

# Johanna Green HEALTH & FITNESS

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

## Schedule of classes and events April- September 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>March- April.<br/>Week 5</b>       |                      |   |                  |  |
| <b>Tues 29<sup>th</sup><br/>March</b> | <b>6.30pm</b>        | <b>Nordic Walking</b>                                     | <b>Jo</b>        | <b>56 North View Road/<br/>Meet just inside 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 Walking</b>                                     | <b>Jo</b>        | <b>56 North View Road/meet in<br/>the park</b>                                     |
| <b>Weds 30<sup>th</sup></b>           | <b>6.30pm</b>        | <b>Boot Camp</b>  | <b>Calum</b>     | Rose Garden.   |
| Thurs 31 <sup>st</sup><br>March       | 7.00pm               | Piyo<br><b>Zoom online</b>                                | Sunny/<br>Jo     | Only active during restrictions  |
| <b>Fri 1<sup>st</sup> April</b>       | <b>9.30am</b>        | <b>Boot Camp</b>  | Victoria         | Rose Garden.   |
| <b>Sat 2<sup>nd</sup> April</b>       | <b>9am</b>           | <b>Boot Camp</b>  | <b>Calum</b>     | Rose Garden.   |
| <b>April. Week 1</b>                  |                      |   |                  |  |
| <b>Tues 5<sup>th</sup></b>            | <b>6.30pm</b>        | <b>Nordic Walking</b>                                     | <b>Jo</b>        | <b>56 North View Road/<br/>Meet just inside the park</b>                           |
| Weds 6 <sup>th</sup> April            | 7am                  | Boot Camp   | Sunny            | BBC Tower steps area   |
| <b>Wed 6<sup>th</sup></b>             | <b>09:30</b>         | <b>Nordic Walking</b>                                     | <b>Jo</b>        | <b>56 North View Road/ meet in<br/>the park</b>                                    |
| <b>Weds 6<sup>th</sup></b>            | <b>6.30pm</b>        | <b>Boot Camp</b>  | <b>Calum</b>     | BBC Tower steps area   |
| Thursday 7 <sup>th</sup>              | 7.00pm               | Piyo<br><b>Zoom online</b>                                | Sunny/<br>Jo     | Only active during restrictions  |
| <b>Fri 8<sup>th</sup></b>             | <b>9.30am</b>        | <b>Boot Camp</b>  | <b>Jo</b>        | BBC Tower steps area.  |
| <b>Sat 9<sup>th</sup></b>             | <b>9am<br/>10:30</b> | <b>Boot Camp<br/>Nordic Walking Taster/<br/>Technique</b> | <b>Jo<br/>Jo</b> | BBC Tower steps area.<br><b>56 North View Road/<br/>Meet just inside the park.</b> |
| <b>April. Week 2</b>                  |                      |   |                  |  |
| <b>Tues 12<sup>th</sup></b>           | <b>6.30pm</b>        | <b>Nordic Walk</b>  | <b>Jo</b>        | <b>56 North View Road/<br/>Meet just inside the park.</b>                          |
| Weds 13 <sup>th</sup>                 | 7am                  | Boot Camp   | Sunny            | BBC Tower steps  |

