

Total Life Care Studio Schedule

Effective: February 28, 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	5:30-8:30am Open to Members	5:30am-7am Open to Members	5:30-8:30am Open to Members	5:30-7am Open to Members	7-8:30am Open to Members
	7am-1pm TLC	8:30am-1pm TLC	7am-1pm TLC	8:30am-1pm TLC	7am-1pm TLC	8:30am-1pm TLC
	1-4:45pm Open to Members	1-5:15pm Open to Members	1-4:45pm Open to Members	1-4:45pm Open to Members	1-4:45pm Open to Members	1-2:30pm Open to Members
	4:45-7:45pm Kingston Rock	5:30-7:30pm Pathways	4:45-7:45pm Kingston Rock	4:45-7:45pm Kingston Rock	4:45-6:45pm Kingston Rock	

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