

Total Life Care Studio Schedule

Effective: September 1, 2021



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

3-4:45pm

Open to Members

4:45-7:45pm

Kingston Rock

5:30-8:30am

Open to Members

8:30am-1pm

TLC

3-5:30pm

Open to Members

5:30-7:30pm

Pathways

5:30am-7am

Open to Members

7am-1pm

TLC

3-4:45pm

Open to Members

4:45-7:45pm

Kingston Rock

5:30-8:30am

Open to Members

8:30am-1pm

TLC

3-4:45pm

Open to Members

4:45-7:45pm

Kingston Rock

5:30-7am

Open to Members

7am-1pm

TLC

3-4:45pm

Open to Members

4:45-6:45pm

Kingston Rock

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.
- Kingston YMCA is closed for deep cleaning Monday to Friday from 1-3pm