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|  |                                    |   |                    |  |
|--|------------------------------------|---|--------------------|--|
| <b>Weds 13th</b>                           | <b>9.30am</b>                      | <b>Nordic Walk</b>  | <b>Jo</b>          | <b>56 North View Road/meet in the park</b>               |
| <b>Weds 13th</b>                           | <b>6.30pm</b>                      | <b>Boot Camp</b>  | <b>Jo</b>          | BBC Tower steps  |
| Thurs 14th                                 | 7.00pm                             | Piyo<br><b>Zoom online</b>  | Sunny/<br>Jo       | Only active during restrictions                          |
| <b>Fri 15<sup>th</sup><br/>Good Friday</b> | <b>9.30am</b>                      | <b>Boot Camp</b>  | <b>Jo</b>          | BBC Tower steps  |
| <b>Sat 16th</b>                            | <b>9am</b>                         | <b>Boot Camp</b>  | <b>Jo</b>          | BBC Tower steps  |
| <b>April. Week 3</b>                       |                                    |   |                    |  |
| <b>Tues 19th</b>                           | <b>6.30pm</b>                      | <b>Nordic Walking</b>   | <b>Jo</b>          | <b>56 North View Road/<br/>Meet just inside the park</b> |
| Weds 20th                                  | 7am                                | Boot Camp   | Sunny              | BBC Tower steps  |
| <b>Wed 20<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 20th</b>                           | <b>6.30pm</b>                      | <b>Boot Camp</b>  | <b>Jo</b>          | BBC Tower steps  |
| Thursday 21st                              | 7.00pm                             | Piyo<br><b>Zoom online</b>  | Sunny/<br>Jo       | Active during restrictions only.                         |
| <b>Fri 22nd</b>                            | <b>9.30am</b>                      | <b>Boot Camp</b>  | <b>Jo</b>          | BBC Tower steps  |
| <b>Sat 23rd<br/>Sat 23rd</b>               | <b>9am<br/>8- 4pm.<br/>Approx.</b> | <b>Boot Camp<br/>Discovery Walk. Tring.<br/>12 or 14.5km. TBC</b> | <b>Paul<br/>Jo</b> | BBC Tower steps<br>Tring                                 |
|  |                                    |   |                    |  |

|                      |                       |                                     |          |   |
|----------------------|-----------------------|-------------------------------------|----------|---|
| <b>April. Week 4</b> |                       |                                     |          |   |
| Tues 26th            | 6.30pm                | Nordic Walking                      | Jo       | 56 North View Road/ meet in the park          |
| Weds 27th            | 7am                   | Boot Camp                           | Sunny    | BBC Tower steps                               |
| <b>Weds 27th</b>     | <b>9.30am</b>         | <b>Nordic Walking</b>               | Jo       | 56 North View Road/meet in the park           |
| Weds 27th            | 6.30pm                | Boot Camp.                          | Jo       | BBC Tower steps                               |
| <b>Thurs 28th</b>    | 7.00pm                | Piyo.<br>Zoom online                | Sunny    | Only active during restrictions               |
| <b>Fri 29th</b>      | <b>9.30am</b>         | <b>Boot Camp</b>                    | Jo       | BBC Tower steps                               |
| <b>Sat 30th</b>      | <b>9:00<br/>10:30</b> | <b>Boot Camp<br/>Nordic Walking</b> | Jo<br>Jo | BBC Tower steps<br>56 North View Road/meet in |

