



Opening Times and Prices 20th June to 3rd July 2022

***Please note the Fitness Suite is currently under refurbishment and partially open – please phone for details**

Opening Hours

Fitness Suite

Monday to Thursday 7.00am-9.00pm
 Friday 7.00am-8.30pm
 Saturday 9.00am-2.00pm
 Sunday 9.00am-1.00pm

*Fitness Suite Induction (bookable online)

*Strength & Conditioning Suite Induction (bookable online)

Last Admission Fitness Suite

Monday-Friday 8.00pm
 Saturday 1.30pm
 Sunday 12.30pm

Sauna and Steam Open Sessions

Mon 7.15am-7.00pm
 Tue 7.15am-12.00 noon
 Wed 7.15am-1.30pm
 Thu 7.15am-8.30pm
 Fri 7.15am-12.00noon
 Sat 9.15am-2.00pm
 Sun 10.15am-1.00pm

Admission Prices

	Adult	*Con
Exercise Class (Booking required)	£6.80	£3.40
Fitness Suite	£7.80	£3.90
Lane Swimming	£6.80	£3.40
Open Swim	£6.80	£3.40
Family Friendly 45 mins (Booking required)	£6.80	£3.40
Squash (per person) (Booking required)	£6.20	£3.10
Sauna and Steam	£6.80	£3.40
Gym Induction (Booking required)	£10.70	£5.35

*Concessions available: If you are under 18yrs old, or in full time education, or over 60yrs old Budget option 50p per activity: If you, or members of your household are entitled to certain benefits (Please ask for details)

1.15pm-8.30pm
 22nd June 3.00pm-6.00pm
 29th June 3.00pm-7.00pm

3.00pm-8.00pm

Last admission 6.30pm
 Last admission 8.00pm
 Last admission 5.30pm
 Last admission 6.30pm
 Last admission 8.00pm
 Last admission 7.30pm
 Last admission 1.30pm
 Last admission 12.30pm

Bookable Squash Time Slots 60 mins (max 2 bookers, equipment not provided, non-marking indoor shoes must be worn)

Mon to Fri 7.00, 8.00, 9.00, 10.00, 11.00, 12.00, 1.00, 2.00, 3.00, 4.00, 5.00, 6.00, 7.00, 8.00
 Sat 9.00, 10.00, 11.00, 12.00, 1.00
 Sunday 9.00, 10.00, 11.00, 12.00

Please book online – online.highlifehighland.com *Timetable subject to change

All sessions are included in High Life Membership



ALL-INCLUSIVE access to all High Life leisure centres is just £34.30 per month for the family or £22.80 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £411.60 or an individual membership for £273.60



Tel: 01397 704359

www.highlifehighland.com

High Life Highland Registered office 12–13 Ardross Street, Inverness IV3 5NS
 Telephone **01463 663800** Email **info@highlifehighland.com**

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