

(Sport Halls) - subject to change

GAMES HALL	
MONDAY	
18:00 - 21:00	Highland Bears Basketball
21:00 - 22:00	Hall for Hire
TUESDAY	
18:00 - 19:00	Inverness Loins
19:00 - 20:00	Highland Bears
20:00 - 22:00	Badminton 3 Courts/Aikido 1 Court
WEDNESDAY	
18:00 - 22:00	Badminton/Pickleball Bookings only
THURSDAY	
18:00 - 19:00	Football (Private Let)
19:00 - 22:00	Inverness Field Archery Club
FRIDAY	
15:30 - 17:30	Hall for Hire
18:00 - 18:45	Indoor Cycling
19:00 - 20:00	Body Pump
21:00 - 22:00	Hall for Hire
SATURDAY	
09:00 - 11:00	Badminton Club
11:00 - 13:00	Hall for Hire
SUNDAY	
09:00 - 15:00	Hall for Hire

GYMNASIUM	
MONDAY	
18:00 - 19:00	Barbell
19:15 - 20:00	Indoor Cycling
20:00 - 22:00	Hall for Hire
TUESDAY	
18:00 - 18:45	Indoor Cycling
19:00 - 21:30	Fencing
WEDNESDAY	
18:00 - 18:30	Core Conditioning
18:45 - 20:00	Barbell
20:00 - 22:00	Badminton/ Pickleball bookings only
THURSDAY	
17:15 - 19:15	Gymnastics
19:45 - 20:30	Circuits
21:00 - 22:00	Hall for Hire
FRIDAY	
16:00 - 20:00	Gymnastics
20:00 - 22:00	Hall for Hire
SATURDAY	
09:00 - 09:45	Circuits
10:15 - 11:00	Indoor Cycling
11:00 - 15:00	Hall for Hire
SUNDAY	
09:30 - 10:15	Indoor Cycling
10:30 - 11:15	Body Pump
11:30 - 15:00	Hall for Hire



Contact us: Culloden Leisure Centre, Keppoch Rd, Culloden, Inverness IV2 7JZ

Phone us: [01463 792794](tel:01463792794)

Website: www.highlifehighland.com / For latest: [facebook.com/](https://www.facebook.com/highlifehighland)

Public Swim Session - Admission policy, Under 8's must be accompanied by an adult. Up to 2 children aged 4 - 7 can be accompanied by 1 adult and children aged 3 and under needs to be 1 adult to 1 child.

Fitness Suite - We have a cardio and resistance area, suitable for all abilities. State of the art Technogym equipment.

Gym Admission Policy: Gym users aged 11 - 15 need adult supervision with a ratio of 1 Adult to 3 children. All gym users require an induction before using the facility.

Fitness classes -

Fitness classes are for those aged 16 years and over. We offer Indoor cycling, Barbell, Core Conditioning, Aqua classes,, Circuits and body pump classes.

Bookings — Bookings via online or by telephone. All-inclusive and budget members can book up to 7 days in advance, Pay as you go members can book up to 3 days in advance, any payments must be paid upon booking.

Family Friendly Session *- The admissions policy will be relaxed to allow any two under 8's to be accompanied by a responsible adult on a ratio of - 1 adult: 2 children. (No Booking required! Pool toys out for use.

Fun Session - Admission policy, Under 8's must be accompanied by an adult. Up to 2 children aged 4 - 7 can be accompanied by 1 adult and children aged 3 and under needs to be 1 adult to 1 child. There will be floats, and pool toys out for use,

Adults Only— for those aged 16 and over swimming lengths.

Senior Session - A relaxed session for those over 60 years.

UHI Fitness Classes— We also offer classes at the UHI on the following days and times:

Monday Learn to Lift 16:30 - 17:30

Wednesday Learn to lift 16:00 - 16:45

13th - 26th October Holidays 2025 - Subject to change**Swimming Pool**

Monday		Thursday	
10:00 - 12:00	Swimming Lessons/ Rookie/ Pool games	10:00 - 12:00	Swimming Lessons/ Rookie/ Pool games
12:00 - 13:00	Fun Session	12:00 - 13:00	Fun Session
13:00 - 14:00	Public Session	13:00 - 14:00	Public Session
16:30 - 21:00	Public Session	16:30 - 18:00	Public Session
21:00 - 22:00	Adults Only	18:00 - 19:00	Senior Session
Tuesday		19:15 - 20:00	Aqua Fit
10:00 - 12:00	Swimming Lessons/ Rookie/ pool games	20:00 - 22:00	Public Session
12:00 - 13:00	Fun Session	Friday	
13:00 - 14:00	Public Session	10:00 - 12:00	Swimming Lessons/ Rookie/ Pool games
16:30 - 17:30	Senior Session	12:00 - 13:00	Fun Session
17:30 - 18:30	Public Session	13:00 - 14:00	Public Session
18:30 - 19:30	Fun Session	16:30 - 18:00	Public Session
19:30 - 22:00	Public Session	18:00 - 19:00	Fun Session
Wednesday		19:00 - 21:00	Public Session
10:00 - 12:00	Swimming Lessons/ Rookie/ Pool games	21:00 - 22:00	Staff Training
12:00 - 13:00	Fun Session	Saturday	
13:00 - 14:00	Public Session	09:00 - 11:00	Public Session
16:30 - 18:00	Public Session	11:00 - 12:00	Family Friendly
18:15 - 19:00	Aqua Circuits	12:00 - 13:00	Fun Session
19:00 - 20:00	Public Session	13:00 - 15:00	Public Session
20:00 - 21:00	Ladies Only	Sunday	
21:00 - 22:00	Adults Only	09:00 - 10:00	Public Session
		10:00 - 11:00	Adults Only
		11:00 - 12:00	Family Friendly
		12:00 - 13:00	Fun Session
		13:00 - 15:00	Public Session

Adult Fitness Classes

Monday	18:00 - 19:00	Barbell - Gym hall
Monday	19:15 - 20:00	Indoor Cycling - Gym hall
Tuesday	18:00 - 18:45	Indoor Cycling - Gym hall
Wednesday	18:15-19:00	Aqua Circuits - Swimming Pool
Wednesday	18:00 - 18:30	Core Conditioning - Gym hall
Wednesday	18:45 - 19:45	Barbell - Gym hall
Thursday	19:15 - 20:00	Aqua Fit - Swimming Pool
Thursday	19:45 - 20:30	Circuits - Gym hall
Friday	18:00 - 18:45	Indoor Cycling - Games hall
Friday	19:00 - 20:00	Body pump - Games Hall
Saturday	09:00 - 10:00	Circuits - Gym hall
Saturday	10:15 - 11:00	Indoor Cycling - Gym Hall
Sunday	09:30 - 10:15	Indoor Cycling - Gym Hall
Sunday	10:30 - 11:15	Body pump - Gym Hall

Schools Out October Kids Activities

Beginner Swimming lessons Stroke development
 Diving and tumble turns Pool Games Racquet Sports
 Sliver Rookie Lifeguard Multi Sports Dodgeball
To book online please visit booking.highlifehighland.com

Fitness classes at Culloden Library

Wednesday 12:00-13:00 Pilates

Wednesday 13:00-14:00 Yoga

Fitness Suite Opening hours**Monday to Thursday - 10:00 - 14:00 then 16:00 - 22:00****Fridays - 10:00- 14:00 then 15:30 - 22:00****Saturday and Sunday 09:00-15:00****An induction is required before using the gym**