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|                                |                            |  |              |  |
|--------------------------------|----------------------------|--|--------------|--|
|                                |                            | <b>Taster/Technique</b>  |              | the park   |
| <b>May. Week 1</b>             |                            |  |              |  |
| <b>Tues 3<sup>rd</sup> May</b> | <b>6:30pm</b>              | <b>Nordic Walking</b>  | <b>Jo</b>    | 56 North View Road /meet in the park                       |
| Weds 4th                       | 7am                        | Boot Camp  | Sunny        | Grove  |
| <b>Weds 4th</b>                | <b>9.30am</b>              | <b>Nordic Walking</b>  | Jo           | 56 North View Road /meet in the park                       |
| <b>Weds 4th</b>                | <b>6.30pm</b>              | <b>Boot Camp.</b>  | <b>Jo</b>    | Grove  |
| <b>Thurs 5th</b>               | 7:00pm                     | Piyo.<br>Zoom online   | Sunny/<br>Jo | Only active during restrictions                            |
| <b>Fri 6<sup>th</sup></b>      | <b>9.30am</b>              | <b>Boot Camp</b>   | <b>Jo</b>    | Grove  |
| <b>Sat 7<sup>th</sup> May</b>  | <b>9am</b><br><b>10:30</b> | <b>Boot Camp</b><br><b>Nordic Walking</b><br><b>Taster/Technique</b> | Jo<br>Jo     | Grove<br>56 North View Road /meet in the park              |
| <b>May. Week 2</b>             |                            |  |              |  |
| <b>Tues 10th.</b>              | <b>6.30pm</b>              | <b>Nordic Walking</b>  | <b>Jo</b>    | <b>56 North View Road/<br/>Meet just inside the park.</b>  |
| Weds 11th                      | 7am                        | Boot Camp.   | Sunny        | Grove  |
| <b>Weds 11th</b>               | <b>9.30am</b>              | <b>Nordic Walking.</b>   | Jo           | 56 North View Road/meet in the park                        |
| <b>Weds 11th</b>               | <b>6.30pm</b>              | <b>Boot Camp</b>   | <b>Jo</b>    | Grove  |
| <b>Thurs 12th</b>              | 7:00pm                     | Piyo.<br><b>Zoom online class</b>                                    | Sunny/<br>Jo | Only active during restrictions                            |
| <b>Fri 13th</b>                | <b>9.30am</b>              | <b>Boot Camp</b>   | <b>Jo</b>    | Grove  |
| <b>Sat 14th</b>                | <b>9am</b>                 | <b>Boot Camp</b>   | Victoria     | Grove  |
| <b>May. Week 3</b>             |                            |  |              |  |
| <b>Tues 17th</b>               | <b>09:30</b>               | <b>Nordic Walking</b>  | <b>Jo</b>    | <b>56 North View Road /<br/>Meet just inside the park.</b> |
| Weds 18th                      | 7am                        | Boot Camp.   | Sunny        | Grove  |
| <b>Weds 18th</b>               | <b>9.30am</b>              | <b>Nordic Walking</b>  | <b>Jo</b>    | <b>56 North View Road / meet in the park</b>               |
| <b>Weds 18th</b>               | <b>6.30pm</b>              | <b>Boot Camp</b>   | <b>Jo</b>    | Grove  |
| <b>Thurs 19th</b>              | 7.00pm                     | Piyo<br><b>Zoom/online</b>   | Sunny/<br>Jo | Only active during restrictions                            |
| <b>Fri 20th</b>                | <b>09.30</b>               | <b>Boot Camp</b>   | <b>Jo</b>    | Grove  |
| <b>Sat 21st</b>                | <b>9am</b>                 | <b>Boot Camp</b>   | <b>Paul/</b> | Grove  |

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|                          |                      |                              |                    |             |
|--------------------------|----------------------|------------------------------|--------------------|-------------|
| Sat 21 <sup>st</sup> May | 08:30- 15:30 approx. | Discovery Walk. Chorleywood. | Sunny<br>TBC<br>Jo | Chorleywood |
|--------------------------|----------------------|------------------------------|--------------------|-------------|

|                           | Time         | Activity                                 | Instructor   | Location  |
|---------------------------|--------------|--|--------------|---|
| <b>May. Week 4</b>        |              |  |              |   |
| Tues 24 <sup>th</sup>     | 6:30pm       | Nordic Walk                              | Jo           | 56 North View Road/<br>Meet just inside the park. |
| Wed 25 <sup>th</sup>      | 7:00am       | Boot Camp                                | Sunny        | Grove   |
| Wed 25 <sup>th</sup>      | 09:30am      | Nordic Walking                           | Jo           | 56 North View Road /meet in the park              |
| Wed 25 <sup>th</sup>      | 6:30pm       | Boot Camp                                | Jo           | Grove   |
| Thurs 26 <sup>th</sup>    | 7:00pm       | Piyo<br>Zoom/online class                | Sunny        | Only active during restrictions                   |
| Fri 27 <sup>th</sup>      | 09:30am      | Boot Camp                                | Jo           | Grove   |
| Sat 28 <sup>th</sup>      | 09:00-10am   | Boot Camp                                | Victoria     | Grove   |
| <b>May-June. Week 5</b>   |              |  |              |   |
| Tues 31 <sup>st</sup> May | 6.30pm       | Nordic Walking                           | Jo           | 56 North View Road/<br>Meet just inside the park  |
| Weds 1 <sup>st</sup> June | 7am          | Boot Camp                                | Sunny        | Grove   |
| Weds 1 <sup>st</sup> June | 9.30am       | Nordic Walking                           | Jo           | 56 North View Road/meet in the park               |
| Weds 1 <sup>st</sup> June | 6.30pm       | Boot Camp                                | Jo           | Grove   |
| Thurs 2 <sup>nd</sup>     | 7.00pm       | Piyo<br>Zoom online                      | Sunny/<br>Jo | Only active during restrictions                   |
| Fri 3 <sup>rd</sup>       | 9.30am       | Boot camp                                | Jo           | Grove   |
| Sat 4 <sup>th</sup> June  | 9am<br>10:30 | Boot Camp<br>Nordic Walking Taster class | Jo<br>Jo     | Grove<br>56 North View Rd/ meet in the park       |
| <b>June. Week 1</b>       |              |  |              |   |
| Tues 7 <sup>th</sup>      | 6.30pm       | Nordic Walking                           | Jo           | 56 North View Road/<br>Meet just inside the park. |
| Weds 8 <sup>th</sup>      | 7am          | Boot Camp                                | Sunny        | Fair Ground Car Park area                         |
| Weds 8 <sup>th</sup>      | 9.30am       | Nordic Walking                           | Jo           | 56 North View Road/meet in the park               |

