

Schedule of classes and events July- November 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.

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 TBC		Under review
Fri 3rd Fri 3rd	9.30am 11:30	Boot Camp Nordic Walking	Jo Jo/ Janet	Grove 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 TBC		Under review
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
July. Week 3				
Tues 14th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park

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Wed 15th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 15th	6.30pm	Boot Camp	Jo	Grove
Thursday 16th	09:30	Piyo. TBC		
Fri 17th	9.30am	Boot Camp	Jo	Grove
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	Nacho	Grove
	08:00-18:00	10 mile Training walk	Jo, Janet, Elisabeth	West Wycombe, Bucks
July. 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	Nacho	Grove
Thurs 23rd	09:30	Piyo. TBC		
Fri 24th	9.30am	Boot Camp	Victoria	Grove
	11:30	Nordic Walking	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 25th	9am	Boot Camp	Nacho	Grove
July. Week 5				
Tues 28th	6.30pm	Nordic Walking	Patricia/ Janet	56 North View Road/ Meet just inside the park.
Weds 29th	9.30am	Nordic Walking	Patricia/ Janet	56 North View Road/meet in the park
Weds 29th	6.30pm	Boot Camp	Victoria	Grove
Thurs 30th	09:30	Piyo TBC		
Fri 31st	9.30am	Boot Camp	Victoria	Grove
Fri 31st	11:30	Nordic Walking	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 1st August	9am	Boot Camp	Nacho	Grove

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August. Week 1				
Tues 4th	6.30pm-7.30pm	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 6th	09:30am	Piyo TBC		
Fri 7th	9.30am	Boot Camp	Jo	Grove
Fri 7th	11:30am	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 8th August	9am	Boot Camp	Jo	Grove
	10:30	Nordic Walking	Jo	56 North View Rd/ meet in the park
August. Week 2				
Tues 11th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park.
Weds 12th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 12th	6.30pm	Boot Camp	Jo	Grove
Thurs 13th	09:30am	Piyo TBC		
Fri 14th	9.30am	Boot Camp	Jo	Grove
Fri 14th	11:30	Nordic Walking	Janet/ Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 15th	9am	Boot Camp	Jo	Grove
August. Week 3				
Tues 18th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 19th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 19th	6.30pm	Boot Camp	Jo	Grove
Thursday 20th	09:30	Piyo		

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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 8:00-19:00	Boot Camp 12-14 mile training walk	Nacho Jo	Grove Seven Sisters. Seaford to Eastbourne. TBC
August. Week 4				
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	Grove
Thurs 27th	09:30	Piyo. TBC		
Fri 28th Fri 28th	9.30am 11:30	Boot Camp Nordic Walking	Jo Jo/Janet	Grove Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 29th	9am 10:30	Boot Camp Nordic Walking Taster/ Technique class	Jo Jo	Grove 56 North View Road/ meet just inside the park
Sept. Week 1				
Tues 1st Sept	6:30pm	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 2nd	9.30am	Nordic Walking	Jo	56 North View Road /meet in the park
Weds 2nd	6.30pm	Boot Camp.	Jo	Rose Garden
Thurs 3rd	09:30	Piyo. TBC		
Fri 4th Fri 4th	9.30am 11:30	Boot Camp Nordic Walking.	Victoria TBC Patricia?	Rose Garden Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 5th	9am	Boot Camp	Cover. TBC	Rose Garden 56 North View Road/ meet just inside the park
Sept. 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

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Weds 9th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 10th	09:30	Piyo. TBC		
Fri 11th	9.30am	Boot Camp	Jo	Rose Garden
Fri 11th	11:30am	Nordic Walking	Jo/Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 12th	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	Rose Garden 56 North View Rd/ meet in the park
Sept. Week 3				

