



**Wellbeing Hour,
£1 entry!**

**Monday 16:00—17:00
Friday 17:00—18:00
Saturday 13:00—14:00**

Gym Opening Times

Monday	16:00—21:30
Tuesday	17:00—21:30
Wednesday	
Thursday	
Friday	14:00—21:30
Saturday	10:00—16:00
Sunday	

Climbing Wall Times

Monday	16:00—20:00
Tuesday	17:00—21:15
Wednesday	17:00—21:15
Thursday	17:00—21:15
Friday	15:00—21:15
Saturday	10:00—15:45
Sunday	

Last entry to the Leisure Centre must be 30 minutes before the closing time.

[#] Age 12+, on the condition that under 15's are accompanied by a responsible adult.
Booking for classes permitted 1 week in advance.

[~] Subject to availability.

Please phone to check.

01445 712345

[*] Access subject to Conditions of Use.

Call for details. E.g. registration, essential must be adult competent climber.

High Life Highland registered office
12/13 Ardross Street Inverness IV3 5NS.
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E: info@highlifehighland.com

High Life Highland is a company limited by guarantee, registered in Scotland No. SC407011 & a registered Scottish Charity. No. SCO42593



Activity Programme & Timetable: 17th September - 28th October



Email: gairloch.leisurecentre@highlifehighland.com

Tel: 01445 712345

**Gairloch Leisure Centre
Achtercairn
Gairloch
Ross-shire
IV21 2BP**



	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30 0
Monday					Courts Available~	Courts Available~	FB—X#	Indoor cycling#			Basketball Age 15—Adults					CLOSED FROM 21:30
						Climbing lesson Age 5—7	Climbing lesson Age 8—12		Climbing lesson Age 12—Adults							
Tuesday						Courts Available~	Circuits#		Dance Fit#		Social Climbing* Age 14—Adults					
											Social Badminton Age 12—Adults					
Wednesday						Courts Available~	Game Fit#	Martial Arts				Courts Available~				
								Indoor Cycling#								
Thursday						Courts Available~	Archery Age 9—Adults		Step#		Courts Available					
											Social Climbing* Age 14—Adults					
Fri			Courts Available~					Freestyle Free Weights#		Fab Abs#	Courts Available~					
			10:00		11:00		12:00		13:00		14:00		15:00		16:00	
Sat			Courts Available~										Family Fun Age 0—12		CLOSED FROM 16:00	
Sun			Family Fun Age 0—12				Courts Available~									