



GOLD COAST ONERO TIMETABLE

4/7 United Road
Ashmore

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Mornings		6.00am		6.00am		
		7.00am(B)		7.00am(B)		
Mid Mornings						
Afternoon/ Early Evening						
	5.00pm		5.00pm			

B* - Beginners class - But can overflow for old hands who will be able to do their usual training