

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events - January 2019- May 2019

January.2019 Week 1				
Tues 1st New Year's Day	6.30pm	Nordic Walk.	Jo	North View Road park entrance
Weds 2nd	7am	Boot Camp.	Robert/ Sunny	BBC Tower steps
Weds 2nd	9.30am	Nordic Walk.	Jo	North View Road park entrance
Weds 2nd	6.30pm	Boot Camp.	Jo	BBC Tower steps
Thurs 3rd	7.15pm	Boot Camp	Robert/ Sunny	BBC Tower steps
Fri 4th	9.30am	Family Boot Camp	Jo	The Rose Garden
Sat 5th	9am	Boot Camp	Jo	BBC Tower Steps
Sat 5th	10:30	Nordic Walking Taster class/technique	Jo	North View Rd entrance
Jan. Week 2				
Tues 8th	6.30pm	Nordic Walk	Jo	56 North View Road park
Weds 9th	7am	Boot Camp	Robert/ Sunny	BBC Tower steps
Weds 9th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 9th	6.30pm	Boot Camp	Jo	BBC Tower steps
Thurs 10th	7:15pm	Boot Camp	Robert/ Sunny	BBC tower steps
Thurs 10th	6:30pm	Nordic Walking taster/technique	Jo	56 North View Rd
Fri 11th	9.30am	Boot Camp	Jo	BBC Tower steps
Sat 12th	9am	Boot Camp	Jo	BBC Tower steps
Jan. Week 3				
Tues 15th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 16th	7am	Boot Camp	Robert/ Sunny	BBC Tower steps
Weds 16th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 16th	6.30pm	Boot Camp	Jo	BBC Tower steps
Thurs 17th	7:15pm	Boot Camp	Robert/ Sunny	BBC tower steps
Fri 18th	9.30am	Boot Camp	Jo	BBC Tower steps

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Sat 19th	9am	Boot Camp	Jo	BBC Tower steps
Sat 19th	10:30-14:00	Big Half training. 8 Mile walk	Jo	BBC Tower, Alexandra Palace
Jan. Week 4				
Tues 22nd	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 23rd	7am	Boot Camp	Robert/ Sunny	BBC Tower steps
Weds 23rd	9.30am	Nordic Walk	Jo	56 North View Road
Weds 23rd	6.30pm	Boot Camp	Jo	BBC Tower steps
Thurs 24th	7.15pm	Boot Camp	Robert/ Sunny	BBC Tower steps
Fri 25th	9.30am	Boot Camp	Jo	BBC Tower steps
Sat 26th	9am	Boot Camp	Jo	BBC Tower steps
Sat 26th	11-12:30	Digestive Health Workshop	Kym, Jo	Green Shed, Muswell Hill, N10

	Time	Activity	Instructor	Location
Jan. 2019. Week 5				
Tues 29 th Jan	6:30pm	Nordic Walk	Jo	56 North View Road
Wed 30 th Jan	7:00am	Boot Camp	Robert/ Sunny	BBC Tower steps
Wed 30th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 30th	6:30pm	Boot Camp	Jo	BBC Tower steps
Thurs 31st	7:15pm	Boot camp	Sunny/ Robert	BBC Tower steps area
Fri 1 st Feb	09:30am	Boot Camp	Jo	BBC Tower steps
Sat 2 nd Feb	09:00-10am	Boot Camp	Jo	BBC Tower steps
Sat 2 nd Feb	10:30-11:30	Nordic Walking Taster class	Jo	56 North View Rd
February 2019. Week 1				
Tues 5th Feb	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 6th Feb	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 6th	9.30am	Nordic Walk	Jo	56 North View Road

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Weds 6th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 7th	7.15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 8th	9.30am	Boot camp	Jo	Rose Garden
Sat 9th	9am	Boot Camp	Jo	Rose Garden
Feb. Week 2				
Tues 12th	6.30pm	Nordic Walk.	Jo	56 North View Road
Weds 13th	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 13th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 13th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 14th	7.15pm	Boot Camp	Robert/ Sunny	Rose Garden
Thurs 14th	6:30pm	Nordic Walking Taster Class	Jo	56 North view Road
Fri 15th	9.30am	Boot Camp	Jo	Rose Garden
Sat 16th	9am	Boot Camp	Jo	Rose Garden
Feb. Week 3				
Tues 19th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 20th	7am	Boot Camp	Robert/ Sunny	Rose Garden
Weds 20th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 20th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 21st	7.15pm	Boot Camp	Sunny/ Robert	Rose Garden
Fri 22nd	9.30am	Family Boot Camp	Jo	Rose Garden
Sat 23rd	9am	Boot Camp	Cover. TBC Alexi/ Victoria /Sunny	Rose Garden
Sat 23rd	9:30	Big Half Training long walk. 11 miles	Jo	Highgate Woods/Hampstead Heath
Feb. Week 4				
Tues 26th	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 27th	7:00am	Boot Camp	Robert/ Sunny	Rose Garden
Wed 27th	09:30am	Nordic Walk	Jo	56 North View Road

