

# Total Life Care Studio Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>5:30-7am</b> Open to Members	<b>5:30-8:30am</b> Open to Members	<b>5:30-7am</b> Open to Members	<b>5:30-8:30am</b> Open to Members	<b>5:30-7am</b> Open to Members	<b>7-8:30am</b> Open to Members	<b>7am-3:45pm</b> Open to Members
<b>7am-1pm</b> TLC	<b>8:30am-1pm</b> TLC	<b>7am-1pm</b> TLC	<b>8:30am-1pm</b> TLC	<b>7am-1pm</b> TLC	<b>8:30am-1pm</b> TLC	
<b>1-8:45pm</b> Open to Members	<b>1-8:45pm</b> Open to Members	<b>1-8:45pm</b> Open to Members	<b>1-8:45pm</b> Open to Members	<b>1-5:15pm</b> Open to Members	<b>1-3:45pm</b> Open to Members	
				<b>5:30-6:30pm</b> Youth Fitness		

- 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: January 2, 2024



SCHEDULES