

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events September 2023- January 2024

Contact Johanna/ JGHF Team to confirm details when the schedule is 'to be confirmed' (TBC), or where there are any changes to the usual schedule. Thank you.

Sept. Week 1				
Tues 5 th	6:30pm	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 6 th	9.30am	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 6 th	6.30pm	Boot Camp.	Jo	Rose Garden.
Thurs 7 th	09:30	TBC. Piyo.	Sunny	Rose Garden. Always book in with Sunny
Fri 8 th	9.30am	Boot Camp	Nacho	Rose Garden.
Fri 8 th	11:30	Nordic Walking.	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 9 th	9am	Boot Camp	Victoria	Rose Garden.
Fri-Mon		Weekend Walking/ Hiking	Jo, Elisabeth	Brecon Beacons, South Wales
Sept. Week 2				
Tues 12 th .	6.30pm	Nordic Walking	Jo	56 North View Road / Meet just inside the park.
Weds 13 th	9.30am	Nordic Walking.	Jo	56 North View Road/meet in the park
Weds 13 th	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 14 th	09:30	TBC. Piyo.	Sunny	Rose Garden. Always book in with Sunny
Fri 15 th	9.30am	Boot Camp	Jo	Rose Garden.
Fri 15 th	11:30am	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 16 th	9am	Boot Camp	Jo	Rose Garden.
Sat 16 th	9am	Nordic Walk	Janet	56 North View Road/meet in the park.
	10:10	'Back to School' Coffee Social	All	Alexandra Palace Garden Centre Cafe
Sept. Week 3				
Tues 19 th	6:30pm	Nordic Walking	Jo	56 North View Road / Meet just inside the park.

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Weds 20th	9.30am	Nordic Walking	Jo	56 North View Road / meet in the park
Weds 20th	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 21st	09:30	TBC. Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 22nd	09.30	Boot Camp	Jo	Rose Garden.
Fri 22nd	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 23rd	9am	Boot Camp	Jo	Rose Garden.

	Time	Activity	Instructor	Location
Sept. Week 4				
Tues 26th	6:30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Wed 27th	09:30am	Nordic Walking	Jo	56 North View Road /meet in the park
Wed 27th	6:30pm	Boot Camp	Jo	Rose Garden.
Thurs 28th	09:30	TBC. Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 29th	09:30am	Boot Camp	Jo	Rose Garden.
Fri 29th	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 30th Sept	09:00-10am 10:30-11:30	Boot Camp Nordic Walking Free taster Class	Jo Jo	Rose Garden. 56 North View Road/ meet in the park
Oct. Week 1				
Tues 3rd Oct	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Weds 4th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 4th	6.30pm	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Thurs 5th	09:30	TBC. Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 6th	9.30am	Boot camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Fri 6th	11:30	Nordic Walking	Jo/	

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			Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 7th	9am	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Sat 7th	10:30	Nordic Walking Free Taster class	Jo	56 North View Road/ meet in the park
Oct. Week 2				
Tues 10th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 11th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 11th	6.30pm	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Thurs 12th	09:30	Piyo. TBC	Sunny	Rose Garden. Always book in with Sunny
Fri 13th	9.30am	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Fri 13th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 14th	9am	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Oct. Week 3				
Tues 17th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 18th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 18th	6.30pm	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Thurs 19th	09:30	Piyo. TBC	Sunny	Rose Garden. Always book in with Sunny
Fri 20th	9.30am	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Fri 20th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 21st	9am	Boot Camp	Jo	BBC Steps area/ other steps/ Rose Garden. TBC
Sat 21st Oct.	10:30	Free Nordic Walking Taster class	Jo	56 North View Road/meet in the park
Oct. Week 4				

