



Opening Times and Prices Monday 24th June – Sunday 30th June 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-12.00pm	1.15pm-9pm
Tue*	7.00am-9pm	
Wed	7.00am-1.30pm	3pm-7pm
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 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 *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



Tel: 01397 704359

www.highlifehighland.com

High Life Highland Registered office Highland Archive Centre, Bught Road, Inverness IV3 5SS

Telephone 01349 781700 Email info@highlifehighland.com

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.

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.

Last admission 8.30pm
Last admission 8.30pm
Last admission 6.30pm
Last admission 8.00pm
Last admission 8.00pm
Last admission 2.30pm
Last admission 2.30pm