

Opening Times and Prices Tuesday 22nd April to Sunday 27th April 2025

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Fitness Suite

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

Admission Prices	Adult	*Con
Exercise Class (Booking required)	£8.55	£5.15
Fitness Suite	£9.75	£5.80
Lane Swimming	£8.55	£5.15
Open Swim	£8.55	£5.15
Family Friendly 45 mins (Booking required)	£8.55	£5.15
Family Swim (2 adults + 2 juniors or 1 adult + 3	juniors)	£21.95
0-2yrs swim (free with accompanying adult)		Free
Squash (per person) (Booking required)	£7.80	£4.60
Sauna and Steam	£8.55	£5.15
Gym Induction (Booking required)	£13.40	£7.90
Shower	£4.00	£2.35

*Fitness Suite Induction

*Inductions subject to availability-please phone on the day

Last Admission Fitness Suite

Tuesday to Thursday 8.30pm Friday 8.00pm Sat & Sun 2.30pm

* 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

Tue*	7.00am-9.45am	12.30pm-9.00pm		Last admission 8.30pm
Wed	7.00am-9.45am	12.30pm-1.30pm	3.00pm-7.00pm	Last admission 6.30pm
Thu	7.00am-9.45am	12.30pn	Last admission 8.00pm	
Fri	7.00am-9.45am	1.15pm	Last admission 8.00pm	
Sat	9.15am-3.00pm			Last admission 2.30pm
Sun	10.15am-3.00pm			Last admission 2.30pm

*Sauna and Steam Tue 8pm-9pm: 16+ only.

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

Tue 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 £42.99 per month for the family or £28.99 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £515.88 or an individual membership for £347.88

Tel: 01397 704359 www.highlifehighland.com



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