

Lore's Teaching Schedule

All Classes are at following London GoodLife locations.

Day	Class	Time	Location
Tuesday	Hot Yoga	6:00 AM (1 hour)	King/Wellington
	Yoga	12:15 (45 min)	King/Wellington
Wednesday	Spinning	5:30 AM (30 min)	Sherwood
	Body Pump	6:00 AM (1 hour)	
Thursday	Yoga	12:15 (45 min)	King/Wellington
Friday	Body Pump	6:00 AM (1 hour)	Masonville
	Spinning	12:15 PM (45 mins)	King/Wellington
Saturday	Yoga	7:00 AM (1 hour)	Sherwood
Sunday	Yoga	11:45 AM (1 hour)	Masonville



Contact me to plan your private yoga class, group yoga workshop or a memorable retreat.