



THE
BONE CLINIC

GOLD COAST ONERO TIMETABLE

4/7 United Road
Ashmore

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

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