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|   |  |  |  |  |
|---|--|--|--|--|
| <b>Weds 8th</b>   | <b>6.30pm</b>                                      | <b>Boot Camp</b>   | <b>Jo</b>  | Fair Ground Car Park area  |
| <b>Thurs 9th</b>  | 7.00pm   | Piyo<br><b>Zoom online class</b>   | Sunny/<br>Jo   | Only active during restrictions  |
| <b>Fri 10th</b>   | <b>9.30am</b>                                      | <b>Boot Camp</b>   | Jo   | Fair Ground Car Park area  |
| <b>Sat 11th</b><br><b>Sat 11th</b>                              | <b>9am</b><br><b>10:30</b>                         | <b>Boot Camp</b><br><b>Nordic Walking Taster/<br/>technique</b>                      | Jo<br>Jo   | Fair Ground Car Park area<br>56 North View Rd, N8/meet in the park     |
| <b>June. Week 2</b>   |  |  |  |  |
| <b>Tues 14<sup>th</sup></b>                                     | <b>6.30pm</b>                                      | <b>Nordic Walking</b>  | <b>Jo</b>  | <b>56 North View Road/<br/>Meet just inside the park.</b>              |
| Weds 15th   | 7am  | Boot Camp  | Sunny  | Fair Ground Car Park area  |
| <b>Weds 15th</b>  | <b>9.30am</b>                                      | <b>Nordic Walking</b>  | Jo   | 56 North View Road/meet in the park                                    |
| <b>Weds 15th</b>  | <b>6.30pm</b>                                      | <b>Boot Camp</b>   | <b>Jo</b>  | Fair Ground Car Park area  |
| <b>Thurs 16th</b>   | 7.00pm   | Piyo<br><b>Zoom online class</b>   | Sunny/<br>Jo   | Only active during restrictions  |
| <b>Fri 17th</b>   | <b>9.30am</b>                                      | <b>Boot Camp</b>   | <b>Jo</b>  | Fair Ground Car Park area  |
| <b>Sat 18<sup>th</sup></b><br><b>Sat 18<sup>th</sup> June</b>   | <b>9am</b><br><b>8:30-15:30.</b><br><b>Approx.</b> | <b>Boot Camp</b><br><b>Training Discovery Walk.</b><br><b>12km.</b>                  | <b>Paul</b><br><b>TBC</b><br><b>Jo and</b><br><b>Elisabeth</b> | Fair Ground Car park area<br>TBC                                       |
| <b>June. Week 3</b>   |  |  |  |  |
| <b>Tues 21<sup>st</sup></b><br><b>Tues 21<sup>st</sup> June</b> | <b>6:30-8:30pm</b><br><b>8:30pm</b>                | <b>Mid-Summers' Eve Walk.</b><br><b>Nordic Walking.</b><br><b>Dinner/Social. TBC</b> | <b>Jo</b><br><b>All</b>  | <b>56 North View Road/<br/>Meet just inside the park</b><br><b>TBC</b> |
| Wed 22nd  | 7:00am   | Boot Camp  | Sunny  | Fair Ground Car Park area  |
| <b>Wed 22nd</b>   | <b>09:30am</b>                                     | <b>Nordic Walking</b>  | <b>Jo</b>  | <b>56 North View Road/meet in the park</b>                             |
| <b>Wed 22nd</b>   | <b>6:30pm</b>                                      | <b>Boot Camp</b>   | <b>Jo</b>  | Fair Ground Car Park area  |
| <b>Thurs 23rd</b>   | 7:00pm   | Piyo<br><b>Zoom online class</b>   | Sunny/<br>Jo   | Only active during restrictions  |
| <b>Fri 24th</b>   | <b>09:30am</b>                                     | <b>Boot Camp</b>   | <b>Jo</b>  | Fair Ground Car Park area  |
| <b>Sat 25<sup>th</sup></b><br><b>Sat 25<sup>th</sup></b>        | <b>09:00-10:00</b><br><b>10:30</b>                 | <b>Boot Camp</b><br><b>Nordic Walking</b><br><b>taster/Technique</b>                 | <b>Paul</b><br><b>Jo</b>                                       | Fair Ground Car Park area<br>56 North View Road /meet in the park      |

