



GAIRLOCH LEISURE CENTRE

From May 1st, 2025

Activity programme & timetable

01445712345

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+	
		Power Step # 18:00-19:00	Studio Cycling # 19:00-20:00	Get Fit with Freddie# 19:00-20:00
TUESDAY Open 17:00-21:30	Metafit # 17:00-17:45	Free Weights Age 16+ 17:45-18:45	Social Climbing # From 19:00	Social Badminton # From 20:00
WEDNESDAY OPEN 17:00-21:30	Circuits # 17:45-18:30	Studio Cycling # 18:30-19:30	Indoor Football 20:00-21:00	
THURSDAY OPEN 17:00-21:30	Body Combat # 17:15-18:00	Yoga # 18:15-19:15	Legs, Bums & Tums # 19:15 20:15	Social Climbing # from 19:15
FRIDAY OPEN 14:00-21:30		Free-Weights Age 16+ 17:30-18:45	Martial Arts (Non HLH) 18:30-20:30	
SATURDAY OPEN 10:00-16:00	Family Fun Age 0-12 10:00-11:00	Courts Available 11:00-14:00	Beginners Free-Weights Age 16+ 12:15-13:15	Archery Age 9+ 14:30-15:30

Gairloch Leisure Centre Climbing Wall

Registration as a competent climber is essential to use the wall during public opening times.
Please call to check availability.

<u>Monday Climbing Lessons</u>	<u>Climbing wall public opening time</u>
17:00-18:00 Age 5-7 (Parents to stay and belay)	Tuesday 17:00-21:30
18:00-19:00 Age 8-12	Thursday 19:15-21:30
19:00-20:00 Age 12 - adults	Friday 16:00-17:00
	Saturday 11:30-14:00

Gym Monday to Thursday 17:00-21:30 Friday 14:00-21:30 Saturday 10:00-16:00	Courts Monday 17:00-18:00 & 20:00-21:30 Tuesday 17:00-21:30 Thursday 19:15-21:30 Friday 16:00-18:00 Saturday 11:00-14:00 Please call to check availability.	# Children aged 12+ are allowed on the condition that under 15-year-olds are accompanied by a responsible adult. Bookings (online, by phone or in person) are permitted 7 days in advance for full members, 3 days in advance for other users such as Budget, PAYG and non-members. Last entry to the Leisure center is 30 minutes prior to closing.
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Pay As You Go	Adult	Concession	Budget	All Inclusive	Annual Payment	Monthly Direct Debit
Classes	£8.55	£5.15	£0.50	Family	£515.88	£42.99
Climbing	£8.55	£5.15	£0.50	Individual	£347.88	£28.99
Shower	£4.00	£2.35	£0.50	Budget	50p per activity (Proof must be shown)	
Gym	£9.75	£5.80	£0.50			