

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events February 2025- June 2025

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.

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|----------------------|----------------|--|--------------------------|---|
| Feb. Week 2 | | | | |
| Tues 11th | 6.30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park |
| Wed 12th | 09:30 | Nordic Walking | Jo | 56 North View Road/ meet in the park |
| Weds 12th | 6.30pm | Boot Camp | Jo | BBC Tower Steps area |
| Thursday 13th | 09:30am | Piyo | Sunny | Next to the Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 14 th | 9.30am | Boot Camp | Jo | BBC Tower Steps area |
| Fri 14th | 11:30am | Nordic Walking | Janet/ Jo | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 15 th | 9am | Boot Camp | Victoria | BBC Tower Steps area |
| Sat 15th | 9am-12 noon | Discovery/ longer walk. 6 miles/ 10km | Jo | Hampstead Heath, local parks |
| Feb. Week 3 | | | | |
| Tues 18th | 6.30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park. |
| Weds 19th | 9.30am | Nordic Walking | Jo | 56 North View Road/meet in the park |
| Weds 19th | 6.30pm | Boot Camp | Jo | BBC Tower Steps area |
| Thurs 20th | 09:30am | Piyo | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 21st | 9.30am | Boot Camp | Nacho | BBC Tower steps area. |
| Fri 21st | 11:30 | Nordic Walking | Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 22nd | 9am | Boot Camp | Victoria | BBC Tower steps area |
| | 10:30-11:30 | Nordic Walking free taster/ technique class | Janet and Patricia | 56 North View Road/ in the park |
| Feb. Week 4 | | | | |
| Tues 25th | 6.30pm | Nordic Walking | Patricia | 56 North View Road/ Meet just inside the park |

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|---------------------------------|---------------|--|---------------------------|---|
| Wed 26th | 09:30 | Nordic Walking | Janet and Patricia | 56 North View Road/ meet in the park |
| Weds 26th | 6.30pm | Boot Camp | Nacho | BBC Tower steps |
| Thursday 27th | 09:30 | Piyo | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 28th | 9.30am | Boot Camp | Victoria | BBC Tower Steps. |
| Fri 28th | 11:30 | Nordic Walking | Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 1st March | 9am | Boot Camp | Nacho | BBC Tower Steps. |
| March. Week 1 | | | | |
| Tues 4th | 6.30pm | Nordic Walking | Jo | 56 North View Road/ meet in the park. |
| | | | | |
| Weds 5th | 9.30am | Nordic Walking | Jo | 56 North View Road/meet in the park. |
| Weds 5th | 6.30pm | Boot Camp. | Jo | Rose Garden. |
| Thurs 6th | 09:30 | Piyo. | Sunny | Next to skate boarding area or Rose Garden. Always book in with Sunny |
| Fri 7th | 9.30am | Boot Camp | Jo | Rose Garden |
| Fri 7th | 11:30 | Nordic Walking | Jo | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 8th | 9am | Boot Camp | Jo | Rose Garden |
| Sat 8th | 10:30 | Nordic Walking Taster/ technique class | Jo | 56 North View Road, N8 or meet in the park |
| March. Week 2 | | | | |
| Tues 11th | 6:30pm | Nordic Walking | Jo | 56 North View Road /meet in the park |
| | | | | |
| Weds 12th | 9.30am | Nordic Walking | Jo | 56 North View Road /meet in the park |
| Weds 13th | 6.30pm | Boot Camp. | Jo | Rose Garden |
| Thurs 13th | 09:30 | Piyo. | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 14th | 9.30am | Boot Camp | Jo | Rose Garden |

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|---|----------------|--|-----------------|---|
| Fri 14th | 11:30 | Nordic Walking. | Jo/Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 15th | 9am | Boot Camp | Jo | Rose Garden |
| ? or Sat 19th April | 10:10 | Spring into Summer Coffee Social. TBC | All | Ally Pally Garden Centre Café. TBC |
| March. Week 3 | | | | |
| Tues 18th. | 6.30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park. |
| | | | | |
| Weds 19th | 9.30am | Nordic Walking. | Jo | 56 North View Road/meet in the park |
| Weds 19th | 6.30pm | Boot Camp | Jo | Rose Garden |
| 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 | Rose Garden |
| Fri 21st | 11:30am | Nordic Walking | Jo/Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 22nd | 9am | Boot Camp | Cover. TBC | Rose Garden |
| Sat 22nd | 8am-5pm | Discovery/ long walk. 10-11 miles/ 17km | Jo | Chilterns, near High Wycombe |
| March. Week 4 | | | | |

