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# Opening Times and Prices Monday 15th April – Sunday 21st April 2024

### **Opening Hours:**

#### **Fitness Suite**

Sat & Sun

Monday & Wednesday Tuesday & Thursday Friday Saturday Sunday

7.00am-9.00pm 6.30am-9.00pm 7.00am-8.30pm 9.00am-3.00pm 9.00am-3.00pm

#### \*Fitness Suite Induction

\*Inductions subject to availability-please phone on the day Last Admission Fitness Suite Monday-Thursday 8.30pm Friday 8.00pm

2.30pm

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.

#### Sauna and Steam Open Sessions

Mon*	7.00am-9.45am
Tue*	7.00am-9.45am
Wed	7.00am-9.45am
Thu	7.00am-9.45am
Fri	7.00am-9.45am
Sat	9.15am-3.00pm
Sun	11.00am-3.00pm
*Sauna and	Steam Mon/Tue 8pm-9pm: 16+ only.

12.30pm-9.00pm 12.30pm-9.00pm 12.30pm-1.30pm 12.30pm-8.30pm 12.30pm-8.30pm

3pm-7pm

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

Bookable Squash Time Slots 60 mins (max 2 bookees, non-marking indoor shoes must be worn) online booking requiredMon to Thu7.00, 8.00, 9.00, 10.00, 11.00, 12.00, 1.00, 2.00, 3.00, 4.00, 5.00, 6.00, 7.00, 8.00Fri7.00, 8.00, 9.00, 10.00, 11.00, 12.00, 1.00, 2.00, 3.00, 4.00, 5.00, 6.00, 7.00Sat9.00, 10.00, 11.00, 12.00, 1.00, 2.00Sunday9.00, 10.00, 11.00, 12.00, 1.00, 2.00

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 £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



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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.