

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events - January 2020- April 2020.

January 2020. Week 3				
Tues 14th	6.30pm	Nordic Walk.	Jo	56 North View Road
Weds 15th	7am	Boot Camp.	Sunny	Rose Garden
Weds 15th	9.30am	Nordic Walk.	Jo	56 North View Road
Weds 15th	6.30pm	Boot Camp.	Jo	Rose Garden
Thurs 16th	7.15pm	Boot Camp	Sunny	Rose Garden
Fri 17th	9.30am	Boot camp	Jo	Rose Garden
Sat 18th	9am	Boot Camp. Boxing Circuit	Paul	Rose Garden
January. Week 4				
Tues 21st	6.30pm	Nordic Walk	Jo	56 North View Road park
Weds 22nd	7am	Boot Camp	Sunny	Rose Garden
Weds 22nd	9.30am	Nordic Walk	Jo	56 North View Road
Weds 22nd	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 23rd	7:15pm	Boot Camp	Sunny	Rose Garden
Fri 24th	9.30am	Boot Camp	Jo	Rose Garden
Sat 25th Sat 25th	9am 12 noon- 13:30	Boot Camp Workshop, Exercise, Nutrition and Bone Health	Jo Jo, Jill Hyams	Rose Garden Arthouse, Crouch End, N8
January. Week 5				
Tues 28th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 29th	7am	Boot Camp	Sunny	Rose Garden
Weds 29th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 29th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 30th	7:15pm	Boot Camp.	Sunny	Rose Garden
Fri 31st	9.30am	Boot Camp	Jo	Rose Garden
Sat 1 st Feb	9am	Boot Camp	Jo	Rose Garden.

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	10:30	Nordic Walk Taster class	Jo	56 North View Road.
February 2020. Week 1				
Tues 4 th Feb	09:30	Nordic Walk	Jo	56 North View Road
Weds 5th	7am	Boot Camp	Sunny	BBC Tower/steps
Weds 5th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 5th	6.30pm	Boot Camp	Jo	BBC Tower/steps
Thurs 6th	7.15pm	Boot Camp	Sunny	BBC Tower/steps
Fri 7th	09.30	Boot Camp	Jo	BBC Tower/steps
Sat 8th	9am	Boot Camp. Boxing Circuit	Paul	BBC Tower/steps
Sat 8 th Feb	10:00-14:30	Long Discovery Walk/Nordic Walking. Bighalf training walk. 11-12 miles.	Jo, Janet	High Barnet tube- Hampstead Heath

	Time	Activity	Instructor	Location
Feb. Week 2				
Tues 11th	6:30pm	Nordic Walk	Jo	56 North View Road
Wed 12th	7:00am	Boot Camp	Robert/ Sunny	BBC Tower/steps
Wed 12th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 12th	6:30pm	Boot Camp	Jo	BBC Tower/steps
Thurs 13th	7:15pm	Boot camp	Sunny	BBC Tower/steps
	6:30pm	Nordic Walking Taster class	Jo	56 North View Road
Fri 14th	09:30am	Boot Camp	Jo	BBC Tower/steps
Sat 15th	09:00-10am	Boot Camp	Jo	BBC Tower/steps
Feb. Week 3				
Tues 18th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 19th	7am	Boot Camp	Sunny	BBC Tower/steps

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Weds 19th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 19th	6.30pm	Boot Camp	Jo	BBC Tower/steps
Thurs 20th	7.15pm	Boot Camp.	Sunny	BBC Tower/step
Fri 21st	9.30am	Family Boot camp	Jo	Rose Garden
Sat 22nd	9am	Boot Camp.	Jo	BBC Tower/steps
Feb. Week 4				
Tues 25th	6.30pm	Nordic Walk.	Jo	56 North View Road
Weds 26th	7am	Boot Camp	Sunny	BBC Tower/steps
Weds 26th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 26th	6.30pm	Boot Camp	Jo	BBC Tower/steps
Thurs 27th	7.15	Boot Camp	Sunny	BBC Tower/steps
Fri 28th	9.30am	Boot Camp	Jo	BBC Tower steps area
Sat 29th	9am	Boot Camp	Jo	BBC Tower/steps
March. Week 1				
Tues 3 rd March	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 4th	7am	Boot Camp	Sunny	Rose Garden
Weds 4th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 4th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 5th	7.15pm	Boot Camp	Sunny	Rose Garden
Fri 6th	9.30am	Boot Camp	Jo	Rose Garden
Sat 7th	9am 10:30	Boot Camp Nordic walking taster class	Jo Jo	Rose Garden 56 North View Road, N8
March. Week 2				
Tues 10th	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 11th	7:00am	Boot Camp	Sunny	Rose Garden

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Wed 11th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 11th	6:30pm	Boot Camp	Jo	Rose Garden
Thurs 12th	7:15pm 6:30pm	Boot Camp Nordic Walking Taster	Sunny Jo	Rose Garden 56 North view Road, N8
Fri 13th	09:30am	Boot Camp	Jo	Rose Garden
Sat 14th	09:00-10:00	Boot Camp.	Jo	Rose Garden Second Workshop? TBC. Bone Health.

