



Opening Times and Prices 27th to 30th December 2024

Opening Hours

Fitness Suite

Fri 27th to Mon 30th 9.00am-3.00pm

Last Admission Fitness Suite 2.30pm

*Fitness Suite Induction

***Strength & Conditioning Suite Induction**

*Inductions subject to availability-please phone on the day

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)

Sauna and Steam Sessions

Fri 27th & Sun 29th 10.15am-3.00pm

Sat 28th & Mon 30th 9.15am-3.00pm

Last admission 2.30pm

Last admission 2.30pm

Bookable Squash Time Slots 60 mins (max 2 bookees, non-marking indoor shoes must be worn) online booking required

9.00am, 10.00am, 11.00am, 12.00pm, 1.00pm, 2.00pm

Please book online – online.highlifehighland.com

*Timetable subject to change

*Please see separate Swimming Pool Timetable

We wish all our customers a wonderful Festive Period and we look forward to seeing you in the New Year!

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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