

# Johanna Green HEALTH & FITNESS

[www.outdoorfitnesslondon.co.uk](http://www.outdoorfitnesslondon.co.uk) 07931 242358

## Schedule of classes and events December 2020- April 2021.

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.

<b>Dec 2020. Week 4</b>				
Tues 22 <sup>nd</sup> Dec	6.30pm	Nordic Walk.	Jo	56 North View Road/ meet in the park
Weds 23 <sup>rd</sup>	7am	No class		
<b>Weds 23<sup>rd</sup></b>	<b>9.30am</b>	<b>Nordic Walk.</b>	Jo/ Janet	56 North View Road/meet in the park
Weds 23 <sup>rd</sup>	6.30pm	Boot Camp.	Sunny	Rose Garden
<b>Thurs 24<sup>th</sup></b>	7.00pm	No Class		
<b>Fri 25<sup>th</sup></b>	<b>9.30am</b>	<b>No Class. Christmas Day</b>		
<b>Sat 26<sup>th</sup></b>	<b>9am</b>	<b>No Class. Boxing Day.</b>		
<b>Dec 2020- Jan. 2021 Week 5</b>				
<b>Tues 29<sup>th</sup></b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo/ self....</b>	<b>56 North View Road park/ Meet in the park</b>
Weds 30 <sup>th</sup>	7am	Boot Camp	Sunny	Rose Garden
<b>Weds 30<sup>th</sup></b>	<b>9.30am</b>	<b>Nordic Walk</b>	Jo/ self...	56 North View Road /meet in the park
<b>Weds 30<sup>th</sup></b>	<b>6.30pm</b>	<b>Boot Camp.</b>	<b>Sunny</b>	Rose Garden
<b>Thurs 31<sup>st</sup></b>	7:00pm	No Class		
<b>Fri 1<sup>st</sup> Jan 2021</b>	<b>9.30am</b>	<b>No Class New Years' Day</b>		
<b>Sat 2<sup>nd</sup> Jan 2021</b>	<b>9am</b>	<b>Boot Camp. Outdoors Tier 3/<u>on Zoom in Tier 4</u></b>	Jo	Rose Garden/ <u>on Zoom</u>
	<b>9am</b>	<b>Nordic Walk.</b>	'Buddy- up'. Self- guided	Meet in the park

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	10:10	New Year's' coffee'	Self - guided	North View Road/Priory Road. Bring own/takeaway.
<b>Jan 2021. Week 1</b>		<b><u>NB. Up to and including Tier 3 All classes are as usual time table. Outdoors. Tier 4/higher. ZOOM timetable. Until this changes. Keep checking with Johanna.</u></b>		
<b>Tues 5th</b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo/ Self - guided</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 6th	7am	Boot Camp.	Sunny	Rose Garden
<b>Weds 6th</b>	<b>9.30am</b>	<b>Zoom Boot Camp.</b>	Jo	Zoom OR
		<b>Nordic Walk.</b>	Jo/ Self- guided.	56 North View Road/meet in the park
<b>Weds 6th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Thurs 7th</b>	7:00pm	Boot Camp. 7pm Zoom online class	Jo	Home/other
<b>Fri 8th</b>	<b>9.30am</b>	<b>Boot Camp/ Q and A</b>	<b>Jo/ self- guided</b>	Rose Garden
<b>Sat 9th</b>	<b>9am</b>	<b>Boot Camp/ Zoom Tier 4</b>	Jo	Rose Garden. Home/other
<b>Jan 2021. Week 2</b>				
<b>Tues 12th</b>	<b>09:30</b>	<b>Nordic Walk</b>	<b>Jo/ self...</b>	<b>56 North View Road / Meet just inside the park.</b>
Weds 13th	7am	Boot Camp.	Sunny	Rose Garden
<b>Weds 13th</b>	<b>9.30am</b>	<b>Zoom or Nordic Walk</b>	<b>Jo/ self...</b>	<b>Home/other. 56 North View Road / meet in the park</b>
<b>Weds 13th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Thurs 14th</b>	7.00pm	Boot Camp 7pm Zoom/online	Sunny/ Jo	Home/other
<b>Fri 15th</b>	<b>09.30</b>	<b>Boot Camp/ Q and A</b>	<b>Jo/ self....</b>	Rose Garden
<b>Sat 16th</b>	<b>9am</b>	<b>Boot Camp or Zoom.</b>	<b>Jo</b>	Home/ other/ Rose Garden

