

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events - September 2018-December 2018

August- September. Week 5				
Tues 28th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 29th	7am	Boot Camp	Robert/ Sunny	The Grove 1
Weds 29th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 29th	6.30pm	Boot Camp	Jo	The Grove 1
Thurs 30th	7.15pm	Boot Camp	Robert/ Sunny	The Grove 1
Fri 31st	9.30am	Family Boot Camp	Jo	The Grove 2
Sat 1 st September	9am	Boot Camp	Jo	The Grove 1
Sat 1st	10:30	Nordic Walking Taster class/technique	Jo	North View Rd entrance
September. Week 1				
Tues 4th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 5th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 5th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 5th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 6th	7.15pm	Boot Camp	Sunny/ Robert	BBC Tower steps
Fri 7th	9.30am	Boot Camp	Jo	Fair Ground Car Park area
Sat 8th	9am	Boot Camp	Jo	Fair Ground Car Park area
September. Week 2				
Tues 11th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 12th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 12th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 12th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 13th	7:15pm	Boot Camp	Robert/ Sunny	BBC tower steps
Thurs 13th	6:30pm	Nordic Walking taster/technique	Jo	North View Rd entrance

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Fri 14th	9.30am	Boot Camp	Sunny/ Robert	Fair Ground Car Park area
Sat 15th	9am	Boot Camp	Jo	Fair Ground Car Park area
Sat 15th	9am	Nordic Walk	Janet	North View Rd entrance
Sat 15th	10:10	Autumn/Back to school social coffee.	All	Garden centre cafe
September. Week 3				
Tues 18 th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 19th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 19th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 19th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 20th	7.15pm	Boot Camp	Robert/ Sunny	BBC Tower steps
Fri 21st	9.30am	Boot Camp	Jo	Fair Ground Car Park area
Sat 22nd	9am	Boot Camp	Jo	Fair Ground Car Park area

	Time	Activity	Instructor	Location
September 2018. Week 4				
Tues 25th September	6:30pm	Nordic Walk	Jo	North View Road park entrance
Wed 26 th September	7:00am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Wed 26th	09:30am	Nordic Walk	Jo	North View Road park entrance
Wed 26th	6:30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 27th	7:15pm	Boot camp	Sunny/ Robert	BBC Tower steps area
Fri 28th	09:30am	Boot Camp	Jo	Fair Ground Car Park area
Sat 29th	09:00-10am	Boot Camp	Jo	Fair Ground Car Park area
October. Week 1				
Tues 2nd Oct	6.30pm	Nordic Walk	Jo	North View Road park entrance

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Weds 3 rd Oct	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 3 rd Oct	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 3 rd Oct	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 4 th Oct	7.15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 5 th Oct	9.30am	Boot camp	Jo	Rose Garden
Sat 6 th	9am	Boot Camp	Jo	Rose Garden
Sat 6 th	10:30	Nordic Walking Taster Class	Jo	North View Rd park entrance
Sat 6 th Oct	5-9pm TBC	10 th Anniversary Party!	All!	Dinosaurs Nursery, Newland Road, N8
Oct. Week 2				
Tues 9 th	6.30pm	Nordic Walk.	Jo	North View Road park entrance
Weds 10 th	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 10 th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 10 th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 11 th	7.15pm	Boot Camp	Robert/ Sunny	Rose Garden
Thurs 11 th	6:30pm	Nordic Walking Taster Class	Jo	North view Road park entrance
Fri 12 th	9.30am	Boot Camp	Jo	Rose Garden
Sat 13 th	9am	Boot Camp	Jo	Rose Garden
Oct. Week 3				
Tues 16 th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 17 th	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 17 th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 17 th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 18 th	7.15pm	Boot Camp	Sunny/ Robert	Rose Garden
Fri 19 th	9.30am	Boot Camp	Jo	Rose Garden
Sat 20 th	9am	Boot Camp	Victoria	Rose Garden
Oct. Week 4				
Tues 23 th	6:30pm	Nordic Walking	Jo	North View Road park entrance
Wed 24 th	7:00am	Boot Camp	Robert/	Rose Garden

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			Sunny	
Wed 24th	09:30am	Nordic Walk	Jo	North View Road park entrance
Wed 24th	6:30pm	Boot Camp	Jo	Rose Garden
Thurs 25 th	7:15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 26th	09:30am	Family Boot Camp	Jo	Grove 2 OR Rose Garden TBC
Sat 27th	09:00-10:00	Boot Camp	Jo	Rose Garden

