

Johanna Green HEALTH & FITNESS

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Schedule of classes and events - May 2019- September 2019

May 2019 Week 2				
Tues 7th	09:30 6.30pm	Beginners Boxing Boot camp Nordic Walk.	Paul Jo	Grove 1 56 North View Road
Weds 8th	7am	Boot Camp.	Robert/ Sunny	Grove 1
Weds 8th	9.30am	Nordic Walk.	Jo	56 North View Road
Weds 8th	6.30pm	Boot Camp.	Jo	Grove 1
Thurs 9th	7.15pm 6:30pm	Boot Camp Nordic Walking taster/Technique class	Robert/ Sunny Jo	Grove 1 56 North View Road
Fri 10th	9.30am	Boot camp	Jo	Grove 1
Sat 11th	9am	Boot Camp	Jo	Grove 1
May. Week 3				
Tues 14th	09:30 6.30pm	Beginners Boxing Boot camp Nordic Walk	Paul Jo	Grove 1 56 North View Road park
Weds 15th	7am	Boot Camp	Robert/ Sunny	Grove 1
Weds 15th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 15th	6.30pm	Boot Camp	Jo	Grove 1
Thurs 16th	7:15pm	Boot Camp	Robert/ Sunny	Grove 1
Fri 17th	9.30am	Boot Camp	Jo	Grove 1
Sat 18th	9am	Boot Camp	Jo	Grove 1
May. Week 4				
Tues 21st	09:30 6.30pm	Beginners Boxing Boot Camp Nordic Walk	Paul Jo	Grove 1 56 North View Road
Weds 22nd	7am	Boot Camp	Robert/ Sunny	Grove 1
Weds 22nd	9.30am	Nordic Walk	Jo	56 North View Road
Weds 22nd	6.30pm	Boot Camp	Jo	Grove 1
Thurs 23rd	7:15pm	Boot Camp	Robert/ Sunny	Grove 1
Fri 24th	9.30am	Boot Camp	Jo	Grove 1

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Sat 25th	9am	Boot Camp	Jo	Grove 1
May. Week 5				
Tues 28th	09:30 6.30pm	Beginners Boxing Nordic Walk	Paul Jo	Grove 1 56 North View Road
Weds 29th	7am	Boot Camp	Robert/ Sunny	Grove 1
Weds 29th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 29th	6.30pm	Boot Camp	Jo	Grove 1
Thurs 30th	7.15pm	Boot Camp	Robert/ Sunny	Grove 1
Fri 31 st May	9.30am	Family Boot Camp	Jo	Grove 2
Sat 1 st June	9am 10:30	Boot Camp Nordic Walking Taster/Technique class	Jo Jo	Grove 1 56 North View road

	Time	Activity	Instructor	Location
June. 2019. Week 1				
Tues 4 th June	09:30 6:30pm	Beginners Boxing Nordic Walk	Paul Jo	Fair Ground area 56 North View Road
Wed 5 th	7:00am	Boot Camp	Robert/ Sunny	Fair Ground area
Wed 5th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 5th	6:30pm	Boot Camp	Jo	Fair Ground area
Thurs 6th	7:15pm	Boot camp	Sunny/ Robert	Fair Ground area
Fri 7th	09:30am	Boot Camp	Jo	Fair Ground area
Sat 8th	09:00-10am	Boot Camp	Jo	Fair Ground area
June 2019. Week 2				

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Tues 11 th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 12 th	7am	Boot Camp	Robert/ Sunny	Fair Ground area
Weds 12 th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 12 th	6.30pm	Boot Camp	Jo	Fair Ground area
Thurs 13 th	7.15pm	Boot Camp	Robert/ Sunny	Fair Ground area
	6:30pm	Nordic Walking taster/technique	Jo	56 North View Road
Fri 14 th	9.30am	Boot camp	Jo	Fair Ground area
Sat 15 th	9am	Boot Camp	Jo	Fair Ground area
June. Week 3				
Tues 18 th	6.30pm- 8:30pm	Mid-Summers Eve Long Nordic Walk.	Jo	Victoria Stakes Pub, N10
Weds 19 th	7am	Boot Camp	Robert/ Sunny	Fair Ground area
Weds 19 th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 19 th	6.30pm	Boot Camp	Jo	Fair Ground area
Thurs 20 th	7.15	Boot Camp	Robert/ Sunny	Fair Ground area
Fri 21 st	9.30am	Boot Camp	Jo	Fair Ground area
Sat 22 nd	9am	Boot Camp	Jo	Fair Ground area
June. Week 4				
Tues 25 th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 26 th	7am	Boot Camp	Robert/ Sunny	Fair Ground area
Weds 26 th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 26 th	6.30pm	Boot Camp	Jo	Fair Ground area
Thurs 27 th	7.15pm	Boot Camp	Sunny/ Robert	Fair Ground area
Fri 28 th	9.30am	Family Boot Camp	Jo	Fair Ground area
Sat 29 th	9am	Boot Camp	Jo	Fair Ground area