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	Time	Activity	Instructor	Location
<b>Jan. Week 3</b>				
Tues 19 <sup>th</sup>	6:30pm	Nordic Walk	Jo/ self...	56 North View Road/ Meet just inside the park.
Wed 20 <sup>th</sup> Sept	7:00am	Boot Camp	Sunny	Rose Garden
Wed 20 <sup>th</sup>	09:30am	Zoom boot camp or Nordic Walk	Jo/ self-guided	Home/ other. 56 North View Road /meet in the park
Wed 20 <sup>th</sup>	6:30pm	Boot Camp	Jo	Rose Garden.
Thurs 21 <sup>st</sup>	7:00pm	Boot camp 7pm Zoom/online class	Sunny/ Jo	Home/other
Fri 22 <sup>nd</sup>	09:30am	Boot Camp/ Q and A	Jo/ self....	Rose Garden.
Sat 23 <sup>rd</sup>	09:00-10am	Boot Camp or Zoom	Jo	Home/ other/ Rose Garden
<b>Jan. Week 4</b>				
Tues 26 <sup>th</sup>	6.30pm	Nordic Walk	Jo/ self...	56 North View Road. Meet just inside the park
Weds 27 <sup>th</sup>	7am	Boot Camp	Sunny	Rose Garden
Weds 27 <sup>th</sup>	9.30am	Zoom boot camp or Nordic Walk	Jo Self-guided	Home/ other. 56 North View Road/meet in the park
Weds 27 <sup>th</sup>	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 28 <sup>th</sup>	7.00pm	Boot Camp 7pm Zoom online	Sunny/ Jo	Home/other
Fri 29 <sup>th</sup>	9.30am	Boot camp/ Q and A	Jo/ self..	Rose Garden
Sat 30 <sup>th</sup>	9am	Boot Camp or Zoom	Jo	? Home/other/Rose Garden
Sat 30 <sup>th</sup>	10:30	? TBC. Nordic Walking Taster	Jo	56 North View Road/ meet in the park
<b>Feb. Week 1</b>				
		<b>NB. Contact Johanna to confirm the latest timetable, depending on restrictions and exemptions.....</b>		
Tues 2 <sup>nd</sup>	6.30pm	Nordic Walk	Jo	56 North View Road/ Meet just inside the park.
Weds 3 <sup>rd</sup>	7am	Boot Camp	Sunny	Rose Garden.
Weds 3 <sup>rd</sup>	9.30am	Nordic Walk/ Zoom?	Jo	56 North View Road/meet in the park
Weds 3 <sup>rd</sup>	6.30pm	Boot Camp	Jo	Rose Garden.

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<b>Thurs 4th</b>	7.00pm	Boot Camp <b>7pm Zoom online class</b>	Sunny/ Jo	Home/other
<b>Fri 5th</b>	<b>9.30am</b>	<b>Boot Camp</b>	Jo	Rose Garden.
<b>Sat 6<sup>th</sup></b> <b>Sat 6th</b>	<b>9am</b> <b>10:30</b>	<b>Boot Camp or Zoom?</b> <b>? Nordic Walking Taster</b>	Jo Jo	Rose Garden. 56 North View Rd, N8/meet in the park
<b>Feb. Week 2</b>				
<b>Tues 9th</b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 10th	7am	Boot Camp	Sunny	Rose Garden.
<b>Weds 10th</b>	<b>9.30am</b>	<b>Nordic Walk/ Zoom?</b>	Jo	56 North View Road/meet in the park
<b>Weds 10th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Thurs 11th</b>	7.00pm	Boot Camp <b>7pm Zoom online class</b>	Sunny/ Jo	Home/other
<b>Fri 12th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Sat 13<sup>th</sup></b>	<b>9am</b>	<b>Boot Camp/ Zoom?</b>	<b>Jo</b>	Rose Garden
<b>Feb. Week 3</b>				
<b>Tues 16th</b>	<b>6:30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Wed 17th	7:00am	Boot Camp	Sunny	Rose Garden.
<b>Wed 17th</b>	<b>09:30am</b>	<b>Nordic Walk/ Zoom?</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Wed 17th</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Thurs 18<sup>th</sup></b>	7:00pm	Boot Camp <b>7pm Zoom online class</b>	Sunny/ Jo	Home/other
<b>Fri 19th</b>	<b>09:30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Sat 20th</b>	<b>09:00-10:00</b>	<b>Boot Camp/ Zoom?</b>	<b>Jo</b>	Rose Garden.

<b>Feb. Week 4</b>				
<b>Tues 23rd</b>	<b>6:30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Wed 24th	7:00am	Boot Camp	Sunny	Rose Garden.
<b>Wed 24th</b>	<b>09:30am</b>	<b>Nordic Walk/Zoom?</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Wed 24th</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Thurs 25th</b>	7:00pm	Boot Camp <b>7pm Zoom online class</b>	Sunny/ Jo	Home /other

