



Opening Times and Prices Friday 3rd January – Sunday 12th January 2025

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-9.00pm
Tue*	7.00am-9.00pm	
Wed	7.00am-1.30pm	3.00pm-7.00pm
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.**

*Fri 3rd Extra sauna/steam session 12.00pm-1.15pm

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



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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.