

Johanna Green HEALTH & FITNESS

www.outdoorfitnesslondon.co.uk 07931 242358

Schedule of classes and events – September 2020- December 2020.

Contact Johanna/ JGHF Team to confirm details due to the constant changing situation due to Covid 19/ anything else unusual..... More Zoom/ online classes will be scheduled during any restrictions.

Thank you.

Sept 2020. Week 1				
Tues 1 st Sept	6.30pm	Nordic Walk.	Jo	56 North View Road/ meet in the park
Weds 2nd	7am	Boot Camp.	Sunny/ Jo	BBC Tower Steps area
Weds 2nd	9.30am	Nordic Walk.	Jo	56 North View Road/meet in the park
Weds 2nd	6.30pm	Boot Camp.	Jo	BBC Tower Steps area
Thurs 3rd	7.00pm	7pm Zoom/Online Boot Camp class	Sunny/ Jo	At home/other
Fri 4th	9.30am	Boot camp.	Jo	BBC Tower Steps area
Sat 5th	9am	Boot Camp.	Jo	BBC Tower Steps area
	10:30	Nordic Walking Taster class	Jo	56 North View Road/meet in the park.
Sept. Week 2				
Tues 8th	6.30pm	Nordic Walk	Jo	56 North View Road park/ Meet in the park
Weds 9th	7am	Boot Camp.	Sunny/ Jo	BBC Tower Steps area
Weds 9th	9.30am	Nordic Walk	Jo	56 North View Road /meet in the park
Weds 9th	6.30pm	Boot Camp.	Jo	BBC Tower Steps area
Thurs 10th	7:00pm	Boot Camp 7pm Zoom/online class	Sunny/ Jo	Home/other.
Fri 11th	9.30am	Boot Camp	Jo	BBC Tower Steps area
Sat 12th	9am	Boot Camp.	Jo	BBC Tower Steps area
	9am	Nordic Walk, extra class	Janet	56 North View Road/meet in the park
	10:10	Social/Back to school 'coffee'	All	The Grove café.

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	12 Noon or Sunday 13th at 9am TBC	Big Fun Walk for Charity. North London Hospice	All	Contact Johanna for details.
Sept. Week 3				
Tues 15th	6.30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Weds 16 th	7am	Boot Camp.	Sunny/ Jo	BBC Tower Steps area
Weds 16th	9.30am	Nordic Walk.	Jo	56 North View Road/meet in the park
Weds 16th	6.30pm	Boot Camp	Jo	BBC Tower Steps area
Thurs 17th	7:00pm	Boot Camp. 7pm Zoom	Sunny/ Jo	Home/other
Fri 18th	9.30am	Boot Camp	Jo	BBC Tower Steps area
Sat 19th	9am	Boot Camp.	Sunny	BBC Tower Steps area
	9-12 Noon	Half day discovery walk	Jo/ Janet	Hampstead Heath. Local London parks/area. TBC
Sept 2020. Week 4				
Tues 22nd	09:30	Nordic Walk	Jo	56 North View Road / Meet just inside the park.
Weds 23 rd	7am	Boot Camp.	Sunny/ Jo	BBC Tower Steps area
Weds 23rd	9.30am	Nordic Walk	Jo	56 North View Road / meet in the park
Weds 23rd	6.30pm	Boot Camp	Jo	BBC Tower Steps area
Thurs 24th	7.00pm	Boot Camp 7pm Zoom/online	Sunny/ Jo	Home/other
Fri 25th	09.30	Boot Camp.	Jo	BBC Tower Steps area
Sat 26th	9am	Boot Camp	Jo	BBC Tower Steps area
Sat 26th	10:30	Nordic Walking Taster class	Jo	56 North View Rd/meet in the park

