



Opening Times and Prices Monday 2nd February – Tuesday 31st March 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

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	1.15pm-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
*Thu	7.00am-9.45am	12.30pm-3.45pm	6.15pm-9.00pm	Last admission 8.30pm	
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 & Thu 8pm-9pm: 16+ only.

*Extra Sauna/Steam sessions for Feb Break (Mon 16th, Tue 17th & Fri 20th 10.00am-12.00pm), (Wed 18th & Thu 19th 10.00am-12.30pm), (Mon 16th to Fri 20th 3.45pm-6.15pm), (Sat 21st 9.15am-11.15am)

*Extra Sauna/Steam Mon 30th & Tue 31st March 3.45pm-6.15pm

*Extra Sauna/Steam Friday 6th & 20th Feb, 6th & 20th March 7.15pm-8.30pm, Last admission 8.00pm

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.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

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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.

