



Opening Times and Prices Monday 27th October – Sunday 14th December 2025

Opening Hours:

Fitness Suite

Monday to Thursday	6.30am-9.00pm
Friday	6.30am-8.30pm
Saturday & Sunday	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

Sauna and Steam Open Sessions

*Mon	7.00am-9.45am	1.15pm-3.45pm	6.15pm-9.00pm	Last admission 8.30pm
*Tue	7.00am-9.45am	12.30pm-3.45pm	6.15pm-9.00pm	Last admission 8.30pm
Wed	7.00am-9.45am	12.30pm-1.30pm	3.00pm-3.45pm	Last admission 6.30pm
*Thu	7.00am-9.45am	12.30pm-1.15pm	2.45pm-3.45pm	Last admission 8.00pm
Fri	7.00am-9.45am	1.15pm-3.45pm	6.15pm-7.15pm	Last admission 6.45pm
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.

Extra Thursday Sauna/Steam sessions 30th Oct, 6th Nov and 11th Dec 1.15pm-2.45pm

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

Please book online – <https://hlh.gs-signature.cloud/Connect/mrmLogin.aspx> *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

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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.