

Gairloch Leisure Centre

Climbing wall

Monday Climbing Lessons

17:00-18:00 Age 5-7
18:00-19:00 Age 8-12
19:00-20:00 Age 12+

Tuesday 18:00-21:30

Wednesday 17:00-20:00

Thursday 19:00-21:30

Friday 16:00-18:15

Saturday 11:00-16:00

Free weights

Tuesday 17:45-18:45

Friday 17:45-18:45

Saturday 12:30-13:30 (Beginners)

Social Badminton
Tuesday from 20:00

Indoor Cycling
Thursday 18:30-19:15

Gym

Mon-Thu 17:00-21:30

FRI 14:00-21:30

SAT 10:00-16:00

Family Fun

Saturday 10:00-11:00

ARCHERY

Thursday 18:00-19:00

Astro

Check availability
Book in advance

Cardio

Monday HIIT 18:00-18:30

Monday Power Step 18:30-19:30

Wednesday Circuits 17:45-18:30

Wednesday LBT 18:30-19:15

Thursday Fat Burn 17:45-18:15

Racket Sports

Basket Ball

Indoor Football

Courts available

Monday

17:00-18:00 & 20:00-21:00

Tuesday 18:00-21:00

Thursday 17:00-21:00

Friday 16:00-18:00

Saturday 11:00-15:00

MONDAY OPEN 17:00-21:30	Climbing Lessons 17:00-18:00 Age 5-7	Climbing Lessons 18:00-19:00 Age 8-12	Climbing Lessons 19:00-20:00 Age 12+
	Free Weights 16+ 17:45-18:45	HIIT 30 18:00-18:30	Power Step 18:30-19:30
TUESDAY OPEN 17:00-21:30		Social Climbing From 19:00	Social Badminton From 20:00
WEDNESDAY OPEN 17:00-21:30	Circuits 17:45-18:30	Leg, Bum, Tums. 18:30-19:15	Indoor football 20:00-21:00
THURSDAY OPEN 17:00-21:30	Fat Burn 17:45-18:15	Archery 9+ 18:00-19:00	Social climbing From 19:00
FRIDAY OPEN 14:00-21:30	Advance Free Weights 17:45-18:45	Martial Arts (Non HLH) 18:30-20:30	The Den (Non HLH) 20:30-21:30
SATURDAY OPEN 10:00-16:00	Family Fun 10:00-11:00	Beginners Free-weight 12:30-13:30	Courts Available 11:00-16:00



ACTIVITY PROGRAMME & TIMETABLE



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

Age 12+, on the condition that under 15's must be accompanied by a responsible adult.

Booking for classes permitted 1 week in advance.

Climbing wall please call for details. E.g. registration, essential must be adult competent climber.

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High Life Highland is a company limited by guarantee, registered in Scotland No. SC407011 & a registered Scottish Charity. No. SC0042593

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Gairloch Leisure Centre

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