

Total Life Care Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-7am Open to Members 7am-1pm TLC 1-8:45pm Open to Members	5:30-8:30am Open to Members 8:30am-1pm TLC 1-5:15pm Open to Members 5:30-6:30pm Youth Fitness 6:45-8:45pm Open to Members	5:30-7am Open to Members 7am-1pm TLC 1-8:45pm Open to Members	5:30-8:30am Open to Members 8:30am-1pm TLC 1-8:45pm Open to Members	5:30-7am Open to Members 7am-1pm TLC 1-5:15pm Open to Members 5:30-6:30pm Youth Fitness	7-8:30am Open to Members 8:30am-1pm TLC 1-3:45pm Open to Members	7am-3:45pm 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 30, 2023



SCHEDULES