

# Johanna Green HEALTH & FITNESS

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

## Schedule of classes and events August 2021- December 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>August. Week 1</b>				
<b>Tues 3<sup>rd</sup> Aug</b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 4th	7am	Boot Camp	Sunny	Fairground Car Park area
<b>Weds 4th</b>	<b>9.30am</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Weds 4th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Fairground Car Park area
Thurs 5th	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 6<sup>th</sup></b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Fairground Car Park area
<b>Sat 7th</b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo</b>	Fairground Car Park area
<b>Sat 7th</b>	<b>10:30</b>	<b>Nordic Walking Taster class</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Aug. Week 2</b>				
<b>Tues 10th</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Weds 11th	7am	Boot Camp	Sunny	Fairground Car Park area
<b>Wed 11<sup>th</sup></b>	<b>09:30</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Weds 11th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo/ Calum</b>	Fairground Car Park area
Thursday 12th	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Active during restrictions only.
<b>Fri 13th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Fairground Car Park area
<b>Sat 14<sup>th</sup></b>	<b>9am</b>	<b>Boot Camp</b>	<b>Paul</b>	Fairground Car Park area.
<b>Sat 14th</b>	<b>09:30-15:30</b>	<b>Wendover, Discovery/Training Walk. 11 miles</b>	<b>Elisabe th and Jo</b>	9:30 start and 15:30 finish, at Wendover Train Station, Bucks.

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<b>Aug 2021 Week 3</b>				
Tues 17th	6.30pm	Nordic Walking	Patricia	56 North View Road/ meet in the park
Weds 18th	7am	Boot Camp	Sunny	Fairground Car Park area
<b>Weds 18th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	Patricia	56 North View Road/meet in the park
Weds 18th	6.30pm	Boot Camp.	Calum	Fairground Car Park area
<b>Thurs 19th</b>	7.00pm	Piyo. Zoom online	Sunny	Only active during restrictions
<b>Fri 20th</b>	<b>9.30am</b>	<b>Boot Camp</b>	Sunny	Fairground Car Park area
<b>Sat 21st</b>	<b>9am</b>	<b>Boot Camp</b>	Sunny	Fairground Car Park area
<b>Aug. Week 4</b>				
<b>Tues 24th</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road / Meet in the park</b>
Weds 25th	7am	Boot Camp	Sunny	Fairground Car Park area
<b>Weds 25th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	Jo	56 North View Road /meet in the park
<b>Weds 25th</b>	<b>6.30pm</b>	<b>Boot Camp.</b>	<b>Jo/ Calum</b>	Fairground Car Park area
<b>Thurs 26th</b>	7:00pm	Piyo. Zoom online	Sunny/ Jo	Only active during restrictions
<b>Fri 27rd</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Fairground Car Park area
<b>Sat 28th</b>	<b>9am</b>	<b>Boot Camp.</b>	Jo	Fairground Car Park area
	<b>10:30</b>	<b>Nordic Walking taster/ Technique</b>	Jo	North view Road/Meet in the park
<b>Aug- September. Week 1</b>				
<b>Tues 31<sup>st</sup> Aug</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 1 <sup>st</sup> Sept	7am	Boot Camp.	Sunny	Rose Garden
<b>Weds 1st</b>	<b>9.30am</b>	<b>Nordic Walking.</b>	Jo	56 North View Road/meet in the park

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<b>Weds 1st</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo/ Calum</b>	Rose Garden
<b>Thurs 2nd</b>	7:00pm	Piyo. <b>Zoom online class</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 3rd</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Sat 4<sup>th</sup> September</b>	<b>9am 10:30</b>	<b>Boot Camp Nordic Walking taster/technique</b>	Jo Jo	Rose Garden North view Road/ meet in the park
<b>Sept. Week 2</b>				
<b>Tues 7th</b>	<b>09:30</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road / Meet just inside the park.</b>
Weds 8th	7am	Boot Camp.	Sunny	Rose Garden
<b>Weds 8th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road / meet in the park</b>
<b>Weds 8th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo/ Calum</b>	Rose Garden
<b>Thurs 9th</b>	7.00pm	Piyo <b>Zoom/online</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 10th</b>	<b>09.30</b>	<b>Boot Camp</b>	<b>Sunny</b>	Rose Garden
<b>Sat 11th</b>	<b>9am</b>	<b>Boot Camp</b>	<b>Sunny</b>	Rose Garden

