



Opening Times and Prices Saturday 3rd to Sunday 11th January 2026

Opening Hours:

Fitness Suite

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|--------------------|---------------|
| 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

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

Sauna and Steam Open Sessions

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|------|----------------|---------------|
| *Mon | 7.00am-12.00pm | 1.15pm-9.00pm |
| *Tue | 7.00am-12.00pm | 1.15pm-9.00pm |
| Wed | 7.00am-1.30pm | 3.00pm-7.00pm |
| Thu | 7.00am-8.30pm | |
| Fri | 7.00am-12.00pm | 1.15pm-8.30pm |
| Sat | 9.15am-3.00pm | |
| Sun | 10.15am-3.00pm | |

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

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

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| 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.gladstonego.cloud/book>

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



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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.