

# Johanna Green HEALTH & FITNESS

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

## Schedule of classes and events December 2021- April 2022

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

<b>December. Week 2</b>				
<b>Tues 7<sup>th</sup> Dec</b>	<b>6.30pm</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 8th	7am	Boot Camp	Sunny	BBC Tower steps
<b>Weds 8th</b>	<b>9.30am</b>	<b>Nordic Walk</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</b>	BBC Tower steps
Thurs 9th	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 10<sup>th</sup></b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps
<b>Sat 11th Sat 11<sup>th</sup></b>	<b>9am 12 noon- 2pm</b>	<b>Boot Camp Christmas walk!</b>	<b>Paul Jo/ all in Festive attire!!</b>	BBC Tower steps <b>Start. 56 North View Road/meet in the park. Finish in Highgate Wood at 1:45pm</b>
<b>Sat 11<sup>th</sup> Dec</b>	<b>2pm</b>	<b>Christmas Dinner</b>	<b>All</b>	<b>The Woodman, Highgate</b>
<b>Dec. Week 3</b>				
<b>Tues 14th</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Weds 15th	7am	Boot Camp	Sunny	BBC Tower steps
<b>Wed 15<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 15th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps
Thursday 16th	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Active during restrictions only.
<b>Fri 17th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps
<b>Sat 18<sup>th</sup></b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps

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<b>Dec 2021</b>				
<b>Week 4</b>				
Tues 21st	6.30pm	Nordic Walking	Jo	56 North View Road/ meet in the park
Weds 22nd	7am	Boot Camp	Sunny	BBC Tower steps
<b>Weds 22nd</b>	<b>9.30am</b>	<b>Nordic Walking</b>	Jo	56 North View Road/meet in the park
Weds 22nd	6.30pm	Boot Camp.	Jo	BBC Tower steps
<b>Thurs 23rd</b>	7.00pm	Piyo. Zoom online	Sunny	Only active during restrictions
<b>Fri 24th.</b> <b>Christmas Eve</b>	<b>9.30am</b>	<b>Boot Camp</b>	Sunny	BBC Tower steps
<b>Sat 25th</b>		<b>Christmas Day. No classes</b>		
<b>Dec. Week 5</b>				<b>Note BC location change</b>
<b>Tues 28th</b>		<b>No classes</b>		
Weds 29th	7am	Boot Camp	Sunny	Rose garden
<b>Weds 29th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	Janet	56 North View Road /meet in the park
<b>Weds 29th</b>	<b>6.30pm</b>	<b>Boot Camp.</b>	<b>Calum</b>	Rose Garden
<b>Thurs 30th</b>	7:00pm	Piyo. Zoom online	Sunny/ Jo	Only active during restrictions
<b>Fri 31<sup>st</sup> Dec</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Sunny/ Jo</b>	Rose Garden
<b>Fri 31<sup>st</sup> Dec.</b> <b>New Years Eve.</b>	<b>9:30am</b>	<b>Nordic Walk</b>	<b>Janet</b>	56 North View Road /meet in the park
	<b>10:30</b>	<b>Coffee social.</b>	<b>All</b>	Ally Pally Garden Centre.
<b>Sat 1<sup>st</sup> Jan 2022</b>		<b>New Year's Day. No classes</b>		
<b>Jan. 2022.</b>				
<b>Week 1</b>				

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<b>Tues 4<sup>th</sup> Jan. 2022</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 5th	7am	Boot Camp.	Sunny	Rose Garden
<b>Weds 5th</b>	<b>9.30am</b>	<b>Nordic Walking.</b>	Jo	56 North View Road/meet in the park
<b>Weds 5th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Thurs 6th</b>	7:00pm	Piyo. <b>Zoom online class</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 7th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Sat 8th TBC</b>	<b>9am 10:30</b>	<b>Boot Camp Nordic Walking Taster/extra class? TBC</b>	Jo Jo	Rose Garden 56 North View Road/meet in the park
<b>Jan. 2022. Week 2</b>				
<b>Tues 11th</b>	<b>09:30</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road / Meet just inside the park.</b>
Weds 12th	7am	Boot Camp.	Sunny	Rose Garden
<b>Weds 12th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road / meet in the park</b>
<b>Weds 12th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Thurs 13th</b>	7.00pm	Piyo <b>Zoom/online</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 14th</b>	<b>09.30</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Sat 15th</b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden

