



## Opening Times and Prices Monday 1st April – Sunday 14th April 2024

### Opening Hours

#### Fitness Suite

Monday & Wednesday	7.00am-9.00pm
Tuesday & Thursday	6.30am-9.00pm
Friday	7.00am-8.30pm
Saturday	9.00am-3.00pm
Sunday	9.00am-3.00pm

**\*Easter Monday 1st April 10.00am-4.00pm**

#### \*Fitness Suite Induction (bookable online)

\*Mon 1st Inductions subject to availability-please phone on the day

#### Last Admission Fitness Suite

Monday-Thursday	8.30pm
Friday	8.00pm
Sat & Sun	2.30pm
*Mon 1st	3.30pm

#### Sauna and Steam Open Sessions

Mon	7.00am-12pm	1.15pm-9.00pm
Tue	7.00am-9.00pm	
Wed	7.00am-1.30pm	3.00pm-7.00pm
Thu	7.00am-9.45am	11.00am-8.30pm
Fri	7.00am-12.00pm	1.15pm-8.30pm
Sat	9.15am-3.00pm	
Sun	10.15am-3.00pm	

**\*Mon 1st 10.15am-4.00pm**

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

Mon to Thu	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
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
Sat	9.00, 10.00, 11.00, 12.00, 1.00, 2.00
Sunday	9.00, 10.00, 11.00, 12.00, 1.00, 2.00
*Mon 1st	10.00, 11.00, 12.00, 1.00, 2.00, 3.00

Please book online – [online.highlifehighland.com](https://online.highlifehighland.com) \*Timetable subject to change\*

### Admission Prices

	Adult	*Con
Exercise Class (Booking required)	£8.00	£4.80
Fitness Suite	£9.10	£5.40
Lane Swimming	£8.00	£4.80
Open Swim	£8.00	£4.80
Family Friendly 45 mins (Booking required)	£8.00	£4.80
Squash (per person) (Booking required)	£7.30	£4.30
Sauna and Steam	£8.00	£4.80
Gym Induction (Booking required)	£12.50	£7.40
Shower	£3.70	£2.20

**\* 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 8.30pm  
Last admission 8.30pm  
Last admission 6.30pm  
Last admission 8.00pm  
Last admission 8.00pm  
Last admission 2.30pm  
Last admission 2.30pm  
Last admission 3.30pm

### All sessions are included in High Life Membership



**ALL-INCLUSIVE** access to all High Life leisure centres is just **£39.99** per month for the family or **£26.60** per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for **£479.90** or an individual membership for **£319.20**



**Tel: 01397 704359**

[www.highlifehighland.com](https://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.