	Time	Activity	Instructor	Location
Sept-Oct. Week 1				

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Tues 29th Sept	6:30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Wed 30 th Sept	7:00am	Boot Camp	Jo/ Sunny	Rose Garden.
Wed 30th	09:30am	Nordic Walk	Jo	56 North View Road /meet in the park
Wed 30th	6:30pm	Boot Camp	Jo	Rose Garden.
Thurs 1st October	7:00pm	Boot camp 7pm Zoom/online class	Sunny/ Jo	Home/other
Fri 2nd October	09:30am	Boot Camp	Jo	Rose Garden.
Sat 3rd October	09:00-10am	Boot Camp	Jo	Rose Garden.
	10:30	Nordic Walking taster class	Jo	56 North View Road/meet in the park
Oct. Week 2				
Tues 6th	6.30pm	Nordic Walk	Jo	56 North View Road. Meet just inside the park
Weds 7 th	7am	Boot Camp	Sunny/ Jo	Rose Garden.
Weds 7th	9.30am	Nordic Walk	Jo	56 North View Road/meet in the park
Weds 7th	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 8th	7.00pm	Boot Camp 7pm Zoom online	Sunny/ Jo	Home/other
Fri 9th	9.30am	Boot camp	Jo/ Sunny	Rose Garden.
Sat 10th	9am	Boot Camp.	Jo / Sunny	Rose Garden.
Oct. Week 3				
Tues 13th	6.30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Weds 14 th	7am	Boot Camp	Sunny/ Jo	Rose Garden.
Weds 14th	9.30am	Nordic Walk	Jo	56 North View Road/meet in the park
Weds 14th	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 15th	7.00pm	Boot Camp 7pm Zoom online class	Sunny/ Jo	Home/other
Fri 16th	9.30am	Boot Camp	Jo/ Sunny	Rose Garden.
Sat 17th	9am	Boot Camp	Jo/ Sunny/	Rose Garden.

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			Paul TBC	
Oct. Week 4				
Tues 20th	6.30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Weds 21st	7am	Boot Camp	Sunny/ Jo	Rose Garden.
Weds 21st	9.30am	Nordic Walk	Jo	56 North View Road/meet in the park
Weds 21st	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 22nd	7.00pm	Boot Camp 7pm Zoom online class	Sunny/ Jo	Home/other
Fri 23rd	9.30am	Boot Camp	Jo	Rose Garden.
Sat 24th	9am	Boot Camp	Jo/ Paul TBC	Rose Garden
Oct. Week 5				
Tues 27th	6:30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 28th	7:00am	Boot Camp	Sunny/ Jo	Rose Garden.
Wed 28th	09:30am	Nordic Walk	Jo	56 North View Road/meet in the park
Wed 28th	6:30pm	Boot Camp	Jo	Rose Garden.
Thurs 29th	7:00pm	Boot Camp 7pm Zoom online class	Sunny/ Jo	Home/other
Fri 30th	09:30am	Family Boot Camp	Jo	Rose Garden or Grove 2. TBC
Sat 31st	09:00-10:00 10:30	Boot Camp Nordic Walking Taster	Jo Jo	Rose Garden. 56 North View Road/meet in the park

November. Week 1				
Tues 3rd	6:30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 4th	7:00am	Boot Camp	Jo/ Sunny	BBC Tower steps area
Wed 4th	09:30am	Nordic Walk	Jo	56 North View Road/ meet in the park
Wed 4th	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 5th	7:00pm	Boot Camp 7pm Zoom	Sunny/ Jo	Home /other
Fri 6th	09:30am	Boot Camp	Jo	BBC Tower steps area .TBC.