	<b>Time</b>	<b>Activity</b>	<b>Instruc tor</b>	<b>Location</b>
<b>Sept. Week 3</b>				
<b>Tues 14th</b>	<b>6:30pm</b>	<b>Nordic Walk</b>	<b>Patrici a</b>	<b>56 North View Road/ Meet just inside the park.</b>
Wed 15 <sup>th</sup>	7:00am	Boot Camp	Sunny	Rose Garden
<b>Wed 15th</b>	<b>09:30am</b>	<b>Nordic Walking</b>	<b>Patrici a and Janet</b>	<b>56 North View Road /meet in the park</b>
<b>Wed 15th</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Calum</b>	Rose Garden
<b>Thurs 16th</b>	<b>7:00pm</b>	<b>Piyo Zoom/online class</b>	<b>Sunny</b>	<b>Only active during restrictions</b>
<b>Fri 17th</b>	<b>09:30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Sat 18<sup>th</sup></b>	<b>09:00-10am</b>	<b>Boot Camp</b>	<b>Jo/Paul</b>	Rose Garden
<b>? Or 9<sup>th</sup> /16<sup>th</sup> Oct? TBC</b>	<b>?9am-10 am</b>	<b>Nordic Walk. TBC</b>	<b>Janet? TBC</b>	<b>56 North View Rd/ meet in the park.</b>

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	?10:10	'Back to school' social/coffee? TBC	All	Café in Ally Pally? TBC
<b>Sept. Week 4</b>				
<b>Tues 21st</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Weds 22nd	7am	Boot Camp	Sunny	Rose Garden
<b>Weds 22nd</b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Weds 22nd</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo/ Calum</b>	Rose Garden
<b>Thurs 23rd</b>	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 24th</b>	<b>9.30am</b>	<b>Boot camp</b>	<b>Jo</b>	Rose Garden
<b>Sat 25th</b>	<b>9am 10:30</b>	<b>Boot Camp Nordic Walking Taster class</b>	<b>Jo Jo</b>	Rose Garden <b>56 North View Rd/ meet in the park</b>
<b>Sept- Oct. Week 5</b>				
<b>Tues 28th</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 29th	7am	Boot Camp	Sunny	Rose Garden
<b>Weds 29th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Weds 29th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Thurs 30th</b>	7.00pm	Piyo <b>Zoom online class</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 1<sup>st</sup> Oct</b>	<b>9.30am</b>	<b>Boot Camp</b>	Jo	Rose Garden
<b>Sat 2<sup>nd</sup> Oct Sat 2<sup>nd</sup> Oct</b>	<b>9am 10:30</b>	<b>Boot Camp Nordic Walking Taster/ technique</b>	Jo Jo	Rose garden. 56 North View Rd, N8/meet in the park
<b>Oct. Week 1</b>				
<b>Tues 5<sup>th</sup> Oct</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 6th	7am	Boot Camp	Sunny	BBC tower steps area.
<b>Weds 6th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	Jo	56 North View Road/meet in the park
<b>Weds 6th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Thurs 7th</b>	7.00pm	Piyo <b>Zoom online class</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 8th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area

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Sat 9 <sup>th</sup> Oct ? or 16 <sup>th</sup> ?	9am ?9-12 ?9am ?10:10	Boot Camp  Half Day walk Nordic Walking. TBC  TBC. Back to school social/ coffee	Jo/ Paul Jo Janet?  All	BBC Tower steps area  North View Road/ meet in the park. Café in Ally Pally. TBC
<b>Oct. Week 2</b>				
Tues 12 <sup>th</sup>	6:30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 13 <sup>th</sup>	7:00am	Boot Camp	Sunny	BBC Tower steps area
Wed 13 <sup>th</sup>	09:30am	Nordic Walking	Jo	56 North View Road/meet in the park
Wed 13 <sup>th</sup>	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 14 <sup>th</sup>	7:00pm	Piyo Zoom online class	Sunny/ Jo	Only active during restrictions
Fri 15 <sup>th</sup>	09:30am	Boot Camp	Jo	BBC Tower steps area
Sat 16 <sup>th</sup> ?Sat 16 <sup>th</sup>	09:00-10:00 09:00-12 Noon ?	Boot Camp  Half day discovery walk  OR 10:10 'Back to School coffee/ Social	Jo/Paul TBC Jo	BBC Tower steps area  Local London parks.

