



**COORPAROO ONERO TIMETABLE**  
Commencing September 2023

26 Turbo Drive  
Coorparoo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Morning</b>	6:00am	6:00am	6:00am	6:00am	6:00am	
	7:00am	7:00am	7:00am	7:00am	7:00am	7:00am
	8:00am	8:00am <b>(Pre-O)</b>	8:00am	8:00am <b>(Pre-O)</b>	8:00am	8:00am <b>(B)</b>
	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am
	10:00am	10:00am	10:00am	10:00am	10:00am	10:00am
<b>Mid Morning/Lunch</b>		11:00am		11:00am	11:00 <b>(Pre-O)</b>	
	11:00am <b>(B)</b>	11:00am <b>(B)</b>	11:00am <b>(B)</b>	11:00am <b>(B)</b>	11:00am <b>(B)</b>	
	12:00pm <b>(Pre-O)</b>	12:00pm <b>(Pre-O)</b>	12:00pm <b>(Pre-O)</b>	12:00pm <b>(Pre-O)</b>	12:00pm <b>(Pre-O)</b>	
	1:00pm	1:00pm	1:00pm	1:00pm	1:00pm	
	2:00pm <b>(Pre-O)</b>	2:00pm	2:00pm <b>(Pre-O)</b>	2:00pm	2:00pm	
<b>Afternoon/ Evening</b>	3:00pm <b>(Pre-O)</b>	3:00pm	3:00pm <b>(Pre-O)</b>	3:00 pm		
	4:00pm Specialist Classes/Courses	4:00pm	4:00pm Specialist Classes/Courses	4:00pm		
	5:00pm <b>(B)</b>	5:00pm	5:00pm <b>(B)</b>	5:00pm		
	5:45pm	5:45pm <b>(B)</b>	5:45pm	5:45pm <b>(B)</b>		

**(B)** - Beginners. Your journey starts here. It constitutes your first 4 weeks (8 sessions) of ONERO Training

**(Pre-O)** - Pre-ONERO only book these classes if you have been assigned to them by our EP

**Unmarked** - These are regular ONERO classes

**Specialist Classes** - "Ad hoc" classes or courses targeting systems or regions of the body such as pelvic floor. Specialist classes will only be available at certain times of the year and will be advertised in the TBC eNewsletter.

All classes are 45 minutes in length.

We recommend 2 classes per week, with a rest day in between sessions.

You must book your classes at [theboneclinic.com.au](http://theboneclinic.com.au)

Please arrive 5 minutes before your scheduled class start time.