	<b>Time</b>	<b>Activity</b>	<b>Instructor</b>	<b>Location</b>
<b>Jan. Week 3</b>				
<b>Tues 18th</b>	<b>6:30pm</b>	<b>Nordic Walk</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Wed 19 <sup>th</sup>	7:00am	Boot Camp	Sunny	Rose Garden
<b>Wed 19th</b>	<b>09:30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road /meet in the park</b>
<b>Wed 19th</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden
<b>Thurs 20th</b>	<b>7:00pm</b>	<b>Piyo Zoom/online class</b>	<b>Sunny</b>	<b>Only active during restrictions</b>

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Fri 21st	09:30am	Boot Camp	Jo	Rose Garden
Sat 22nd	09:00-10am	Boot Camp	Paul	Rose Garden
<b>Jan. Week 4</b>				
Tues 25th	6.30pm	Nordic Walking	Jo	<b>56 North View Road/ Meet just inside the park</b>
Weds 26th	7am	Boot Camp	Sunny	Rose Garden
Weds 26th	9.30am	Nordic Walking	Jo	<b>56 North View Road/meet in the park</b>
Weds 26th	6.30pm	Boot Camp	Jo	Rose Garden
Thurs 27th	7.00pm	Piyo Zoom online	Sunny/ Jo	Only active during restrictions
Fri 28th	9.30am	Boot camp	Jo	Rose Garden
Sat 29th	9am 10:30	Boot Camp Nordic Walking Taster class	Jo Jo	Rose Garden <b>56 North View Rd/ meet in the park</b>
<b>Feb. Week 1</b>				
Tues 1st	6.30pm	Nordic Walking	Jo	<b>56 North View Road/ Meet just inside the park.</b>
Weds 2nd	7am	Boot Camp	Sunny	BBC Tower steps
Weds 2nd	9.30am	Nordic Walking	Jo	<b>56 North View Road/meet in the park</b>
Weds 2nd	6.30pm	Boot Camp	Jo	BBC Tower steps
Thurs 3rd	7.00pm	Piyo Zoom online class	Sunny/ Jo	Only active during restrictions
Fri 4th	9.30am	Boot Camp	Jo	BBC Tower steps
Sat 5th Sat 5th	9am 10:30	Boot Camp Nordic Walking Taster/ technique	Jo Jo	BBC Tower steps 56 North View Rd, N8/meet in the park
<b>Feb. Week 2</b>				
Tues 8th	6.30pm	Nordic Walking	Jo	<b>56 North View Road/ Meet just inside the park.</b>
Weds 9th	7am	Boot Camp	Sunny	BBC tower steps area.
Weds 9th	9.30am	Nordic Walking	Jo	56 North View Road/meet in the park
Weds 9th	6.30pm	Boot Camp	Jo	BBC Tower steps area
Thurs 10th	7.00pm	Piyo Zoom online class	Sunny/ Jo	Only active during restrictions

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<b>Fri 11th</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Sat 12<sup>th</sup></b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Feb. Week 3</b>				
<b>Tues 15th</b>	<b>6:30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Wed 16th	7:00am	Boot Camp	Sunny	BBC Tower steps area
<b>Wed 16th</b>	<b>09:30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Wed 16th</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Thurs 17<sup>th</sup></b>	7:00pm	Piyo <b>Zoom online class</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 18th</b>	<b>09:30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Sat 19<sup>th</sup></b>	<b>09:00-10:00</b>	<b>Boot Camp</b>	<b>Paul</b>	BBC Tower steps area
<b>Sat 19<sup>th</sup></b>	<b>09:00-12 Noon</b>	<b>Half day discovery walk</b>	<b>Jo</b>	<b>Local London parks. TBC</b>

<b>Feb. Week 4</b>				
<b>Tues 22nd</b>	<b>6:30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Wed 23rd	7:00am	Boot Camp	Sunny	BBC Tower steps area
<b>Wed 23rd</b>	<b>09:30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Wed 23rd</b>	<b>6:30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Thurs 24th</b>	7:00pm	Piyo <b>Zoom online class</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 25th</b>	<b>09:30am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area
<b>Sat 26th</b>	<b>09:00-10:00 10:30</b>	<b>Boot Camp. Nordic Walking Taster/ technique</b>	<b>Jo Jo</b>	BBC Tower steps area <b>56 North View Road/ meet in the park</b>
<b>March. Week 1</b>				
<b>Tues 1<sup>st</sup> March</b>	<b>6:30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
Wed 2nd	7:00am	Boot Camp	Sunny	Rose Garden

