



Wavell Heights Timetable

Wavell Heights Community Hall,
76 Cressey Street, Wavell Heights

Commencing September 2025

	Monday	Wednesday	Friday
6.00AM		ONERO	ONERO
7.00AM		ONERO	ONERO
8:00 AM		BEGINNERS	BEGINNERS/PRE-ONERO
9:00 AM	ONERO	ONERO	ONERO
10.00AM	ONERO	PRE-ONERO	ONERO
11.00AM	ONERO		
12.00PM	PRE-ONERO		
1PM	ONERO		

BEGINNERS - Your journey starts here. It constitutes your first 4 weeks (8 sessions) of Onero.

PRE-ONERO - only book these classes if you have been assigned to them by an EP.

All classes are 45 minutes in length. We recommend 2 classes per week, with a rest day in between.

You must book your classes at theboneclinic.com.au

Please arrive 5 minutes before your scheduled class start time.