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| | | | | |
| Tues 25th | 6:30pm | Nordic Walking | Jo | 56 North View Road /meet in the park |
| | | | | |
| Weds 26th | 9.30am | Nordic Walking | Jo | 56 North View Road /meet in the park |
| Weds 26th | 6.30pm | Boot Camp. | Jo | Rose Garden |
| 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 | Rose Garden |
| Fri 28th | 11:30 | Nordic Walking. | Jo/Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| 29th | 9am | Boot Camp | Jo | Rose Garden |
| | 10:30-11:30 | Nordic Walking free taster/ technique class | Jo | 56 North View Road, N8 or meet in the park |

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| April. Week 1 | | | | |
| Tues 1st April | 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 Stairs |
| Thurs 3rd | 09:30 | Piyo. | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 4th | 9.30am | Boot Camp | Jo | BBC Tower Stairs |
| Fri 4th | 11:30am | Nordic Walking | Jo/Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 5th | 9am | Boot Camp | Jo | BBC Tower stairs. |
| Sat 5th | 10:30-11:30 | Nordic Walking free taster/ technique class | Jo | 56 North View Road, N8/ Meet just inside the park. |
| April. Week 2 | | | | |
| Tues 8th | 6:30pm | Nordic Walking | Jo | 56 North View Road / Meet just inside the park. |
| Weds 9th | 9.30am | Nordic Walking | Jo | 56 North View Road / meet in the park |
| Weds 9th | 6.30pm | Boot Camp | Jo | BBC Tower Stairs |
| Thurs 10th | 09:30 | Piyo | Sunny | Next to Skate Board area/ Rose Garden. Always book in with Sunny |
| Fri 11th | 09.30 | Boot Camp | Sunny | BBC Tower Stairs |
| Fri 11th | 11:30 | Nordic Walking | Patricia | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 12th | 9am | Boot Camp | Sunny | BBC Tower Stairs area |

| | Time | Activity | Instructor | Location |
|----------------------|----------------|-----------------------|-------------------|---|
| April. Week 3 | | | | |
| Tues 15th | 6:30pm | Nordic Walk | Jo | 56 North View Road/ Meet just inside the park. |
| Wed 16th | 09:30am | Nordic Walking | Jo | 56 North View Road /meet in the park |
| Wed 16th | 6:30pm | Boot Camp | Jo | BBC Tower Stairs |

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| Thurs 17th | 09:30 | Piyo | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Good Fri 18th | 09:30am | Boot Camp | Jo | BBC Tower Stairs |
| | 11:30 | Nordic Walking | Jo/ Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 19th | 09:00-10am | Boot Camp | Jo | BBC Tower Stairs |
| | 10:10 | ? Spring into Summer Coffee social? TBC | All | |
| | | | | |
| April. Week 4 | | | | |
| Tues 22nd | 6.30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park |
| | | | | |
| Weds 23rd | 9.30am | Nordic Walking | Jo | 56 North View Road/meet in the park |
| Weds 23rd | 6.30pm | Boot Camp | Jo | BBC Tower Steps |
| Thurs 24th | 09:30 | Piyo | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 25th | 9.30am | Boot camp | Jo | BBC Tower Steps |
| Fri 25th | 11:30 | Nordic Walking | Jo/ Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 26th | 9am | Boot Camp | Jo | BBC Tower stairs. |
| | 10:30-11:30 | Nordic Walking free taster/ technique class | Jo | 56 North View Road, N8/ Meet just inside the park. |
| April-May. Week 1 | | | | |
| Tues 29th April | 6:30pm | Nordic Walking | Jo | 56 North View Road, N8 or meet in the park |
| | | | | |
| Weds 30th April | 09:30am | Nordic Walking | Jo | 56 North View Road, N8, or meet in the park |
| Weds 30th | 6:30pm | Boot Camp | Jo | Grove (or Rose Garden) TBC |
| Thurs 1st May | 09:30am | Piyo | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 2nd May | 9.30am | Boot Camp. TBC | Jo | Grove (or Rose Garden) TBC |
| Fri 2nd May | 11:30 | Nordic Walking. TBC | Jo | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |

