

## Opening Times and Prices Monday 9th September – Sunday 13th October 2024

Opening Hours:

**Fitness Suite** 

Monday & Wednesday
Tuesday & Thursday
Friday
Saturday
Sunday
7.00am-9.00pm
6.30am-9.00pm
7.00am-8.30pm
9.00am-3.00pm
9.00am-3.00pm

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

#### \*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

# \* 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

### Sauna and Steam Open Sessions

Mon*	7.00am-9.45am	1.15pm-3.45pm	6.15pm-9pm	Last admission 8.30pm		
Tue*	7.00am-9.45am	12.30pm-3.45pm	6.15pm-9pm	Last admission 8.30pm		
Wed*	7.00am-1.30pm	3pm-3.45pm	6.15pm-7pm	Last admission 6.30pm		
Thu	7.00am-9.45am	12.30pm-3.45pm	6.15pm-8.30pm	Last admission 8.00pm		
Fri*	7.00am-9.45am	1.15pm-3.45pm	6.15pm-8.30pm	Last admission 8.00pm		
Sat*	11.15am-3.00pm			Last admission 2.30pm		
Sun	10.15am-3.00pm			Last admission 2.30pm		

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

Extra sessions \*Mon 16th Sep, sauna/steam will be open 9.45am-12pm and Tue 17th Sep sauna/steam will be open 9.45-12.30pm

### 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\*

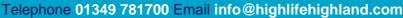
### All sessions are included in High Life Membership



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** 



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



<sup>\*</sup>Wed 18/09, sauna/steam will be close at 1pm and will re-open at 3.00pm for next session.

<sup>\*</sup>Fri 27/09 & 04/10, sauna/steam will close at 7.15pm, last admission 6.45pm

<sup>\*</sup>Sat 28/09, sauna/steam will close at 1.45pm, last admission 1.15pm