



## COORPAROO ONERO TIMETABLE

26 Turbo Drive  
Coorparoo

Commencing 21/10/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 (Pre-O)	8:00am	8:00am (Pre-O)	8:00am	8:00am(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
	11:00am	11:00am	11:00am	11:00am	11:00(Pre-O)	11:00am
	11:00am(B)	11:00am(B)	11:00am(B)	11:00am(B)	11:00am(B)	
	12:00pm(Pre-O)	12:00pm(Pre-O)	12:00pm(Pre-O)	12:00pm(Pre-O)	12:00pm(Pre-O)	
	1:00pm	1:00pm	1:00pm	1:00pm 1:00pm (B)	1:00pm	
	2:00pm(Pre-O) 2:00pm (B)	2:00pm	2:00pm(Pre-O)	2:00pm	2:00pm	
	3:00pm(Pre-O)	3:00pm	3:00pm(Pre-O)	3:00 pm	3:00pm 3:00pm(B)	
	4:00pm	4:00pm	4:00pm 4:00pm(B)	4:00pm		
	5:00pm (B)	5:00pm	5:00pm (B)	5:00pm		
	5.45pm	5.45pm (B)	5.45pm	5.45pm (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

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.