



## Opening Times and Prices Monday 15th December – Tuesday 23rd 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-12.00pm	1.15pm-3.45pm	6.15pm-9.00pm	Last admission 8.30pm
*Tue*	7.00am-3.45pm		6.15pm-9.00pm	Last admission 8.30pm
Wed	7.00am-1.30pm	3.00pm-3.45pm	6.15pm-7.00pm	Last admission 6.30pm
Thu	7.00am-3.45pm		6.15pm-8.30pm	Last admission 8.00pm
Fri	7.00am-12.00pm	1.15pm-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.

**\*Extra Sauna/Steam sessions Monday 22nd and Tuesday 23rd 3.45pm-6.15pm**

**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

Tel: 01397 704359

[www.highlifehighland.com](http://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.