

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

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

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		£21.95
0-2yrs swim (free with accompanying paying adult)		
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 Active Scheme (please ask for details)

Sauna and Steam Open Sessions

*Mon	7.00am-12.00pm	1.15pm-9.00pm	Last admission 8.30pm
*Tue	7.00am-12.00pm	1.15pm-9.00pm	Last admission 8.30pm
Wed	7.00am-1.30pm	3.00pm-7.00pm	Last admission 6.30pm
Thu	7.00am-8.30pm	·	Last admission 8.00pm
Fri	7.00am-12.00pm	1.15pm-8.30pm	Last admission 8.00pm
Sat	9.15am-3.00pm		Last admission 2.30pm
Sun	10.15am-3.00pm		Last admission 2.30pm
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^{*}Sauna and Steam Mon/Tue 8pm-9pm: 16+ only.

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.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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