

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

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Fitness Suite

Monday to Thursday 6.30am-9,00pm Friday 6.30am-8.30pm Saturday & Sunday 9.00am-3.00pm

*Fitness Suite Induction

Last Admission Fitness Suite

Monday-Thursday 8.30pm Friday 8.00pm Sat & Sun 2.30pm

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 paying	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

* 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-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	6.15pm-7.00pm	Last admission 6.30pm
<mark>*</mark> Thu	7.00am-9.45am	12.30pm-1.15pm	2.45pm-3.45pm	6.15pm-8.30pm	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 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 - 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

Tel: 01397 704359 www.highlifehighland.com



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

^{*}Inductions subject to availability-please phone on the day