



## Opening Times and Prices Monday 1st July – Sunday 18th August 2024

### Opening Hours:

#### Fitness Suite

Monday & Wednesday	7.00am-9.00pm
Tuesday & Thursday	6.30am-9.00pm
Friday	7.00am-8.30pm
Saturday	9.00am-3.00pm
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-9.00am	10.30am-12pm
Tue*	7.00am-9.00am	10.30am-9pm
Wed	7.00am-9.00am	10.30am-1.30pm
Thu	7.00am-9.00am	11.30am-8.30pm
Fri	7.00am-9.00am	10.30am-12pm
Sat	9.15am-3.00pm	
Sun	10.15am-3.00pm	

\*Sauna and Steam open Wednesday 17<sup>th</sup>/24<sup>th</sup>/31<sup>st</sup> July extra session 7pm-8.30pm

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

### Admission Prices

	Adult	*Con
Exercise Class (Booking required)	£8.00	£4.80
Fitness Suite	£9.10	£5.40
Lane Swimming	£8.00	£4.80
Open Swim	£8.00	£4.80
Family Friendly 45 mins (Booking required)	£8.00	£4.80
Squash (per person) (Booking required)	£7.30	£4.30
Sauna and Steam	£8.00	£4.80
Gym Induction (Booking required)	£12.50	£7.40
Shower	£3.70	£2.20

\* **Concessions available: If you are under 18yrs old, or in full time education, or over 60yrs old**  
Budget option 50p per activity: If you, or members of your household are entitled to certain benefits, please ask for details

1.15pm-9pm	Last admission 8.30pm
	Last admission 8.30pm
3pm-7pm <b>*see note</b>	Last admission 6.30pm
	Last admission 8.00pm
1.15pm-8.30pm	Last admission 8.00pm
	Last admission 2.30pm
	Last admission 8.00pm

### 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 – [online.highlifehighland.com](http://online.highlifehighland.com) \*Timetable subject to change\*

### All sessions are included in High Life Membership



**ALL-INCLUSIVE** access to all High Life leisure centres is just **£39.99** per month for the family or **£26.60** per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for **£479.90** or an individual membership for **£319.20**



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[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.