March Week 3				
Tues 17th	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 18th	7:00am	Boot Camp	Robert/ Sunny	Rose Garden
Wed 18th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 18th	6:30pm	Boot Camp	Jo	Rose Garden
Thurs 19th	7:15pm	Boot Camp	Sunny	Rose Garden
Fri 20th	09:30am	Boot Camp	Jo	Rose Garden
Sat 21st	09:00-10:00	Boot Camp	Jo	Rose Garden
March. Week 4				
Tues 24th	6:30pm	Nordic Walking	Jo	56 North View Road
Wed 25th	7:00am	Boot Camp	Sunny	Rose Garden
Wed 25th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 25th	6:30pm	Boot Camp	Jo	Rose Garden
Thursday 26th	7:15pm	Boot Camp	Robert/ Sunny	Rose Garden
Fri 27th	09:30am	Boot Camp	Jo	Rose Garden
Sat 28th	09:00-10:00 09:00-12 noon	Boot Camp 7 mile Discovery Walk.	Jo/TBC Jo	Rose Garden North London Park. TBC
March-April. Week 1				
Tues 31 st March	6.30pm	Nordic Walk	Jo	56 North View Road
Wed 1 st April	7am	Boot Camp	Sunny	BBC Tower steps area OR Grove 1 area? TBC
Weds 1 st April	9.30am	Nordic Walk	Jo	56 North View Road
Weds 1 st	6.30pm	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Thurs 2 nd	7.15pm	Boot Camp	Sunny	BBC Tower steps area OR Grove 1 area? TBC

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Fri 3rd	9.30am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Sat 4th	9am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
	10:30	Nordic walking Taster/Technique class	Jo	56 North View Road
April. Week 2				
Tues 7th	6.30	Nordic Walk	Jo	56 North View Road
Weds 8th	7am	Boot Camp	Robert/Sunny	BBC Tower steps area OR Grove 1 area? TBC
Weds 8th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 8th	6.30pm	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Thurs 9th	7:15pm	Boot Camp	Sunny	BBC Tower steps area OR Grove 1 area? TBC
	6:30pm	Nordic Walking taster class	Jo	56 North View Road
Fri 10th	9.30am	Easter Family Boot Camp	Jo	Rose garden OR Grove 2 area? TBC
Sat 11th	9am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC

April. Week 3				
Tues 14th	6.30pm	Nordic Walk	Jo	56 North View Road
Weds 15 th	7am	Boot Camp	Sunny	BBC Tower steps area OR Grove 1 area? TBC
Weds 15 th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 15 th	6.30pm	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Thurs 16th	7.15pm	Boot Camp	Sunny	BBC Tower steps area OR Grove 1 area? TBC
				56 North View Road
Fri 17th	9.30am	Family Boot camp	Jo	Rose garden OR Grove 2 area? TBC
Sat 18th	9am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
April. Week 4				

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Weds 22nd	9.30am	Nordic Walk	Jo	56 North View Road
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Fri 24th	9.30am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Sat 25th	9am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
April. Week 5				
Tues 28th	6.30pm	Nordic Walking	Jo	56 North View Road
Weds 29th	7am	Boot Camp	Sunny	BBC Tower steps area OR Grove 1 area? TBC
Wed 29 th	09:30	Nordic Walking	Jo	56 North View Road
Weds 29th	6.30pm	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Thursday 30th	7.15pm	Boot Camp	Sunny	BBC Tower steps area OR Grove 1 area? TBC
Fri 1 st May	9.30am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Sat 2 nd May	9am	Boot Camp	Jo	BBC Tower steps area OR Grove 1 area? TBC
Sat 2nd	10:30	Nordic Walking taster	Jo	56 North View Road
Sunday 3 rd May	9am-3pm	North London Hospice Walk	All	North Finchley tube-central London
May. Week 1				