



Opening Times and Prices Monday 22nd April – Sunday 28th April 2024

Opening Hours:

Sunday

Fitness Suite 7.00am-9.00pm Monday & Wednesday Tuesday & Thursday Friday Saturday

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 Sat & Sun 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 £8.00 Open Swim £480 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 £12.50 £7.40 Gym Induction (Booking required) 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	1.15pm-	-3.45pm	6.15pm-9pm	Last admission 8.30pm
Tue*	7.00am-9.45am	12.30pm	n-3.45pm	6.15pm-9pm	Last admission 8.30pm
Wed	7.00am-9.45am	12.30pm-1.30pm 3	3pm-3.45pm	6.15pm-7pm	Last admission 6.30pm
Thu	7.00am-9.45am	12.30pm-3.4	5pm 6	5.15pm-8.30pm	Last admission 8.00pm
Fri	7.00am-9.45am	1.15pm-3	3.45pm 6.	15pm-8.30pm	Last admission 8.00pm
Sat	11.15am-3.00pm				Last admission 2.30pm
Sun	10.15am-3.00pm				Last admission 2.30pm

^{*}Sauna and Steam Mon/Tue 8pm-9pm: 16+ only.

Bookable Squash Time Slots 60 mins (max 2 bookees, 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

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 individual, payable by monthly direct debit. You can also buy an annual all-inclusive family month for an membership for £479.90 or an individual membership for £319.20



Tel: 01397 704359 www.highlifehighland.com

High Life Highland Registered office Highland Archive Centre, Bught Road, **Inverness IV3 5SS**

Telephone 01349 781700 Email info@highlifehighland.com

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