

# Total Life Care Studio Schedule

Effective: February 27th, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7am-3:45pm</b> Open to Members	<b>5:30-7am</b> Open to Members	<b>5:30-8:30am</b> Open to Members	<b>5:30am-7am</b> Open to Members	<b>5:30am -8:30am</b> Open to Members	<b>5:30-7am</b> Open to Members	<b>7-8:30am</b> Open to Members
	<b>7am-1pm</b> TLC	<b>8:30am-1pm</b> TLC	<b>7am-1pm</b> TLC	<b>8:30am-1pm</b> TLC	<b>7am-1pm</b> TLC	<b>8:30am-1pm</b> TLC
	<b>1-8:45pm</b> Open to Members	<b>1-5:15pm</b> Open to Members	<b>1-8:45pm</b> Open to Members	<b>1-2:30pm</b> Otago	<b>1-5:15pm</b> Open to Members	<b>1-3:45pm</b> Open to Members
		<b>5:30-6:30pm</b> Youth Fitness		<b>2:30 –8:45pm</b> Open to Members	<b>5:30-6:30pm</b> Youth Fitness	
		<b>6:45-8:45pm</b> Open to Members				

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