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|                                |                              |  |                                  |  |
|--------------------------------|------------------------------|--|----------------------------------|--|
| <b>June-July.<br/>Week 4</b>   |                              |  |                                  |  |
| <b>Tues 28th</b>               | <b>6:30pm</b>                | <b>Nordic Walking</b>                                      | <b>Jo</b>                        | <b>56 North View Road/<br/>Meet just inside the park</b>                     |
| Wed 29th                       | 7:00am                       | Boot Camp  | Sunny                            | Fair Ground Car Park area  |
| <b>Wed 29th</b>                | <b>09:30am</b>               | <b>Nordic Walking</b>                                      | <b>Jo</b>                        | <b>56 North View Road/ meet in<br/>the park</b>                              |
| <b>Wed 29th</b>                | <b>6:30pm</b>                | <b>Boot Camp</b>   | <b>Jo</b>                        | Fair Ground Car Park area  |
| <b>Thurs 30th</b>              | 7:00pm                       | Piyo<br><b>Zoom online class</b>                           | Sunny/<br>Jo                     | Only active during restrictions  |
| <b>Fri 1<sup>st</sup> July</b> | <b>09:30am</b>               | <b>Boot Camp</b>   | <b>Jo</b>                        | Fair Ground Car Park area  |
| <b>Sat 2<sup>nd</sup> July</b> | <b>09:00-10:00<br/>10:30</b> | <b>Boot Camp.<br/>Nordic Walking Taster/<br/>technique</b> | <b>Jo<br/>Jo</b>                 | Fair Ground Car Park area<br><b>56 North View Road/ meet in<br/>the park</b> |
| <b>July. Week 1</b>            |                              |  |                                  |  |
| <b>Tues 5th</b>                | <b>6:30pm</b>                | <b>Nordic Walking</b>                                      | <b>Jo</b>                        | <b>56 North View Road/ meet in<br/>the park</b>                              |
| Wed 6th                        | 7:00am                       | Boot Camp  | Sunny                            | Grove  |
| <b>Wed 6th</b>                 | <b>09:30am</b>               | <b>Nordic Walking</b>                                      | <b>Jo</b>                        | <b>56 North View Road / meet in<br/>the park</b>                             |
| <b>Wed 6th</b>                 | <b>6:30pm</b>                | <b>Boot Camp</b>   | <b>Jo</b>                        | Grove  |
| <b>Thursday 7th</b>            | 7:00pm                       | Piyo<br><b>Zoom online class</b>                           | Sunny/<br>Jo                     | Only active during restrictions  |
| <b>Fri 8th</b>                 | <b>09:30am</b>               | <b>Boot Camp</b>   | <b>Jo</b>                        | Grove  |
| <b>Sat 9<sup>th</sup></b>      | <b>09:00-10:00</b>           | <b>Boot Camp</b>   | <b>Paul</b>                      | Grove  |
| <b>Sat 9th</b>                 | <b>8am-5pm.<br/>Approx.</b>  | <b>Training Discovery Walk .<br/>15km.</b>                 | <b>Jo and<br/>Elisabe<br/>th</b> | <b>TBC</b>   |
| <b>July. Week 2</b>            |                              |  |                                  |  |
| <b>Tues 12th</b>               | <b>6.30pm</b>                | <b>Nordic Walking</b>                                      | <b>Jo</b>                        | <b>56 North View Road/<br/>Meet just inside the park</b>                     |
| Wed 13th                       | 7am                          | Boot Camp  | Sunny                            | Grove  |
| <b>Weds 13th</b>               | <b>9.30am</b>                | <b>Nordic Walking</b>                                      | <b>Jo</b>                        | <b>56 North View Road / meet in<br/>the park</b>                             |
| <b>Weds 13th</b>               | <b>6.30pm</b>                | <b>Boot Camp</b>   | <b>Jo</b>                        | <b>Grove</b>   |
| <b>Thurs 14th</b>              | 7.00pm                       | Piyo<br><b>Zoom online</b>                                 | Sunny/<br>Jo                     | Only active during restrictions  |
| <b>Fri 15th</b>                | <b>9.30am</b>                | <b>Boot Camp</b>   | <b>Jo</b>                        | Grove  |

