

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events March 2026- June 2026

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.

March. Week 1				
Tues 3rd	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	Rose Garden
Thursday 5th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny each week.
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 7th	9am	Boot Camp	Jo	Rose Garden
	10:30	Nordic Walking free Taster/ Technique class.	Jo	56 North View Road/ meet the park in
March. 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	Rose Garden.
Thurs 12th	09:30	Piyo	Sunny	Next to Skate Board 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	9am	Boot Camp	Jo	Rose Garden
	9am	Nordic Walk	Janet	56 North View Rd/ meet in the park
Sat 14th March	10:10	Spring Social Coffee	All	

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				Ally Pally Garden Centre Café. TBC
March. 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.	Rose Garden
Thurs 19 th	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	Nacho	Rose Garden
Sat 21st March	8am-6:30pm	12 mile training walk	Jo, Janet	Chorleywood, Hertfordshire

March. Week 4				
Tues 24th	6.30pm- 7.30pm	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 26 th	09:30am	Piyo	Sunny	Next to the Skate Board area/Rose Garden. Always book in with Sunny
Fri 27th	9.30am	Boot Camp	Jo	Rose Garden
Fri 27th	11:30am	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 28th March	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	Rose Garden 56 North View Rd/ meet in the park
March-April. Week 1				
Tues 31st March	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.

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Weds 1st April	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 1st April	6.30pm	Boot Camp	Jo	BBC Tower Steps
Thurs 2nd	09:30am	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 3rd April Good Friday	9.30am	Boot Camp	Jo	BBC Tower Steps
Fri 3rd	11:30	Nordic Walking	Janet/ Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 4th April	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	BBC Tower Steps 56 North View Rd/ meet in the park
April. Week 2				
Tues 7th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 8th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 8th	6.30pm	Boot Camp	Jo	BBC Tower Steps
Thursday 9th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 10th	9.30am	Boot Camp	Jo	BBC Tower steps
Fri 10th	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 11th	9am	Boot Camp	Jo	BBC Tower steps area
April. Week 3				
Tues 14th	6.30pm	Nordic Walking	Jo	56 North View Road/ meet in the park.
Weds 15th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park.
Weds 15th	6.30pm	Boot Camp.	Jo	BBC Tower steps
Thurs 16th	09:30	Piyo.	Sunny	Next to skate boarding area or Rose Garden. Always book in with Sunny
Fri 17th Fri 17th	9.30am 11:30	Boot Camp Nordic Walking	Victoria Patricia. TBC	BBC Tower Steps. Broomfield Park, meet off Broomfield Lane, N13, next to children's playground

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Sat 18th	9am	Boot Camp	Victoria	BBC Tower Steps
April. Week 4				
Tues 21st	6:30pm	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 22nd	9.30am	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 22nd	6.30pm	Boot Camp.	Jo	BBC Tower steps
Thurs 23rd	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 24th	9.30am	Boot Camp	Victoria	BBC Tower steps
Fri 24th	11:30	Nordic Walking.	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 25 th	9am 10:30	Boot Camp Nordic Walking Taster/ Technique class	Victoria Janet, Patricia	BBC Tower Steps 56 North View Road/ meet just inside the park
April-May. Week 5				
Tues 28th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 29th	9.30am	Nordic Walking.	Jo	56 North View Road/meet in the park
Weds 29th	6.30pm	Boot Camp	Jo	BBC Tower Steps
Thurs 30th	09:30	Piyo.	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 1 st May	9.30am	Boot Camp	Jo	BBC Tower Steps.
Fri 1 st May	11:30am	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 2 nd May	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	BBC Tower Steps 56 North View Rd/ meet in the park
May. Week 1				

