

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events June - Oct 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.

June. Week 1				
Tues 4th June	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 5th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 5th	6.30pm	Boot Camp	Jo	Grove
Thursday 6 th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 7th	9.30am	Boot Camp	Jo	Grove
Fri 7th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 8th June	9am	Boot Camp	Jo	Grove, or next to or near the Grove Car Park/ near Big Oak Tree!
June. Week 2				
Tues 11 th	6.30pm	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 12th	9.30am	Nordic Walking	Patricia	56 North View Road/meet in the park
Weds 12 th	6.30pm	Boot Camp.	Calum	Grove
Thurs 13th	09:30	Piyo.	Sunny	Next to skate boarding area or Rose Garden. Always book in with Sunny
Fri 14th	9.30am	Boot Camp	Victoria	Grove
Fri 14th	11:30	Nordic Walking	Patricia	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 15th	9am	Boot Camp	Victoria	Grove
June. Week 3				
Tues 18th	6:30pm- 8:30pm	Mid-Summer's Eve walk! 5 miles. Nordic Walking	Jo	56 North View Road /meet in the park
	8:30pm	Dinner/ Social	All	Sumak, 141 Tottenham Lane, N8.

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Weds 19th	9.30am	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 19th	6.30pm	Boot Camp.	Jo	Grove
Thurs 20th	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 21st	9.30am	Boot Camp	Jo	Grove
Fri 21st	11:30	Nordic Walking.	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 22nd	9am	Boot Camp	Nacho	Grove
Sat 22nd	8:00-17:00	Discovery all Day Walk. 8.5 miles	Jo, Elisabeth Janet	Dunstable Downs.
June. Week 4				
Tues 25th.	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 26th	9.30am	Nordic Walking.	Jo	56 North View Road/meet in the park
Weds 26th	6.30pm	Boot Camp	Jo	Grove
Thurs 27th	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 28th	9.30am	Boot Camp	Jo	Grove
Fri 28th	11:30am	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 29th	9am	Boot Camp	Jo	Grove
Sat 29th	10:30	Nordic Walking free Taster/ Technique class	Jo	56 North View Road/ meet in the park
July. Week 1				

Tues 2nd July	6:30pm	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 3rd	9.30am	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 3rd	6.30pm	Boot Camp.	Jo	Grove
Thurs 4th	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 5th	9.30am	Boot Camp	Jo	Grove

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

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	Grove
Sat 6th	10:30-11:30	Nordic Walking free taster/ technique class	Jo	56 North View Road, N8
July. Week 2				
Tues 9th.	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 10th	9.30am	Nordic Walking.	Jo	56 North View Road/meet in the park
Weds 10th	6.30pm	Boot Camp	Jo	Grove
Thurs 11th	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 12th	9.30am	Boot Camp	Jo	Grove
Fri 12th	11:30am	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 13th	9am	Boot Camp	Jo	Grove
July. Week 3				
Tues 16th	6:30pm	Nordic Walking	Jo	56 North View Road / Meet just inside the park.
Weds 17th	9.30am	Nordic Walking	Jo	56 North View Road / meet in the park
Weds 17th	6.30pm	Boot Camp	Jo	Grove
Thurs 18th	09:30	Piyo	Sunny	Next to Skate Board area/ Rose Garden. Always book in with Sunny
Fri 19th	09.30	Boot Camp	Jo	Grove
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	Nacho	Grove
Sat 20th	8:00-18:00	Discovery all day walk	Jo, Janet, Elisabet h	TBC.

	Time	Activity	Instructor	Location
--	-------------	-----------------	-------------------	-----------------

Johanna Green

HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

July. Week 4				
Tues 23rd	6:30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Wed 24th	09:30am	Nordic Walking	Jo	56 North View Road /meet in the park
Wed 24th	6:30pm	Boot Camp	Jo/ Calum. TBC	Grove
Thurs 25th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 26th	09:30am	Boot Camp	Nacho	Grove
Fri 26th	11:30	Nordic Walking	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 27th	09:00-10am	Boot Camp	Victoria	Grove
July-Aug 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	Grove
Thurs 1 st Aug	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 2nd	9.30am	Boot camp	Jo	Grove
Fri 2nd	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 3 rd Aug	9am	Boot Camp	Jo	Grove
Sat 3 rd	10:30-11:30	Nordic walking taster/ Technique class	Jo	56 North View Road, N8
Aug. Week 2				
Tues 6th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 7 th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 7th	6.30pm	Boot Camp	Jo	Grove
Thurs 8th	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

