

(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
10:05 - 10:50	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 info: Visit our Facebook Page

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.

Nearby Fitness Classes — We also run classes at the Culloden Library and UHI Inverness for 16+. Please see inside booklet for the times and days of these classes.

12th January - 23rd March 2026 - Subject to change

Monday		Thursday	
16:30 -18:30	Swimming Lessons	16:30 - 18:00	Swimming Lessons
18:00 -18:45	Rookie Lifeguard	18:00 - 19:00	Senior Session
19:00 - 21:00	Public Session	19:15 - 20:00	Aqua Fit
21:00 - 22:00	Adults Only	20:00 - 22:00	Public Session
Tuesday		Friday	
16:30 - 17:30	Senior Session	16:30 - 18:00	Swimming Lessons
17:30 - 18:30	Swimming Lessons	18:00 - 21:00	Public Session / 1 lane private hire
18:30 - 19:30	Fun Session	21:00 - 22:00	Staff Training
19:30 –21:00	Public Session / 1 lane private hire	Saturday	
21:00-22:00	Public Session	09:00 - 10:00	Public Session
Wednesday		10:00 - 11:00	Private Hire (Inverness Triathlon)
16:30 - 18:00	Swimming Lessons	11:00 - 12:00	Family Friendly
18:00 -19:00	Aqua Circuits	12:00 - 13:00	Fun Session
19:00 - 20:00	Public Session	13:00 - 14:00	Public Session
20:00 - 21:00	Ladies Only	14:00 - 15:00	Private Hire Highland Disability Swim Team
21:00 - 22:00	Adults Only	Sunday	
		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

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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	18:00 - 18:30	Core Conditioning - Gym hall
Wednesday	18:15 - 19:00	Aqua Circuits - Swimming Pool
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	10:05 - 10:50	Indoor Cycling - Gym Hall
Sunday	09:30 - 10:15	Indoor Cycling - Gym Hall
Sunday	10:30 - 11:15	Body pump - Gym Hall

Fitness classes at Culloden Library

Wednesday 12:00-13:00 Pilates

Wednesday 13:00-14:00 Yoga

Fitness Suite Opening hours

Monday to Thursday - 16:00 - 22:00 Fridays - 15:30 - 22:00

Saturday and Sunday - 09:00 - 15:00

An induction is required before using the Fitness Suite