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Wed 2nd	09:30am	Nordic Walking	Jo	<b>56 North View Road / meet in the park</b>
Wed 2nd	6:30pm	Boot Camp	Jo	Rose Garden
Thursday 3rd	7:00pm	Piyo Zoom online class	Sunny/ Jo	Only active during restrictions
Fri 4th	09:30am	Boot Camp	Jo	Rose Garden
Sat 5 <sup>th</sup>	09:00-10:00	Boot Camp	Jo	Rose Garden
Sat 5 <sup>th</sup>	10:30-11:30	Nordic Walking Taster/ technique	Jo	<b>56 North View Rd/ meet in the park</b>
<b>March. Week 2</b>				
Tues 8th	6.30pm	Nordic Walking	Jo	<b>56 North View Road/ Meet just inside the park</b>
Wed 3rd	7am	Boot Camp	Sunny	Rose Garden. TBC
Weds 3rd	9.30am	Nordic Walking	Jo	<b>56 North View Road / meet in the park</b>
Weds 3rd	6.30pm	Boot Camp	Jo	Rose Garden.
Thurs 4th	7.00pm	Piyo Zoom online	Sunny/ Jo	Only active during restrictions
Fri 5th	9.30am	Boot Camp	Jo	Rose Garden
Sat 12th	9am	Boot Camp.	Jo	Rose Garden
<b>March. Week 3</b>				
Tues 15th	6.30	Nordic Walking	Jo	<b>56 North View Road/ Meet inside the park</b>
Weds 10th	7am	Boot Camp	Sunny	Rose Garden.
Weds 10th	9.30am	Nordic Walking	Jo	<b>56 North View Road/ meet in the park</b>
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.
Sat 19 <sup>th</sup>	9am	Boot Camp	Paul	Rose Garden.
Sat 19th	9-12 Noon	Half Day Discovery walk	Jo.	<b>Local parks. TBC</b>

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<b>March. Week 4</b>				
<b>Tues 22nd</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road / Meet just inside the park</b>
Weds 23rd	7am	Boot Camp	Sunny	Rose Garden.
<b>Weds 23rd</b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Weds 23rd</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Thurs 24th</b>	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Only active during restrictions.
<b>Fri 25th</b>	<b>9.30am</b>	<b>Boot camp</b>	<b>Jo</b>	Rose Garden.
<b>Sat 26<sup>th</sup></b>	<b>9am 10:30</b>	<b>Boot Camp Nordic Walking free taster/ technique</b>	<b>Jo Jo</b>	Rose Garden. <b>56 North View Road/ meet in the park</b>
<b>March- April. Week 5</b>				
<b>Tues 29<sup>th</sup> March</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park.</b>
Weds 30th	7am	Boot Camp	Sunny	Rose Garden.
<b>Weds 30th</b>	<b>9.30am</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/meet in the park</b>
<b>Weds 30th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
Thurs 31 <sup>st</sup> March	7.00pm	Piyo <b>Zoom online</b>	Sunny/ Jo	Only active during restrictions
<b>Fri 1<sup>st</sup> April</b>	<b>9.30am</b>	<b>Boot Camp</b>	<b>Jo</b>	Rose Garden.
<b>Sat 2<sup>nd</sup> April</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>April. Week 1</b>				
<b>Tues 5th</b>	<b>6.30pm</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ Meet just inside the park</b>
Weds 6 <sup>th</sup> April	7am	Boot Camp	Sunny	BBC Tower steps area? Or summer location? TBC
<b>Wed 6th</b>	<b>09:30</b>	<b>Nordic Walking</b>	<b>Jo</b>	<b>56 North View Road/ meet in the park</b>
<b>Weds 6th</b>	<b>6.30pm</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area? Or summer location? TBC

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Thursday 7th	7.00pm	Piyo <b>Zoom online</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? Or summer location? TBC
<b>Sat 9th</b>	<b>9am</b>	<b>Boot Camp</b>	<b>Jo</b>	BBC Tower steps area? Or summer location? TBC
<b>April. Week 2</b>				