				book in with Sunny
Fri 9 th	9.30am	Boot Camp	Jo	Grove
Fri 9 th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 10 th	9am	Boot Camp	Jo	Grove
Aug. Week 3				
Tues 13 th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 14 th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 14 th	6.30pm	Boot Camp	Jo/ Calum. TBC	Grove
Thurs 15 th	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 16 th	9.30am	Boot Camp	Nacho	Grove
Fri 16 th	11:30	Nordic Walking	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 17 th	9am	Boot Camp	Victoria	Grove.
Aug. Week 4				
Tues 20 th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 21 st	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 21 st	6.30pm	Boot Camp	Jo	Grove.
Thurs 22 nd	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 23 rd	9.30am	Boot Camp	Jo	Grove.
Fri 23 rd	11:30	Nordic Walking	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 24 th	9am	Boot Camp	Nacho	Grove.
Sat 24 th	8:00-19:00	Discovery Walk. 12-14miles	Jo, Elisabeth, Janet	TBC
Aug. Week 5				

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Tues 27th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 28th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 28th	6.30pm	Boot Camp	Jo	Grove
Thursday 29th	09:30	Piyo	Sunny	Next to Skate Board area/ Rose Garden. Always book in with Sunny
Fri 30th	9.30am	Boot Camp	Jo	Grove
Fri 30th	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 31 st Aug	9am	Boot Camp	Jo	Grove
Sat 31st	10:30	Nordic Walking Free Taster Class	Jo	56 North View Road or meet in the park
September. Week 1				
Tues 3 rd Sept	6.30-7:30pm	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	Rose Garden.
Thurs 5th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden Always book in with Sunny
Fri 6th	9.30am	Boot Camp	Jo	Rose Garden.
Fri 6th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 7 th	9am	Boot Camp	Jo	Rose Garden.
Sat 7 th	10:30-11:30	Nordic Walking Taster/Technique class	Jo	56 North View Road N8/ meet in the park
Sept. Week 2				
Tues 10th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 11th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 11th	6.30pm	Boot Camp	Jo	Rose Garden.
Thursday 12th	09:30	Piyo	Sunny	Next to Skate Board

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

				area/Rose Garden Always book in with Sunny
Fri 13th	9.30am	Boot Camp	Jo	Rose Garden
Fri 13th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 14th Sat 14th	9am	Boot Camp Walking weekend	Victoria Jo, Elisabeth Janet.	Rose Garden Isle of Wight

Sept. Week 3				
Tues 17th	6.30pm	Nordic Walking	Jo/ Patricia TBC	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/ Calum. TBC	Rose Garden.
Thurs 19th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 20th	9.30am	Boot Camp	Jo	Rose Garden.
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/ cover. TBC	Rose Garden.
Sat 21st	10:30	? Nordic walking Taster. TBC	Jo	56 North View Rd/ park
Sept. Week 4				
Tues 24th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 25th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 25th	6.30pm	Boot Camp	Jo	Rose Garden
Thursday 26th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 27th	9.30am	Boot Camp	Jo/ Cover. TBC	Rose Garden.

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Fri 27th	11:30	Nordic Walking	Janet/ Patricia. TBC	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 28 th Sept	9am	Boot Camp	Cover. TBC	Rose Garden
Oct. Week 1				
Tues 1 st Oct	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 2nd	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 2nd	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 3rd	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 4 th	9.30am	Boot Camp	Jo	BBC Tower Steps area
Fri 4 th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 5 th	9am	Boot Camp	Jo	BBC Tower steps area.
Sat 5 th	10:30	Nordic Walking free Taster/ Technique class.	Jo	56 North View Road/ meet in the park
Oct. Week 2				
Tues 8th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 9th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 9th	6.30pm	Boot Camp	Jo	BBC Tower Steps area
Thursday 10th	09:30am	Piyo	Sunny	Next to the Skate Board area/Rose Garden. Always book in with Sunny
Fri 11 th	9.30am	Boot Camp	Jo	BBC Tower Steps area
Fri 11th	11:30am	Nordic Walking	Janet/ Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 12th	9am	Boot Camp	Jo	BBC Tower Steps area
	10:30	? Nordic Walking Taster class. TBC		
Oct. Week 3				

Johanna Green

HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Tues 15th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 16th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 16th	6.30pm	Boot Camp	Jo	BBC Tower Steps area
Thurs 17th	09:30am	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 18th	9.30am	Boot Camp	Jo	BBC Tower steps area.
Fri 18th	11:30	Nordic Walking	Janet/ Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 19th	9am	Boot Camp	Jo	BBC Tower steps area