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Tues 24th	6.30pm	Nordic Walking	Patricia	56 North View Road/ Meet just inside the park.
Weds 25th	9.30am	Nordic Walking	Janet and Patricia	56 North View Road/meet in the park
Weds 25th	6.30pm	Boot Camp	Nacho	BBC Steps area/ other steps/ Rose Garden. TBC
Thurs 26th	09:30	Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 27 th	9.30am	Boot Camp	Nacho	BBC Steps area/ other steps/ Rose Garden. TBC
Fri 27 th	11:30	Nordic Walking	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 28 th Oct.	9am	Boot Camp	Victoria	BBC Steps area/ other steps/ Rose Garden. TBC
Oct-Nov. Week 1				
Tues 31 st Oct	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 1 st Nov	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 1 st Nov	6.30pm	Boot Camp	Jo	Rose Garden
Thursday 2 nd Nov	09:30	Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 3 rd	9.30am	Boot Camp	Jo	Grove, near Little Dinosaurs or Rose Garden. TBC.
Fri 3 rd	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 4 th Nov Sat 4 th Nov	9am 10:30	Boot Camp Nordic Walking Free Taster Class	Jo Jo	Grove, near Little Dinosaurs. Meet on corner of Muswell Hill Road and Springfield Ave, N10
TBC?	2-4pm	Nutrition Workshop? TBC		
Nov. Week 2				
Tues 7th	6.30-7:30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 8th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 8th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 9th	09:30	Piyo	Sunny	Rose Garden Always book in

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				with Sunny
Fri 10th	9.30am	Boot Camp	Jo	Rose Garden
Fri 10th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 11th Sat 11th.	9am 9-12noon	Boot Camp Half Day, 6.5 mile Discovery Walk	Victoria Jo	Rose Garden Local Parks, Hampstead Heath
Nov. Week 3				
Tues 14th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 15th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 15th	6.30pm	Boot Camp	Jo	Rose Garden
Thursday 16th	09:30	Piyo	Sunny	Rose Garden Always book in with Sunny
Fri 17th	9.30am	Boot Camp	Jo	Rose Garden
Fri 17th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 18th	9am	Boot Camp	Jo	Rose Garden
TBC?		Nutrition Workshop? Or 4th Nov. TBC		

Nov. Week 4				
Tues 21st	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 22nd	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 22nd	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 23rd	09:30	Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 24th	9.30am	Boot Camp	Jo	Rose Garden
Fri 24th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 25th Nov Sat 25th Nov	9am 10:30	Boot Camp Nordic Walking Taster/ Technique	Jo Jo	Rose Garden 56 North View Road/meet in the park

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Nov-Dec. Week 5				
Tues 28th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 29th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 29th	6.30pm	Boot Camp	Jo	Rose Garden
Thursday 30th	09:30	Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 1st Dec	9.30am	Boot Camp	Jo	Rose Garden
Fri 1st Dec	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 2nd Dec	9am	Boot Camp	Jo	Rose Garden
Sat 2nd Dec	10:30	Nordic Walking Taster class.	Jo	56 North View Road, or meet in the park.
??		? Christmas Walk and dinner. TBC	All	
Dec. Week 1				
Tues 5th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 6th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 6th	6.30pm	Boot Camp	Jo	BBC Tower steps area/ other steps/ Rose Garden. TBC.
Thurs 7th	09:30	Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 8th	9.30am	Boot Camp	Jo	BBC Tower steps area. / other steps/ Rose Garden. TBC
Fri 8th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 9th Dec	9am	Boot Camp	Jo	BBC Tower steps area. / other steps/ Rose Garden. TBC
Sat 9th Dec. ? TBC	12 noon- 6pm. TBC	? Christmas walk and dinner.	All	TBC TBC
Dec. Week 2				
Tues 12th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 13th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park