Tues 5 th May	6.30pm- 7.30pm	Nordic Walking.	Jo	56 North View Road/ Meet just inside the park
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Weds 6th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 6th	6.30pm	Boot Camp	Jo	Grove
Thurs 7th	09:30am	Piyo	Sunny	Next to the Skate Board area/Rose Garden. Always book in with Sunny
Fri 8th	9.30am	Boot Camp	Jo	Grove
	11:30am	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 9th May	9am	Boot Camp	Cover. TBC	Grove
May. Week 2				
Tues 12th	6.30pm-7.30pm	Nordic Walking.	Jo	56 North View Road/ Meet just inside the park
Weds 13th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 13th	6.30pm	Boot Camp	Jo	Grove
Thurs 14th	09:30am	Piyo	Sunny	Next to the Skate Board area/Rose Garden. Always book in with Sunny
Fri 15th	9.30am	Boot Camp	Jo	Grove
	11:30am	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 16th	9am	Boot Camp	Jo	Grove
May. 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	Grove
Thurs 21st	09:30	Piyo	Sunny	Next to Skate Board area/ Rose Garden. Always book in with Sunny
Fri 22nd	09.30	Boot Camp	Jo	Grove
Fri 22nd	11:30	Nordic Walking	Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 23rd	9am	Boot Camp	Jo	Grove

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	10:30	Nordic Walking Taster/technique	Jo	56 North View Rd/ meet in the park
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	Time	Activity	Instructor	Location
May. 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	Grove
Thurs 28th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 29th	09:30am 11:30	Boot Camp Nordic Walking	Victoria Janet	Grove Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 30th	09:00-10am	Boot Camp	Cover. TBC	Grove
June. Week 1				
Tues 2nd June	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside 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
Fri 5th	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 6th	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	Grove 56 North View Rd/ meet in the park
June. Week 2				
Tues 9th	6:30pm	Nordic Walking	Jo	56 North View Road, N8 or meet in the park

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Weds 10th	09:30am	Nordic Walking	Jo	56 North View Road, N8, or meet in the park
Weds 10th	6:30pm	Boot Camp	Jo	Grove
Thurs 11th	09:30am	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 12th	9.30am	Boot Camp. TBC	Jo	Grove
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	Cover. TBC	Grove
	9am- 2pm	Longer Training walk, 8 miles	Jo	Local. TBC
June. Week 3				
Tues 16th	6:30pm	Nordic Walking	Jo	56 North View Road or meet in the park
Weds 17th	09:30am	Nordic walking	Jo	56 North View Road, N8 or meet in the park
Weds 17th	6:30pm	Boot Camp	Victoria	Grove
Thurs 18th	09:30	Piyo. TBC	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny.
Fri 19th	9.30am	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 Camps	Jo	Grove
June. Week 4				
Tues 23rd	6.30pm-8:30pm 8:30pm	Mid-Summers Eve Nordic Walk Dinner	Jo All	Local. 56 North View Road/ Meet just inside the park. TBC
Weds 24th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 24th	6.30pm	Boot Camp	Jo	Grove
Thurs 25th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden. Always book in with Sunny
Fri 26th	9.30am	Boot Camp	Jo	Grove
Fri 26th	11:30	Nordic Walking	Jo, Janet	

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				Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 27th	9am	Boot Camp	Jo	Grove
	10:30-11:30	Nordic Walking free taster/ technique class	Jo	56 North View Road/ meet in the park
June-July. Week 1				
Tues 30th June	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 1st July	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 1st July	6.30pm	Boot Camp	Jo	Grove
Thursday 2nd	09:30	Piyo	Sunny	Next to Skate Board area/ Rose Garden. Always book in with Sunny
Fri 3rd	9.30am	Boot Camp	Jo	Grove
Fri 3rd	11:30	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 4th July	9am	Boot Camp	Jo	Grove
	10:30-11:30	Nordic Walking free taster/ technique class	Jo	56 North View Road/ meet in the park
July. 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	Grove
Thurs 9th	09:30	Piyo	Sunny	Next to Skate Board area/Rose Garden Always book in with Sunny
Fri 10th	9.30am	Boot Camp	Jo	Grove
Fri 10th	11:30	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 11th	9am	Boot Camp	Jo	Grove