Tues 15th	6.30pm-7.30pm	Nordic Walking.	Jo	56 North View Road/ Meet just inside the park
Weds 16th	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 16th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 17th	09:30am	Piyo TBC		
Fri 18th	9.30am	Boot Camp	Victoria	Rose Garden
	11:30am	Nordic Walking	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 19th	9am	Boot Camp	Cover. TBC	Rose Garden
Sept. Week 4				
Tues 22nd	6.30pm-7.30pm	Nordic Walking.	Jo	56 North View Road/ Meet just inside the park
Weds 23rd	09:30	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 23rd	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 24th	09:30am	Piyo TBC		
Fri 25th	9.30am	Boot Camp	Jo	Rose Garden
	11:30am	Nordic Walking	Jo/ Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 26th	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	Rose Garden 56 North View Rd/ meet in the park
Sept. Week 5				

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Tues 29th	6:30pm	Nordic Walking	Jo	56 North View Road / Meet just inside the park.
Weds 30th	9.30am	Nordic Walking	Jo	56 North View Road / meet in the park
Weds 30th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 1st Oct	09:30	Piyo TBC		
Fri 2nd Oct	09.30	Boot Camp	Jo	Rose Garden
Fri 2nd	11:30	Nordic Walking	Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 3rd Oct	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	Rose Garden 56 North View Rd/ meet in the park

	Time	Activity	Instructor	Location
Oct. Week 1				
Tues 6th	6:30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Wed 7th	09:30am	Nordic Walking	Jo	56 North View Road /meet in the park
Wed 7th	6:30pm	Boot Camp	Jo	BBC Tower Steps
Thurs 8th	09:30	Piyo TBC		
Fri 9th	09:30am 11:30	Boot Camp Nordic Walking	Victoria Janet	BBC Tower Steps Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 10th	09:00-10am 09:00-10 am 10:10-11:30	Boot Camp Nordic Walk Back to school Social coffee.	Jo Janet All	BBC Tower Steps Meet North View Road or the helipad nearby. Ally Pally garden centre café. TBC
Oct. Week 2				
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	BBC Tower Steps

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Thurs 15th	09:30	Piyo		
Fri 16th	9.30am	Boot camp	Jo	BBC Tower Steps
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	BBC Tower Steps
Oct. Week 3				
Tues 20th	6:30pm	Nordic Walking	Jo	56 North View Road, N8 or meet in the park
Weds 21st	09:30am	Nordic Walking	Jo	56 North View Road, N8, or meet in the park
Weds 21st	6:30pm	Boot Camp	Jo	BBC Tower Steps
Thurs 22nd	09:30am	Piyo		
Fri 23rd	9.30am	Boot Camp.	Victoria	BBC Tower Steps
Fri 23rd	11:30	Nordic Walking.	Janet	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 24th	9am	Boot Camp	Cover. TBC	BBC Tower Steps
Oct. Week 4				
Tues 27th	6:30pm	Nordic Walking	Patricia	56 North View Road or meet in the park
Weds 28th	09:30am	Nordic walking	Jo/ Patricia	56 North View Road, N8 or meet in the park
Weds 28th	6:30pm	Boot Camp	Jo/ Victoria	BBC Tower Steps/ Rose Garden. TBC, Fireworks display
Thurs 29th	09:30	Piyo. TBC		
Fri 30th	9.30am	Boot Camp	Jo	BBC Tower Steps/ Grove. TBC. Fireworks display?
Fri 30th	11:30	Nordic Walking	Jo	Broomfield Park, meet off Broomfield Lane, N13, next to children's playground
Sat 31st	9am	Boot Camp	Jo	BBC Tower steps. Or Grove? Fireworks. TBC
	10:30	Nordic Walking Taster/technique	Jo	56 North View Rd/ meet in the park, or Fireworks display, Springfield Ave, N10
Nov. Week 1				

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Tues 3rd Nov	6.30pm	Nordic walking	Jo	Local. 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		
Fri 6th	9.30am	Boot Camp	Jo	Rose Garden or Grove? Fireworks?
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 or Grove? Fireworks display?
	10:30-11:30	Nordic Walking free taster/ technique class	Jo	56 North View Road/ meet in the park. Or Springfield Ave, N10. Fireworks?
November. 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		
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