

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 | 1-7:45pm 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: March 16 2026



SCHEDULES