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<b>Fri 26th</b>	<b>09:30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Sat 27th</b>	<b>09:00-10:00 10:30</b>	<b>Boot Camp/ Zoom? ? Nordic Walking taster class</b>	<b>Jo Jo</b>	Rose Garden. 56 North View Rd/in the park.
<b>March. Week 1</b>				
<b>Tues 2nd</b>	<b>6:30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Wed 3rd	7:00am	Boot Camp	Sunny	BBC Tower steps area/ Rose Garden? TBC
<b>Wed 3rd</b>	<b>09:30am</b>	<b>Nordic Walk/ Zoom?</b>	<b>Jo</b>	<b>56 North View Road</b>
<b>Wed 3rd</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area/ Rose Garden? TBC
<b>Thursday 4th</b>	7:00pm	Boot Camp 7pm Zoom online class	Sunny/ Jo	Home/other
<b>Fri 5th</b>	<b>09:30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area/ Rose Garden? TBC
<b>Sat 6<sup>th</sup></b>	<b>09:00-10:00</b>	<b>Boot Camp/ Zoom?</b>	<b>Jo</b>	BBC Tower steps area/ Rose Garden? TBC
<b>Sat 6th</b>	<b>10:30-11:30</b>	<b>? Nordic Walking Taster</b>	<b>Jo</b>	<b>56 North View Rd/ meet in the park</b>
<b>March. Week 2</b>				
<b>Tues 9th</b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Wed 10th	7am	Boot Camp	Sunny	BBC Tower steps area?
<b>Weds 10th</b>	<b>9.30am</b>	<b>Nordic Walk/ Zoom?</b>	<b>Jo</b>	<b>56 North View Road / meet in the park</b>
<b>Weds 10th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area?
<b>Thurs 11th</b>	7.00pm	Boot Camp 7pm Zoom online	Sunny/ Jo	Home/other.
<b>Fri 12th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area?
<b>Sat 13th</b>	<b>9am</b>	<b>Boot Camp/ Zoom?</b>	<b>Jo</b>	BBC Tower steps area?
<b>March. Week 3</b>				
<b>Tues 16th</b>	<b>6.30</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/ Meet inside the park</b>
Weds 17th	7am	Boot Camp	Sunny	BBC Tower steps area?
<b>Weds 17th</b>	<b>9.30am</b>	<b>Nordic Walk/ Zoom?</b>	<b>Jo</b>	<b>56 North View Road</b>

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<b>Weds 17th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Thurs 18th</b>	7:00pm	Boot Camp <b>7pm Zoom online</b>	Sunny/ Jo	Home/other
<b>Fri 19th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area?
<b>Sat 20<sup>th</sup></b> <b>?</b>	<b>9am</b>	<b>Boot Camp/ Zoom?</b>	<b>Jo</b>	BBC Tower steps area?

<b>March. Week</b> <b>4</b>				
<b>Tues 23rd</b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road / Meet just inside the park</b>
Weds 24th	7am	Boot Camp	Sunny	BBC Tower steps area?
<b>Weds 24th</b>	<b>9.30am</b>	<b>Nordic Walk/ Zoom?</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Weds 24th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area?
<b>Thurs 25th</b>	7.00pm	Boot Camp <b>7pm Zoom online</b>	Sunny/ Jo	Home/other
<b>Fri 26th</b>	<b>9.30am</b>	<b>Boot camp</b>	<b>Jo</b>	BBC Tower steps area?
<b>Sat 27th</b> <b>Sat 27<sup>th</sup></b>	<b>9am</b> <b>10:30</b>	<b>Boot Camp/ Zoom?</b> <b>? Nordic Walking taster class</b>	<b>Jo</b> <b>Jo</b>	BBC Tower steps area? <b>56 North View Road/meet in the park</b>
<b>March. Week</b> <b>5</b>				
<b>Tues 30th</b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 31st	7am	Boot Camp	Sunny	BBC Tower steps area?
<b>Weds 31st</b>	<b>9.30am</b>	<b>Nordic Walk/ Zoom?</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Weds 31st</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area?
Thurs 1 <sup>st</sup> April	7.00pm	Boot Camp <b>7pm Zoom online</b>	Sunny/ Jo	BBC Tower steps area?
<b>Fri 2<sup>nd</sup> April</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area?
<b>Sat 3<sup>rd</sup> April</b> <b>Sat 3<sup>rd</sup> April</b>	<b>9am</b> <b>10:30</b>	<b>Boot Camp/ Zoom?</b> <b>? Nordic Walking Taster</b>	<b>Jo</b> <b>Jo</b>	BBC Tower steps area? <b>56 North View Road/meet in</b>

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		class		the park
<b>April. Week 1</b>				
<b>Tues 6th</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Weds 7th	7am	Boot Camp	Sunny	Rose Garden or Grove TBC
<b>Wed 7<sup>th</sup></b>	<b>09:30</b>	<b>Nordic Walking/ Zoom?</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Weds 7th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden or Grove TBC
Thursday 8th	7.00pm	Boot Camp <b>7pm Zoom online</b>	Sunny/ Jo	Home/other
<b>Fri 9th</b>	<b>9.30am</b>	<b>Family? Boot Camp</b>	<b>Jo</b>	Rose Garden or Grove 1/2 TBC
<b>Sat 10th</b>	<b>9am</b>	<b>Boot Camp/Zoom?</b>	<b>Jo</b>	Rose Garden or Grove TBC
<b>April. Week 2</b>				