<b>Oct. Week 3</b>				
Tues 19 <sup>th</sup>	6:30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 20 <sup>th</sup>	7:00am	Boot Camp	Sunny	BBC Tower steps area
Wed 20 <sup>th</sup>	09:30am	Nordic Walking	Jo	56 North View Road/ meet in the park
Wed 20 <sup>th</sup>	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 21 <sup>st</sup>	7:00pm	Piyo Zoom online class	Sunny/ Jo	Only active during restrictions
Fri 22 <sup>nd</sup>	09:30am	Boot Camp	Jo	BBC Tower steps area
Sat 23 <sup>rd</sup>	09:00-10:00	Boot Camp.	Jo	BBC Tower steps area
<b>Oct. Week 4</b>				
Tues 26 <sup>th</sup>	6:30pm	Nordic Walking	Jo	56 North View Road/ meet in the park
Wed 27 <sup>th</sup>	7:00am	Boot Camp	Sunny	BBC Tower steps area

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Wed 27th	09:30am	Nordic Walking	Jo	56 North View Road / meet in the park
Wed 27th	6:30pm	Boot Camp	Jo	BBC Tower steps area
Thursday 28th	7:00pm	Piyo Zoom online class	Sunny/ Jo	Only active during restrictions
Fri 29th	09:30am	Boot Camp	Jo	BBC Tower steps area
Sat 30 <sup>th</sup>	09:00-10:00	Boot Camp	Jo	BBC Tower steps area
Sat 30th	10:30-11:30	Nordic Walking Taster/ technique	Jo	56 North View Rd/ meet in the park
<b>November. Week 1</b>				
Tues 2 <sup>nd</sup> Nov	6.30pm	Nordic Walking	Jo	56 North View Road/ Meet just inside the park
Wed 3rd	7am	Boot Camp	Sunny	Rose Garden. TBC Fireworks display disruptions? TBC
Weds 3rd	9.30am	Nordic Walking	Jo	56 North View Road / meet in the park
Weds 3rd	6.30pm	Boot Camp	Jo	Rose Garden. TBC ? Fireworks disruption?
Thurs 4th	7.00pm	Piyo Zoom online	Sunny/ Jo	Only active during restrictions
Fri 5th	9.30am	Boot Camp	Jo	Grove area/ "Telly Tubby park!?" TBC
Sat 6 <sup>th</sup> Nov	9am	Boot Camp.	Jo	Grove area? Fireworks display? TBC
	10:30	Nordic Walking Taster/ technique	Jo	Springfield Ave, N10? TBC
<b>Nov. Week 2</b>				
Tues 9th	6.30	Nordic Walking	Jo	56 North View Road/ Meet inside the park
Weds 10th	7am	Boot Camp	Sunny	Rose Garden.
Weds 10th	9.30am	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 10th	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 11th	7:00pm	Piyo Zoom online	Sunny/ Jo	Only active during restrictions
Fri 12th	9.30am	Boot Camp	Jo	Rose Garden.

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<b>Sat 13<sup>th</sup></b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo/ Paul.</b>	Rose Garden.

<b>Nov. Week 3</b>				
<b>Tues 16<sup>th</sup></b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road / Meet just inside the park</b>
Weds 17 <sup>th</sup>	7am	Boot Camp	Sunny	Rose Garden.
<b>Weds 17<sup>th</sup></b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Weds 17<sup>th</sup></b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Thurs 18<sup>th</sup></b>	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Only active during restrictions.
<b>Fri 19<sup>th</sup></b>	<b>9.30am</b>	<b>Boot camp</b>	<b>Jo</b>	Rose Garden.
<b>Sat 20<sup>th</sup></b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo/ Paul</b>	Rose Garden.
<b>Nov. Week 4</b>				
<b>Tues 23<sup>rd</sup></b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 24 <sup>th</sup>	7am	Boot Camp	Sunny	Rose Garden.
<b>Weds 24<sup>th</sup></b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Weds 24<sup>th</sup></b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
Thurs 25 <sup>th</sup>	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 26<sup>th</sup></b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Sat 27<sup>th</sup></b>	<b>9am 10:30</b>	<b>Boot Camp Nordic Walking Taster/ Technique class</b>	<b>Jo Jo</b>	Rose Garden. <b>North View Road/ Meet in the park.</b>
<b>Nov-Dec. Week 1</b>				
<b>Tues 30<sup>th</sup> Nov</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Weds 1 <sup>st</sup> December	7am	Boot Camp	Sunny	BBC Tower steps area.
<b>Wed 1<sup>st</sup></b>	<b>09:30</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Weds 1<sup>st</sup></b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area.

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Thursday 2 <sup>nd</sup>	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	
<b>Fri 3rd</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area.
<b>Sat 4th</b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area.
	<b>10:30</b>	<b>Nordic Walking Taster/technique</b>	<b>Jo</b>	<b>North View Road/meet in the park</b>
<b>Sat 11<sup>th</sup> Dec</b>		<b>Christmas 'Do' ... walk and al fresco lunch/ beer garden? TBC</b>		
<b>Dec. Week 2</b>				