



**GOLD COAST ONERO TIMETABLE**

4/7 United Rd  
Ashmore QLD 4214

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

Wednesday 5pm is a dedicated Beginners class. All beginners must attend at least 2 sessions in this class or at TBC Coorparoo. Once two Beginner sessions have been completed at either location, Gold Coast Beginners are then welcome to either book into more Beginner classes (as required) or regular Onero classes.