



Ionad Spòrs Eilean na Hearadh

Slàinte Mhath Members - Free Unlimited Access

Christmas Holiday Sports Centre opening Times:

Mon 26th December - until Mon 9th January

Public Swimming/ Gym 2pm- 8pm Monday - Friday <i>Please Note:- 6.30pm-8pm of each week night is for over 16's Only</i> 1pm - 6.00pm Saturday <i>Please Note:- 5pm-6pm on Saturday night is for over 16's Only</i>
<u>Spinning (Group Cycling) & Abs and Back workout</u> Every Monday to Thursday 6pm – 7pm Friday 12.30pm – 1.30pm
We will Be closed for the Public Holidays 26th 27th December and 2nd 3rd January.

For information on timetable call 01859 502944