

GAIRLOCH LEISURE CENTRE Activity programme & timetable

MONDAY Open 17:00-21:30	Climbing Lessons 17:00-18:00 Age 5-7	Climbing Lessons 18:00-19:00 Age 8-12	Climbing Lessons 19:00-20:00 Age 12+
	Power Step 18:00-19:00	Indoor cycling # 19:00-20:00	

TUESDAY Open 17:00-21:30	Metafit # 17:00-17:45	Free Weights 16+ 17:45-18:45	Social Climbing From 19:00	Social Badminton From 20:00
------------------------------------	--------------------------	---------------------------------	-------------------------------	--------------------------------

WEDNESDAY OPEN 17:00-21:30	Circuits # 17:45-18:30	Indoor Cycling # 18:30-19:30	
--------------------------------------	---------------------------	---------------------------------	--

THURSDAY OPEN 17:00-21:30	Archery Age 9+ 18:00-19:00	Legs Tums & Bums # 19:15 20:15	Social climbing From 19:00
-------------------------------------	-------------------------------	-----------------------------------	-------------------------------

FRIDAY OPEN 14:00-21:30	Free-weights 16+17:30-18:45	Stretch & Relax # 18:45-19:30	
		Martial Arts (Non HLH) 18:30-20:30	

SATURDAY OPEN 10:00-16:00	Family Fun 0-12 10:00-11:00		Beginners Free- weights 16+ 12:30-13:30	Courts Available 11:00-16:00
-------------------------------------	-----------------------------------	--	---	---------------------------------

Gym Monday to Thursday 17:00-21:30 Friday 14:00-21:30 Saturday 10:00-16:00	Courts available Please call to check availability. Monday 17:00-18:00 & 20:00-21:30 Tuesday 17:00-21:30 Thursday 19:15-21:30 Friday 16:00-18:00 Saturday 11:00-16:00	# Children aged 12+ are allowed on the condition that under 15-year-olds are accompanied by a responsible adult. Bookings (online, by phone or in person) are permitted 7 days in advance for full members, 3 days in advance for other users such as Budget, PAYG and non-members. Last entry to the Leisure center is 30 minutes before the closing time.
--	--	--

PAYG Activity	Adult	Concession	Budget	All Inclusive	Annual Payment	Monthly Direct Debit
Classes	£8.00	£4.50	£0.50	Family	£479.90	£39.99
Climbing	£8.00	£4.80	£0.50	Individual	£319.20	£26.60
Shower	£3.50	£2.20	£0.50	Budget	50p per activity (Proof must be shown)	



Gairloch Leisure Centre Climbing Wall

Please call to check availability. Registration as a competent climber is essential to use the wall during public opening times.

Monday Climbing Lessons

17:00-18:00 Age 5-7 (Parents to stay and belay)

18:00-19:00 Age 8-12

19:00-20:00 Age 12 - adults

Public opening time

Tuesday 17:00-21:30

Wednesday 17:00-19:30

Thursday 19:15-21:30

Friday 16:00-17:00

Saturday 11:30-16:00