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Wed 27th	6:30pm	Boot Camp	Jo	Rose Garden
Thurs 28 th	7:15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 1 st March	09:30am	Boot Camp	Jo	Rose Garden
Sat 2 nd March	09:00-10:00	Boot Camp	Jo	Rose Garden
Sat 2 nd March	10:30-11:30	Nordic Walking Taster	Jo	56 North View Rd

March. Week 1				
Tues 5th	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 6th	7:00am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Wed 6th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 6th	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 7th	7:15pm	Boot Camp	Sunny/ Robert	BBC Tower steps area
Fri 8th	09:30am	Boot Camp	Jo	BBC Tower steps area
Sat 9th	09:00-10:00	Boot Camp	Jo	BBC Tower steps area
March. Week 2				
Tues 12th	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 13th	7:00am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Wed 13th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 13th	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 14th	7:15pm	Boot Camp	Robert/ Sunny	BBC Tower steps area
Thurs 14th	6:30pm	Nordic Walking Taster	Jo	56 North View Road
Fri 15th	09:30am	Boot Camp	Jo	BBC Tower steps area
Sat 16th	09:00-10:00	Boot Camp	Jo	BBC Tower steps area
March. Week 3				
Tues 19th	6.30pm	Nordic Walk	Jo	56 North View Road
Wed 20th	7am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Weds 20th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 20th	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 21st	7.15pm	Boot Camp	Robert/ Sunny	BBC Tower steps area
Fri 22nd	9.30am	Boot Camp	Jo	BBC Tower steps area
Sat 23rd	9am	Boot Camp	Jo	BBC Tower steps area

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March. Week 4				
Tues 26th	6.30	Nordic Walk	Jo	56 North View Road
Weds 27th	7am	Boot Camp	Robert/ Sunny	BBC Tower steps area
Weds 27th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 27th	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 28th	7:15pm	Boot Camp	Sunny/ Robert	BBC Tower steps area
Fri 29th	9.30am	Boot Camp	Jo	BBC Tower steps area
Sat 30th	9am	Boot Camp	Jo	BBC Tower steps area

April. Week 1				
Tues 2nd	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 3rd	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 3rd	9.30am	Nordic Walk	Jo	56 North View Road
Weds 3rd	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 4th	7.15pm	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Fri 5th	9.30am	Boot camp	Jo	Fair Ground Car Park area
Sat 6th	9am	Boot Camp	Jo	Fair Ground Car Park area
Sat 6th	10:30	Nordic Walking Taster	Jo	56 North View Rd
April. Week 2				
Tues 9th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 10 th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 10th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 10th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 11th	7.15pm	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Thurs 11th	6:30pm	Nordic Walking Taster	Jo	56 North View Rd
Fri 12th	9.30am	Family Boot Camp	Jo	Grove 2

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Sat 13th	9am	Boot Camp	Jo	Fair Ground Car Park area
April. Week 3				
Tues 16th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 17th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 17th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 17th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 18th	7.15pm	Boot Camp	Sunny/ Robert	Fair Ground Car Park area
Thurs 13th	6:30pm	Nordic Walking Taster	Jo	56 North View Rd park entrance
Fri 19th	9.30am	Family Boot Camp	Jo	Grove 2
Sat 20th	9am	Boot Camp	Jo	Fair Ground Car Park area
April. Week 4				
Tues 23rd	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 24th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 24th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 24th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 25th	7:15pm	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Fri 26th	9.30am	Boot Camp	Jo	Fair Ground Car Park area
Sat 27th	9am	Boot Camp	Cover. TBC	Fair Ground Car Park area
May. Week 1				
Tues 30 th April	6.30pm	Nordic Walking	Jo	56 North View rd
Weds 1 st May	7am	Boot camp	Robert/ Sunny	Grove 1
Weds 1st	9.30am	Nordic Walking	Jo	56 North View Rd
Weds 1st	6.30pm	Boot Camp	Jo	Grove 1
Thurs 2nd	7.15pm	Boot Camp	Robert/ Sunny	Grove 1
Fri 3rd	9.30am	Boot Camp	Jo	Grove 1
Sat 4th	9am	Boot Camp	Jo	Grove 1
Sat 4th	9am	Nordic Walking Taster	Jo	56 North View Rd

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