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|--------------------------------|--------------------|--|------------------|---|
| Sat 3rd May | 9am | Boot Camp | Jo | Grove (or Rose Garden) TBC |
| | 10:30-11:30 | Nordic Walking free taster/ technique class | Jo | 56 North View Road, N8/ Meet just inside the park. |
| May. Week 2 | | | | |
| Tues 6th May | 6:30pm | Nordic Walking | Jo | 56 North View Road or meet in the park |
| | | | | |
| Weds 7th | 09:30am | Nordic walking | Jo | 56 North View Road, N8 or meet in the park |
| Weds 7th | 6:30pm | Boot Camp | Jo | Grove |
| Thurs 8th | 09:30 | Piyo. TBC | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny. |
| Fri 9th | 9.30am | Boot Camp | Jo | Grove |
| Fri 9th | 11:30 | Nordic Walking | Jo, Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 10th May | 9am | Boot Camp | Jo | Grove |
| | ?10:10- | ? Spring into summer coffee social? TBC | | |
| May. Week 3 | | | | |
| | | | | |
| Tues 13th | 6.30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park. |
| | | | | |
| Weds 14th | 9.30am | Nordic Walking | Jo | 56 North View Road/meet in the park |
| Weds 14th | 6.30pm | Boot Camp | Jo | Grove |
| Thurs 15 th | 09:30 | Piyo | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 16th | 9.30am | Boot Camp | Jo | Grove |
| Fri 16th | 11:30 | Nordic Walking | Jo, Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 17th | 9am | Boot Camp | Jo | Grove |
| May. Week 4 | | | | |
| Tues 20th | 6.30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park |
| | | | | |
| Wed 21st | 09:30 | Nordic Walking | Jo | 56 North View Road/ meet in the park |

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|---------------------------------|--------------------|--|------------------|---|
| Weds 21st | 6.30pm | Boot Camp | Jo | Grove |
| Thursday 22nd | 09:30 | Piyo | Sunny | Next to Skate Board area/ Rose Garden. Always book in with Sunny |
| Fri 23rd | 9.30am | Boot Camp | Jo | Grove |
| Fri 23rd | 11:30 | Nordic Walking | Jo/ Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |
| Sat 24th | 9am | Boot Camp | Jo | Grove |
| May. Week 5 | | | | |
| Tues 27th | 6.30-7:30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park. |
| Weds 28th | 9.30am | Nordic Walking | Jo | 56 North View Road/meet in the park |
| Weds 28th | 6.30pm | Boot Camp | Jo | Grove |
| Thurs 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 31st May | 9am | Boot Camp | Jo | Grove |
| | 10:30-11:30 | Nordic Walking Taster/Technique class | Jo | 56 North View Road N8/ meet in the park |
| June. Week 1 | | | | |
| Tues 3rd June | 6.30pm | Nordic Walking | Jo | 56 North View Road/ Meet just inside the park |
| Wed 4th | 09:30 | Nordic Walking | Jo | 56 North View Road/ meet in the park |
| Weds 4th | 6.30pm | Boot Camp | Jo | Grove |
| Thursday 5th | 09:30 | Piyo | Sunny | Next to Skate Board area/Rose Garden Always book in with Sunny |
| Fri 6th | 9.30am | Boot Camp | Jo | Grove |
| Fri 6th | 11:30 | Nordic Walking | Jo/Janet | Broomfield Park, meet off Broomfield Lane, N13, next to children's playground |

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|--------------------------------|--------------|---|-----------|--------------------------------------|
| Sat 7th June | 9am | Boot Camp | Jo | Grove |
| | 10:30 | Nordic Walking free Taster/ Technique class. | Jo | 56 North View Road/ meet the park in |
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|-----------------------------|---------------|-----------------------|------------------|---|
| June. 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. | Grove |
| Thurs 12 th | 09:30 | Piyo | Sunny | Next to Skate Board area/Rose Garden. Always book in with Sunny |
| Fri 13th | 9.30am | Boot Camp | Jo | Grove |
| 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 | Grove |