



**Wellbeing Hour,
£1 entry!**

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

GLC Opening Times

Monday	15:30—20:30
Tuesday	15:30—21:30
Wednesday	15:30—20:30
Thursday	15:30—21:30
Friday	14:00—20:30
Saturday	10:00—16:00
Sunday	

Climbing Wall Times

Monday	15:30—20:15 *
Tuesday	15:30—21:15*
Wednesday	15:30—20:15*
Thursday	19:15—21:15*
Friday	14:00—20:15*
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 Char-
ity. No. SCO42593



Activity Programme & Timetable: 8th of July—18th of August



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
Monday				Courts Available~			Courts	FB—X#	Indoor		Courts		CLOSED From 20:30			
							Climbing lesson Age 5—7	Climbing lesson Age 8—12		Climbing lesson Age 12—Adults						
Tuesday				Courts Available~				Circuits#		Social Climbing* Age 14—Adults				CLOSED From 21:30		
										Dance Fit#		SI2B Age 12—Adults				
Wednesday				Courts Available~				Game Fit#	Martial Arts			CLOSED From 20:30				
									Indoor Cycling#							
Thursday				Courts Available~				Archery Age 9—Adults		Social Climbing* Age 14—Adults			CLOSED From 21:30			
										Step#		Courts Available~				
Fri	Courts Available~						Freestyle Free Weights 16+		Legs, Bums & Tums#		Courts Available~		CLOSED From 20:30			
			10:00		11:00		12:00		13:00		14:00		15:00		16:00	
Sat			Courts Available~												CLOSED From 16:00	
Sun			Courts Available~													