



**YMCA of
Eastern Ontario**
Kingston YMCA

Total Life Care Studio

Effective: March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open to Members 7am-2:30pm	Open to Members 6-7:00am	Open to Members 6 - 8:30am	Open to Members 6 – 7:00am	Open to Members 6 - 8:30am	Open to Members 6 –7:00am	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
	CLOSED FOR CLEANING Monday to Friday from 1-3pm					
	Open to Members 3 - 7:45pm	Open to Members 3 - 5:30pm Pathways 5:30-7:30pm	Open to Members 3 - 7:45pm	Open to Members 3 – 7:45pm	Open to Members 3 – 6:45pm	Open to Members 1pm –2:30pm

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