

# Total Life Care Studio Schedule

Effective: May 26, 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

**1-5:15pm**

Open to Members

**5:30-7:30pm**

Pathways

**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

**1-7:45pm**

Open to Members

**5:30-7am**

Open to Members

**7am-1pm**

TLC

**1-6:45pm**

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.