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Weds 13th	6.30pm	Boot Camp	Jo	BBC Tower steps area. / other steps/ Rose Garden. TBC
Thursday 14th	09:30am	Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 15th	9.30am	Boot Camp	Jo	BBC Tower steps area. / other steps/ Rose Garden. TBC
Fri 15th	11:30am	Nordic Walking	Janet/ Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 16th	9am	Boot Camp	Jo	BBC Tower steps. / other steps/ Rose Garden. TBC
Dec. Week 3				
Tues 19th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 20th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 20th	6.30pm	Boot Camp	Jo	BBC Tower steps area. / other steps/ Rose Garden. TBC
Thurs 21st	09:30am	Piyo	Sunny	Rose Garden. Always book in with Sunny
Fri 22nd	9.30am	Boot Camp	Jo	BBC Tower steps area. / other steps/ Rose Garden. TBC
Fri 22nd	11:30	Nordic Walking	Janet/ Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 23rd Dec	9am	Boot Camp	Jo	BBC Tower steps area. / other steps/ Rose Garden. TBC
Dec. Week 4				
Tues 26th Dec		Boxing Day. No classes		
Wed 27th. ? TBC	09:30	?Nordic Walking	TBC	56 North View Road/ meet in the park
Weds 27th. ? TBC	6.30pm	?Boot Camp	TBC	Rose Garden.
Thursday 28 th ? TBC	09:30	?Piyo.	Sunny	Rose Garden. Always book in with Sunny
Fri 29th ? TBC	9.30am	Boot Camp	TBC	Rose Garden.
Fri 29th? TBC	11:30	Nordic Walking	TBC	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground

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Sat 30th Sat 30th Dec	9am 10:10	Boot Camp New Year's Coffee Social	Jo/ Sunny Jo, all	Rose Garden. TBC
Jan. 2024. Week 1				
Tues 2nd Jan. 2024	6.30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Weds 3rd	9.30am	Nordic Walk	Jo	56 North View Road/meet in the park
Weds 3rd	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 4th	09:30	Piyo. TBC	Sunny	Rose Garden. Always book in with Sunny
Fri 5th	9.30am	Boot Camp	Jo	Rose garden
Fri 5th	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 6th	9am	Boot Camp	Jo	Rose Garden
Sat 6th	10:30	Nordic Walking free Taster Class	Jo	56 North View Road, or meet in the park.
Jan. Week 2				
Tues 9th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 10th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 10th	6.30pm	Boot Camp	Jo	Rose Garden
Thursday 11th	09:30	Piyo. TBC	Sunny	Rose Garden. Always book in with Sunny
Fri 12th	9.30am	Boot Camp	Jo	Rose Garden
Fri 12th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 13th	9am	Boot Camp	Jo	Rose Garden

Jan. Week 3				
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Tues 16th	6.30pm	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 17th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 17 th	6.30pm	Boot Camp.	Jo	Rose Garden
Thurs 18th	09:30	TBC. Piyo.TBC	Sunny	Rose Garden. Always book in with Sunny
Fri 19th	9.30am	Boot Camp	Jo	Rose Garden
Fri 19th	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 20th	9am	Boot Camp	Jo	Fair Ground Car Park area.
Jan. Week 4				
Tues 23rd	6.30pm	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 24th	9.30am	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 24th	6.30pm	Boot Camp.	Jo	Rose Garden.
Thurs 25th	09:30	TBC. Piyo.	Sunny	Rose Garden. Always book in with Sunny
Fri 26th	9.30am	Boot Camp	Jo	Rose Garden.
Fri 26th	11:30	Nordic Walking.	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 27th	9am	Boot Camp	Jo	Rose Garden.
Sat 27th	10:30	Nordic Walking Free Taster class/technique	Jo	56 North View Road/meet in the park
Jan-Feb. Week 1				
Tues 30th.	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 31st	9.30am	Nordic Walking.	Jo	56 North View Road/meet in the park
Weds 31st	6.30pm	Boot Camp	Jo	BBC Tower Steps?? TBC
Thurs 1st Feb	09:30	TBC. Piyo.	Sunny	Rose Garden. Always book in with Sunny
Fri 2nd Feb	9.30am	Boot Camp	Jo	
Fri 2nd Feb	11:30am	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground

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Sat 3rd Feb	9am	Boot Camp	Jo	56 North View Road/ meet in the park
Sat 3rd Feb	10:30	Nordic Walking free Taster/ Technique class	Jo	
Feb. Week 2				