

# Total Life Care Studio Schedule

Effective: January 2, 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

**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