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July. Week 1				
Tues 2 nd July	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 3 rd	7:00am	Boot Camp	Robert/ Sunny	Grove 1
Wed 3 rd	09:30am	Nordic Walk	Jo	56 North View Road
Wed 3 rd	6:30pm	Boot Camp	Jo	Grove 1
Thurs 4 th	7:15pm	Boot Camp	Robert/ Sunny	Grove 1
Fri 5 th	09:30am	Boot Camp	Jo	Grove 1
Sat 6 th July	09:00-10:00	Boot Camp	Jo	Grove 1
Sat 6 th	10:30-11:30	Nordic Walking Taster	Jo	56 North View Rd

July. Week 2				
Tues 9 th	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 10 th	7:00am	Boot Camp	Robert/ Sunny	Grove 1
Wed 10 th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 10 th	6:30pm	Boot Camp	Jo	Grove 1
Thurs 11 th	7:15pm	Boot Camp	Sunny/ Robert	Grove 1
	6:30pm	Nordic Walking Taster/technique	Jo	56 North View Road
Fri 12 th	09:30am	Boot Camp	Jo	Grove 1
Sat 13 th	09:00-10:00	Boot Camp	Alexi	Grove 1
Sat 13 th July	09:00-13:00	Discovery walk. Local North London Parks. 8 miles	Jo/Elisa beth	TBC

July. Week 3				
Tues 16 th	6:30pm	Nordic Walking	Janet	56 North View Road
Wed 17 th	7:00am	Boot Camp	Robert/ Sunny	Grove 1
Wed 17 th	09:30am	Nordic Walk	Janet	56 North View Road
Wed 17 th	6:30pm	Boot Camp	Sunny/ Robert	Grove 1
Thursday 18 th	7:15pm	Boot Camp	Robert/ Sunny	Grove 1
Fri 19 th	09:30am	Boot Camp	Sunny/ Robert	Grove 1
Sat 20 th	09:00-10:00	Boot Camp	Alexi	Grove 1
July. Week 4				

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Tues 23rd	6.30pm	Nordic Walk	Jo	56 North View Road
Wed 24th	7am	Boot Camp	Robert/ Sunny	Grove 1
Weds 24th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 24th	6.30pm	Boot Camp	Jo	Grove 1
Thurs 25th	7.15pm	Boot Camp	Robert/ Sunny	Grove 1
Fri 26th	9.30am	Family Boot Camp	Jo	Grove 2
Sat 27th	9am	Boot Camp	Jo	Grove 1
July. Week 5				
Tues 30th	6.30	Nordic Walk	Jo	56 North View Road
Weds 31st	7am	Boot Camp	Robert/ Sunny	Grove 1
Weds 31st	9.30am	Nordic Walk	Jo	56 North View Road
Weds 31st	6.30pm	Boot Camp	Jo	Grove 1
Thurs 1 st August	7:15pm	Boot Camp	Sunny/ Robert	Grove 1
Fri 2 nd August	9.30am	Family Boot Camp	Jo	Grove 2
Sat 3 rd August	9am 10:30	Boot Camp Nordic Walking Taster/technique	Jo Jo	Grove 1 56 North View Road

August. Week 1				
Tues 6th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 7 th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 7 th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 7 th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 8th	7.15pm 6:30pm	Boot Camp Nordic Walking taster/technique	Robert/ Sunny Jo	Fair Ground Car Park area 56 North View Road
Fri 9th	9.30am	Family Boot camp	Jo	Grove 2

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Sat 10th Sat 10th	9am 8:00-17:00	Boot Camp 10 mile Discovery Walk	Alexi Jo/Elisa beth	Fair Ground Car Park area TBC
August. Week 2				
Tues 13th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 14 th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 14th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 14th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 15th	7.15pm	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Fri 16th	9.30am	Family Boot Camp	Jo	Grove 2
Sat 17th	9am	Boot Camp	Jo	Fair Ground Car Park area
August. Week 3				
Tues 20th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 21st	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 21st	9.30am	Nordic Walk	Jo	56 North View Road
Weds 21st	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thursday 22nd	7.15pm	Boot Camp	Sunny/ Robert	Fair Ground Car Park area
Fri 23rd	9.30am	Family Boot Camp	Jo	Grove 2
Sat 24th	9am	Boot Camp	Jo	Fair Ground Car Park area
August. Week 4				
Tues 27th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 28th	7am	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Weds 28th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 28th	6.30pm	Boot Camp	Jo	Fair Ground Car Park area
Thurs 29th	7:15pm	Boot Camp	Robert/ Sunny	Fair Ground Car Park area
Fri 30th	9.30am	Family Boot Camp	Jo	Grove 2

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Sat 31st	9am	Boot Camp	Jo	Fair Ground Car Park area
September. Week 1				
Tues 3rd	6.30pm	Nordic Walking	Jo	56 North View Road
Weds 4th	7am	Boot camp	Robert/ Sunny	Rose Garden
Weds 4th	9.30am	Nordic Walking	Jo	56 North View Rd
Weds 4th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 5th	7.15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 6th	9.30am	Boot Camp	Jo	Rose Garden
Sat 7th	9am	Boot Camp	Jo	Rose Garden
Sat 7th	9am	Nordic Walking Taster/technique	Jo	56 North View Rd