

Kingston YMCA // Effective: July 7th 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	
12:15-1:00pm Open to Members	12:30-8:45pm Open to Members	12:15-1:00pm Open to Members	12:30-8:45pm Open to Members	12:15-1:00pm Open to Members	12:30-4:45pm Open to Members	
1:00-2:00pm Reserved for Camp		1:00-2:00pm Reserved for Camp		1:00-2:00pm Reserved for Camp		
2:00-8:45pm Open to Members		2:00-8:45pm Open to Members		2:00-7:45pm 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: July 6th, 2026



SCHEDULES