



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

Opening Hours:

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

*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

Sauna and Steam Open Sessions

Tue*	7.00am-9.45am	12.30pm-9.00pm
Wed	7.00am-9.45am	12.30pm-1.30pm 3.00pm-7.00pm
Thu	7.00am-9.45am	12.30pm-8.30pm
Fri	7.00am-9.45am	1.15pm-8.30pm
Sat	9.15am-3.00pm	
Sun	10.15am-3.00pm	

Last admission 8.30pm

Last admission 6.30pm

Last admission 8.00pm

Last admission 8.00pm

Last admission 2.30pm

Last admission 2.30pm

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

Bookable Squash Time Slots 60 mins (max 2 bookers, 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

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.