Oct-Nov. Week 1				
Tues 30th	6:30pm	Nordic Walking	Jo	North View Road park entrance
Wed 31st	7:00am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Wed 31st	09:30am	Nordic Walk	Jo	North View Road park entrance
Wed 31 st Oct	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 1 st Nov	7:15pm	Boot Camp	Sunny/ Robert	TBC/ 'Telly Tubby' park!! Opposite Alexandra Palace station
Fri 2 nd Nov	09:30am	Boot Camp	Jo	TBC/'Telly Tubby' park!! Opposite Alexandra Palace station
Sat 3 rd Nov	09:00-10:00	Boot Camp	Jo	TBC/The Grove
Sat 3 rd	10:30	Nordic Walking Taster	Jo	TBC/Springfield Avenue, N10
Nov. Week 2				
Tues 6th	6:30pm	Nordic Walking	Jo	North View Road park entrance
Wed 7th	7:00am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Wed 7th	09:30am	Nordic Walk	Jo	North View Road park entrance
Wed 7th	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 8th	7:15pm	Boot Camp	Robert/ Sunny	BBC Tower steps area
Thurs 8th	6:30pm	Nordic Walking Taster	Jo	North View Road park entrance
Fri 9th	09:30am	Boot Camp	Jo	BBC Tower steps area
Sat 10th	09:00-10:00	Boot Camp	Jo	BBC Tower steps area
Sat 10th	09:00-12 Noon	Adventure walk	Jo	Hampstead Lane, Hampstead Heath/North London Parks
Nov. Week 3				
Tues 13th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Wed 14th	7am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Weds 14th	9.30am	Nordic Walk	Jo	North View Road park entrance

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Weds 14th	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 15th	7.15pm	Boot Camp	Robert/ Sunny	BBC Tower steps area
Fri 16th	9.30am	Boot Camp	Jo	BBC Tower steps area
Sat 17th	9am	Boot Camp	Jo	BBC Tower steps area
Nov. Week 4				
Tues 20th	6.30	Nordic Walk	Jo	North View Road park entrance
Weds 21st	7am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Weds 21st	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 21st	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 22nd	7:15pm	Boot Camp	Sunny/ Robert	BBC Tower steps area
Fri 23rd	9.30am	Boot Camp	Jo	BBC Tower steps area
Sat 24th	9am	Boot Camp	Jo	BBC Tower steps area

Nov-Dec. Week 5				
Tues 27th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 28th	7am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Weds 28 th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 28th	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 29 th	7.15pm	Boot Camp	Robert/ Sunny	BBC Tower steps area
Fri 30th	9.30am	Boot camp	Jo	BBC Tower steps area
Sat 1 st Dec	9am	Boot Camp	Jo	BBC Tower steps area
Sat 1 st Dec	10:30	Nordic Walking Taster	Jo	North View Rd park entrance
December. Week 1				
Tues 4 th Dec	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 5 th Dec	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 5th	9.30am	Nordic Walk	Jo	North View Road park entrance

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Weds 5th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 6th	7.15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 7th	9.30am	Boot Camp	Jo	Rose Garden
Sat 8th	9am	Boot Camp	Jo	Rose Garden
Sat 8 th Dec	7:30pm til late	Christmas Do	All	TBC
December. Week 2				
Tues 11th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 12th	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 12th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 12th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 13th	7.15pm	Boot Camp	Sunny/ Robert	Rose Garden
Thurs 13th	6:30pm	Nordic Walking Taster	Jo	North View Rd park entrance
Fri 14th	9.30am	Boot Camp	Jo	Rose Garden
Sat 15th	9am	Boot Camp	Jo	Rose Garden
December. Week 3				
Tues 18th	6.30pm	Nordic Walk	Jo	North View Road park entrance
Weds 19th	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 19th	9.30am	Nordic Walk	Jo	North View Road park entrance
Weds 19th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 20th	7:15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 21st	9.30am	Boot Camp	Jo	Rose Garden
Sat 22nd	9am	Boot Camp	Jo	Rose Garden
December. Week 4				
Tues 25th	6.30pm	No Classes. Christmas Day		
Weds 26th	7am	Boxing Day. No classes		
Weds 26th	9.30am			
Weds 26th	6.30pm			
Thurs 27th	7.15pm	Boot Camp	Robert/ Sunny	Rose Garden/TBC

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Fri 28th	9.30am	Family Boot Camp	Jo/Sunny/Robert. TBC	Rose Garden
Sat 29th	9am	Boot Camp	Jo/Sunny/Robert. TBC	Rose Garden
Sat 29th	9am	Nordic Walk	Janet. TBC	Ice Rink Car Park
Sat 29th	10:10	New Year's social coffee	All	TBC/Alexandra Palace Garden Centre Café.