



Opening Times and Prices Monday 28th October – Monday 23rd December 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-9.45am	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-7.15pm	Last admission 6.45pm
Sat	11.15am-3.00pm			Last admission 2.30pm
Sun	10.15am-3.00pm			Last admission 2.30pm

*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

*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 bookers, 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



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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.