



20/07/20	COORPAROO ONERO TIMETABLE				26 TURBO DRIVE
	Monday	Tuesday	Wednesday	Thursday	Friday
Early Mornings	6:00am	6:00am	6:00am	6:00am	6:00am
	7:00am	7:00am	7:00am	7:00am	7:00am
	8:00am	8:00am	8:00am	8:00am	8:00am
	9:00am	9:00am	9:00am	9:00am	9:00am
	10:00am	10:00am	10:00am	10:00am	10:00am
Mid Mornings					10:00am (B)
	11:00am	11:00am	11:00am	11:00am	11:00am
	12:00pm (Pre-O)	12:00pm (Pre-O)	12:00pm (Pre-O)	12:00pm (Pre-O)	12:00pm (Pre-O)
Afternoon/ Early Evening	1:00pm	1:00pm	1:00pm	1:00pm	1:00pm
	1:00pm (B)	1:00pm (B)	1:00pm (B)		
	2:00pm (Pre-O)	2:00pm (Pre-O)	2:00pm (Pre-O)	2:00pm (Pre-O)	2:00pm (Pre-O)
	3:00pm	3:00pm	3:00pm	3:00pm	3:00pm
				3:00pm (B)	
	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm
	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm
	6:00pm	6:00pm (B)	6:00 PM	6:00pm (B)	

(B) - Beginners. Your journey starts here. It constitutes your first 4 weeks of ONERO Training
 (Pre-O) - All Pre-ONERO clients must attend (B) first.
 Unmarked - These are our ONERO classes and are 45 minutes in length.