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|                     |        |                     |              |   |
|---------------------|--------|---------------------|--------------|---|
| Sat 16th            | 9am    | Boot Camp.          | Jo           | Grove                                       |
| <b>July. Week 3</b> |        |                     |              |   |
| Tues 19th           | 6.30   | Nordic Walking      | Jo           | 56 North View Road/<br>Meet inside the park |
| Weds 20th           | 7am    | Boot Camp           | Sunny        | Grove                                       |
| Weds 20th           | 9.30am | Nordic Walking      | Jo           | 56 North View Road/ meet in<br>the park     |
| Weds 20th           | 6.30pm | Boot Camp           | Jo           | Grove                                       |
| Thurs 21st          | 7:00pm | Piyo<br>Zoom online | Sunny/<br>Jo | Only active during restrictions             |
| Fri 22nd            | 9.30am | Boot Camp           | Jo           | Grove                                       |
| Sat 23rd            | 9am    | Boot Camp           | Jo           | Grove                                       |

|                          |              |   |              |   |
|--------------------------|--------------|---|--------------|---|
| <b>July. Week 4</b>      |              |   |              |   |
| Tues 26th                | 6.30pm       | Nordic Walking  | Jo           | 56 North View Road /<br>Meet just inside the park |
| Weds 27th                | 7am          | Boot Camp   | Sunny        | Grove   |
| Weds 27th                | 9.30am       | Nordic Walking  | Jo           | 56 North View Road/ meet in<br>the park           |
| Weds 27th                | 6.30pm       | Boot Camp   | Jo           | Grove   |
| Thurs 28th               | 7.00pm       | Piyo<br>Zoom online                                   | Sunny/<br>Jo | Only active during restrictions.                  |
| Fri 29th                 | 9.30am       | Boot camp   | Jo           | Grove   |
| Sat 30th                 | 9am<br>10:30 | Boot Camp<br>Nordic Walking free taster/<br>technique | Jo<br>Jo     | Grove<br>56 North View Road/ meet in<br>the park  |
| <b>Aug. Week 1</b>       |              |   |              |   |
| Tues 2 <sup>nd</sup> Aug | 6.30pm       | Nordic Walking  | Jo           | 56 North View Road/<br>Meet just inside the park. |
| Weds 3 <sup>rd</sup> Aug | 7am          | Boot Camp   | Sunny        | Fair Ground Car Park area                         |
| Weds 3rd                 | 9.30am       | Nordic Walking  | Jo           | 56 North View Road/meet in<br>the park            |
| Weds 3rd                 | 6.30pm       | Boot Camp   | Jo           | Fair Ground Car Park area                         |
| Thurs 4th                | 7.00pm       | Piyo<br>Zoom online                                   | Sunny/<br>Jo | Only active during restrictions                   |

