ◇ **Monday 8.50am – 09:40am**
 - ◇ **Tuesday 10:45am – 11:35am**
 - ◇ **Wednesday 8:50am—11:35am**
 - ◇ **Thursday 08:50am—09:40am**



Please note: we would encourage customers to avoid using these time slots and change in the disabled changing room whilst the school is occupying the facility or preferably come gym ready.

Adult Activities

weekly pre booking advised *



Day	Class	Time	Duration	Instructor
Mon	Yoga*Talla	10.30am	60 mins	Judy
	Yoga*Talla	12.00pm	60 mins	Judy
	Fit Plus	11:00am	45 mins	Instructor
	OTAGO	1.15pm	45 mins	Instructor
	Circuit Spin	5.45pm	60 mins	Owen
Tue	Beginner's Yoga	6.45pm	45 mins	Marina
	Sculpt and Stretch	10.00am	45 mins	Marina
	Indoor Cycling	5.30 pm	30 mins	Phil
Wed	Barbell Workout	6.15pm	60 mins	Ian
	Pilates	08.45am	55 mins	Marina
	Fit Plus	10.00am	45 mins	Phil
	Metafit	5.15pm	30 mins	Instructor
	Skifit	6.00pm	45 mins	Instructor
Thu	Yoga*Talla	9.00am	60 mins	Judy
	Gentle Yoga*Talla	10.30am	60 mins	Judy
	Indoor Cycling	5.30 pm	30 mins	Owen
	Barbell Workout	6.15pm	60 mins	Owen/Phil
	Zumba	7.30pm	45 mins	Frankie
Fri	OTAGO*Tallla	11.00am	45 mins	Marina
	Yoga & Meditation	6.00PM	60 mins	Marina
Sat	Circuits	09.30am	45 mins	Instructor

***NEW CLASS ALERT! LADIES WHO LIFT—COMING SOON!**

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