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				Change due to fireworks displays?
Sat 7th	09:00-10:00 10:30	Boot Camp Nordic Walking taster class	Jo Jo	BBC Tower steps area. TBC 56 North View Rd/in the park. TBC. Change due to fireworks displays?
Nov. Week 2				
Tues 10th	6:30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 11th	7:00am	Boot Camp	Jo/ Sunny	BBC Tower steps area
Wed 11th	09:30am	Nordic Walk	Jo	56 North View Road
Wed 11th	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thursday 12th	7:00pm	Boot Camp 7pm Zoom online class	Sunny/ Jo	Home/other
Fri 13th	09:30am	Boot Camp	Jo/ Sunny	BBC Tower steps area
Sat 14th	09:00-10:00	Boot Camp	Sunny/ Paul TBC	BBC Tower steps area
Sat 14th OR 21st. TBC	09:00-12 Noon	Discovery Walk	Jo/ Janet	Local parks/Hampstead Heath. TBC
Nov. Week 3				
Tues 17th	6.30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park
Wed 18th	7am	Boot Camp	Sunny/ Jo	BBC Tower steps area
Weds 18th	9.30am	Nordic Walk	Jo	56 North View Road / meet in the park
Weds 18th	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 19th	7.00pm	Boot Camp 7pm Zoom	Sunny/ Jo	Home/other.
Fri 20th	9.30am	Boot Camp	Jo/ Sunny	BBC Tower steps area
Sat 21st	9am	Boot Camp	Sunny/ Paul. TBC	BBC Tower steps area
OR 14th Nov. TBC	9-12 Noon	Discovery Walk	Jo/ Janet	TBC
Nov. Week 4				
Tues 24th	6.30	Nordic Walk	Jo	56 North View Road/ Meet inside the park
Weds 25th	7am	Boot Camp	Sunny/ Jo	BBC Tower steps area

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Weds 25th	9.30am	Nordic Walk	Jo	56 North View Road
Weds 25th	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 26th	7:00pm	Boot Camp 7pm Zoom	Sunny/ Jo	Home/other
Fri 27th	9.30am	Boot Camp	Jo	BBC Tower steps area
Sat 28th	9am 10:30	Boot Camp Nordic Walking taster class	Jo Jo	BBC Tower steps area 56 North View Road/ meet in the park

December. Week 1				
Tues 1st	6.30pm	Nordic Walk	Jo	56 North View Road / Meet just inside the park
Weds 2nd	7am	Boot Camp	Sunny/ Jo	Rose Garden
Weds 2nd	9.30am	Nordic Walk	Jo	56 North View Road/ meet in the park
Weds 2nd	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 3th	7.00pm	Boot Camp 7pm Zoom	Sunny/ Jo	Home/other
Fri 4th	9.30am	Boot camp	Jo	Rose Garden
Sat 5th Sat 5th	9am 10:30	Boot Camp Nordic Walking taster class	Jo Jo	Rose Garden 56 North View Road/meet in the park
Sat 5th Or Sat 12th Dec. TBC	4pm? Or 7pm. TBC	Christmas Do!!	All	Park/Outdoor venue. TBC. Bring your own food and drink. TBC.
Dec. Week 2				
Tues 8th	6.30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Weds 9th	7am	Boot Camp	Sunny/ Jo	Rose Garden
Weds 9th	9.30am	Nordic Walk	Jo	56 North View Road/meet in the park
Weds 9th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 10th	7.00pm	Boot Camp 7pm Zoom	Sunny/ Jo	Rose Garden

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Fri 11th	9.30am	Boot Camp	Jo	Rose Garden
Sat 12th	9am Aft/evening. TBC	Boot Camp Christmas Do!	Jo All	Grove 1 Outdoors. TBC.
Dec. Week 3				
Tues 15th	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Weds 16th	7am	Boot Camp	Sunny	Rose Garden
Wed 16th	09:30	Nordic Walking	Jo	56 North View Road
Weds 16th	6.30pm	Boot Camp	Jo	Rose Garden
Thursday 17th	7.00pm	Boot Camp 7pm Zoom	Sunny/ Jo	Home/other
Fri 18th	9.30am	Boot Camp	Jo	Rose Garden
Sat 19th	9am	Boot Camp	Jo	Rose Garden
Dec. Week 4				