

Kingston YMCA // Effective: January 5 2026

TLC Studio Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-7am Open to Members	5:30-8:30am Open to Members	5:30-7am Open to Members	5:30-8:30am Open to Members	5:30-7am Open to Members	7-8:30am Open to Members	7am-4:45pm Open to Members
7am-1pm TLC	8:30am-1pm TLC	7am-1pm TLC	8:30am-1pm TLC	7am-1pm TLC	8:30am-1pm TLC	
1-8:45pm Open to Members	1-8:45pm Open to Members	1-8:45pm Open to Members	1-8:45pm Open to Members	1-6:45pm Open to Members	1-4:45pm Open to Members	

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- TLC is a registered program, please see membership services for information.
- Last Updated: December 4, 2025

