

Kingston YMCA // Effective: August 31st 2026

TLC Studio Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-7:15am Open to Members	5:30-8:45am Open to Members	5:30-7:15am Open to Members	5:30-8:45am Open to Members	5:30-7:15am Open to Members	7-8:45am Open to Members	7am-4:45pm Open to Members
7:15am- 12:15pm TLC	8:45am- 12:30pm TLC	7:15am- 12:15pm TLC	8:45am- 12:30pm TLC	7:15am- 12:15pm TLC	8:45am- 12:30pm TLC	
12:15-8:45pm Open to Members	12:30-8:45pm Open to Members	12:15-8:45pm Open to Members	12:30-8:45pm Open to Members	12:15-7:45pm Open to Members	12:30-4:45pm 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: August 11th, 2026



SCHEDULES