



## Opening Times and Prices 16th January to 19th March 2023

### 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-9.45am	12.30pm-3.45pm	6.15pm-8.30pm	
Tue	7.15am-9.45am	1.15pm-3.45pm	6.15pm-8.30pm	
Wed	7.15am-9.45am	12.30pm-1.30pm	3.00pm-3.45pm	6.15pm-7.00pm
Thu	7.15am-9.45am	12.30pm-1.15pm	2.45pm-3.45pm	7.15pm-8.30pm
Fri	7.15am-9.45am	3.00pm-3.45pm	6.15pm-7.15pm	
Sat	11.00am-2.00pm			
Sun	10.15am-1.00pm			

\*Extra Sauna sessions – (Fri 7.15pm-8.30pm 20th + 27th January), (Feb Mon 20th, Wed 22nd, Thu 23rd 10.00am-12.30pm, Tue 21st, Fri 24th 10.00am-12.00noon, Mon 20th to Fri 24th 3.45pm-6.15pm, Sat 25th 9.15am-11.00am) (March Thu 9th + 16th 1.15pm-2.45pm)

### 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
Shower	£3.15	£1.60

\*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)

Last admission 8.00pm  
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Last admission 6.30pm  
Last admission 8.00pm  
Last admission 6.45pm  
Last admission 1.30pm  
Last admission 12.30pm

Bookable Squash Time Slots 60 mins (max 2 bookers, non-marking indoor shoes must be worn) online booking required

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](http://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



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[www.highlifehighland.com](http://www.highlifehighland.com)

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High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.