

Total Life Care Studio Schedule

Effective: July 3, 2022



YMCA of
Eastern Ontario
Kingston YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7am-2:30pm

Open to Members

5:30-7am

Open to Members

7am-1pm

TLC

1-7:45pm

Open to Members

5:30-8:30am

Open to Members

8:30am-1pm

TLC

1:30-4pm

Summer Camps

4-7:30pm

Open to Members

5:30am-7am

Open to Members

7am-1pm

TLC

1-7:45pm

Open to Members

5:30-8:30am

Open to Members

8:30am-1pm

TLC

1:30-4pm

Summer Camps

4-7:30pm

Open to Members

5:30-7am

Open to Members

7am-1pm

TLC

1:30-4pm

Summer Camps

4-6:45pm

Open to Members

7-8:30am

Open to Members

8:30am-1pm

TLC

1-2:30pm

Open to Members

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