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|                                |                             |   |                             |  |
|--------------------------------|-----------------------------|---|-----------------------------|--|
|                                |                             |   |                             |  |
| <b>Fri 5th</b>                 | <b>9.30am</b>               | <b>Boot Camp</b>  | <b>Jo</b>                   | Fair Ground Car Park area  |
| <b>Sat 6<sup>th</sup> Aug</b>  | <b>9am</b><br><b>10:30</b>  | <b>Boot Camp</b><br><b>Nordic Walking Taster/<br/>Technique class</b> | <b>Jo</b><br><b>Jo</b>      | Fair Ground Car Park area<br><b>North View Road/ Meet in the park.</b> |
| <b>Aug. Week 2</b>             |                             |   |                             |  |
| <b>Tues 9th</b>                | <b>6.30pm</b>               | <b>Nordic Walking</b>   | <b>Jo</b>                   | <b>56 North View Road/<br/>Meet just inside the park</b>               |
| Weds 10th                      | 7am                         | Boot Camp   | Sunny                       | Fair Ground Car Park area  |
| <b>Wed 10th</b>                | <b>09:30</b>                | <b>Nordic Walking</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>                   | Fair Ground Car Park area  |
| Thursday 11th                  | 7.00pm                      | Piyo<br><b>Zoom online</b>  | Sunny/<br>Jo                | Only active during restrictions  |
| <b>Fri 12th</b>                | <b>9.30am</b>               | <b>Boot Camp</b>  | <b>Jo</b>                   | Fair Ground Car Park area  |
| <b>Sat 13<sup>th</sup> Aug</b> | <b>9am</b>                  | <b>Boot Camp</b>  | <b>Paul</b>                 | Fair Ground Car Park area  |
| <b>Sat 13<sup>th</sup> Aug</b> | <b>8am-6pm.<br/>Approx.</b> | <b>Training Discovery Walk.<br/>21km.</b>                             | <b>Jo and<br/>Elisabeth</b> | <b>TBC.</b>  |
| <b>Aug. Week 3</b>             |                             |   |                             |  |
| <b>Tues 16th</b>               | <b>6.30pm</b>               | <b>Nordic Walking</b>   | <b>Jo</b>                   | <b>56 North View Road/<br/>Meet just inside the park.</b>              |
| Weds 17th                      | 7am                         | Boot Camp   | Sunny                       | Fair Ground Car Park area  |
| <b>Weds 17th</b>               | <b>9.30am</b>               | <b>Nordic Walking</b>   | <b>Jo</b>                   | <b>56 North View Road/meet in the park</b>                             |
| <b>Weds 17th</b>               | <b>6.30pm</b>               | <b>Boot Camp</b>  | <b>Jo</b>                   | Fair Ground Car Park area  |
| Thurs 18th                     | 7.00pm                      | Piyo<br><b>Zoom online</b>  | Sunny/<br>Jo                | Only active during restrictions  |
| <b>Fri 19th</b>                | <b>9.30am</b>               | <b>Boot Camp</b>  | <b>Jo</b>                   | Fair Ground Car Park area  |
| <b>Sat 20<sup>th</sup> Aug</b> | <b>9am</b>                  | <b>Boot Camp</b>  | <b>Jo</b>                   | Fair Ground Car Park area  |
| <b>Aug. Week 4</b>             |                             |   |                             |  |
| <b>Tues 23rd</b>               | <b>6.30pm</b>               | <b>Nordic Walking</b>   | <b>Jo</b>                   | <b>56 North View Road/<br/>Meet just inside the park</b>               |
| Weds 24th                      | 7am                         | Boot Camp   | Sunny                       | Fair Ground Car Park area  |
| <b>Wed 24th</b>                | <b>09:30</b>                | <b>Nordic Walking</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>                   | Fair Ground Car Park area  |
| Thursday 25th                  | 7.00pm                      | Piyo<br><b>Zoom online</b>  | Sunny/<br>Jo                | Only active during restrictions  |
| <b>Fri 26th</b>                | <b>9.30am</b>               | <b>Boot Camp</b>  | <b>Jo</b>                   | Fair Ground Car Park area  |



# Johanna Green

## HEALTH & FITNESS

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|                     |              |   |           |   |
|---------------------|--------------|---|-----------|---|
|                     |              |   |           |   |
| <b>Sat 27th Aug</b> | <b>9am</b>   | <b>Boot Camp</b>                            | <b>Jo</b> | Fair Ground Car Park area                       |
| <b>Sat 27th</b>     | <b>10:30</b> | <b>Nordic Walking Taster/<br/>Technique</b> | <b>Jo</b> | <b>56 North View Road/ meet in<br/>the park</b> |
| <b>Sept. Week 1</b> |              | <b>Boot Camp</b>                            |           | <b>Rose Garden</b>                              |