



**YMCA of  
Eastern Ontario**  
Kingston YMCA

## Empire Life Studio Schedule

Effective: September 1, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open to Members 7am-2:30pm	Open to Members 6-7am	Open to Members 6 - 8:30am	Open to Members 6 - 7am	Open to Members 6 - 8:30am	Open to Members 6 - 7am	Open to Members 7-8:30am
	TLC 7am - 1pm	TLC 8:30am-1pm	TLC 7am - 1pm	TLC 8:30am-1pm	TLC 7am - 1pm	TLC 8:30am-1pm
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>					
	Open to Members 3 - 5:30pm	Open to Members 3 - 5:30pm	Open to Members 3 - 5:30pm	Open to Members 3 – 7:30pm	Open to Members 3 - 5pm	Open to Members 1pm –2:30pm
	Registered Program 5:30-7:30pm	Pathways 5:30-7:30pm	Registered Program 5:30-7:30pm		Registered Program 5-6:30pm	

**TLC is a registered program, please see membership services for information**