

Opening Times and Prices Monday 28th October – Monday 23rd December 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

*Fitness Suite Induction

*Inductions subject to availability-please phone on the day

Last Admission Fitness SuiteMonday-Thursday8.30pmFriday8.00pmSat & Sun2.30pm

Sauna and Steam Open Sessions

Mon*	7.00am-9.45am
Tue*	7.00am-9.45am
Wed*	7.00am-1.30pm
Thu	7.00am-9.45am
Fri*	7.00am-9.45am
Sat	11.15am-3.00pm
Sun	10.15am-3.00pm

1.15pm-3.45pm 12.30pm-3.45pm 3pm-3.45pm 12.30pm-3.45pm 1.15pm-3.45pm 6.15pm-9pm 6.15pm-9pm 6.15pm-7pm 6.15pm-8.30pm 6.15pm-7.15pm

Admission Prices

Fitness Suite

Open Swim

Shower

Lane Swimming

Sauna and Steam

please ask for details

Exercise Class (Booking required)

Gym Induction (Booking required)

Family Friendly 45 mins (Booking required)

* 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,

Squash (per person) (Booking required)

Last admission 8.30pm Last admission 8.30pm Last admission 6.30pm Last admission 8.00pm Last admission 6.45pm Last admission 2.30pm Last admission 2.30pm

Adult *Con

£8.00 £4.80

£8.00 £4.80

£7.30 £4.30

£8.00 £4.80

£12.50 £7.40

£3.70 £2.20

£4.80

£5.40

£4.80

£8.00

£9.10

£8.00

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

*Thur 7th/14th/21st/28th November, Sauna will be shut 1.15pm-2.45pm due to private hire. *Fri 20/12, Extra sauna and steam session 7.15pm-8.30pm, last admission 8pm

*Man 22/12 sound/steam will be onen from 7.00pm 0.00pm (8.00pm 0.00pm)

*Mon 23/12 sauna/steam	will be open from 7.00am-9.00pm (8.00pm-9.00pm 16+ only), last admission 8.30pm
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 – <u>online.highlifehighland.com</u> *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.