



Coorparoo Timetable

Commencing January 2026

26 Turbo Drive, Coorparoo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00AM	ONERO	ONERO	ONERO	ONERO	ONERO	
7.00AM	ONERO	ONERO	ONERO	ONERO	ONERO	ONERO
8:00 AM	ONERO	PRE-ONERO	ONERO	PRE-ONERO	ONERO	BEGINNERS
9:00 AM	ONERO	ONERO	ONERO	ONERO	ONERO	ONERO
10.00AM	ONERO	ONERO	ONERO	ONERO	ONERO	ONERO
11.00AM	ONERO	ONERO	ONERO	ONERO	PRE-ONERO	ONERO
	BEGINNERS	BEGINNERS	BEGINNERS	BEGINNERS	BEGINNERS	
12.00PM	PRE-ONERO	PRE-ONERO	PRE-ONERO	PRE-ONERO	PRE-ONERO	ONERO
1.00PM	ONERO	ONERO	ONERO	ONERO	ONERO	ONERO
				BEGINNERS		
2.00PM	PRE-ONERO	ONERO	PRE-ONERO	ONERO	ONERO	ONERO
	BEGINNERS					
3.00PM	PRE-ONERO	ONERO	PRE-ONERO	ONERO	ONERO	
					BEGINNERS	
4.00PM	ONERO	ONERO	ONERO	ONERO	ONERO	
			BEGINNERS			
5.00PM	ONERO	ONERO	ONERO	ONERO	ONERO	
	BEGINNERS		BEGINNERS			
5.45PM	ONERO	BEGINNERS	ONERO	BEGINNERS		

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

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.