



## Carina Timetable

860 Old Cleveland Road, Carina (above Carina Vet)

	Monday	Tuesday	Thursday
<b>7.00AM</b>	ONERO	ONERO	ONERO
<b>8:00 AM</b>	ONERO	ONERO	ONERO
<b>9:00 AM</b>	ONERO	ONERO	ONERO
<b>10.00AM</b>	ONERO	ONERO	ONERO

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](http://theboneclinic.com.au)

Please arrive 5 minutes before your scheduled class start time.

## HOW TO BOOK YOUR CLASSES

1. On website [www.theboneclinic.com.au](http://www.theboneclinic.com.au), select Book a Class tab.
2. Select a Service - use the dropdown menu and select your class category (Onero, Pre-Onero or Beginners, you will only see classes in the category you select) or select the class from the options showing. CONTINUE
3. Click on the box for either Wavell Heights, Carina or Coorparoo CONTINUE
4. Choose the date then time CONTINUE
5. Choose option to repeat the booking YES/NO. If YES, choose how many weeks and click on other days of the week you would like to book. The next screen will show available classes and you can delete/reschedule any you don't want. If NO then just click on your class. CONTINUE
6. Enter your details CONTINUE
7. Check your booking in the summary CONTINUE
8. You will be taken to CART.
9. Enter your details and PLACE ORDER

As always our friendly staff are on hand to assist if needed.

## TO RESCHEDULE YOUR CLASSES

Go to [www.theboneclinic.com.au](http://www.theboneclinic.com.au) and click on the tab “**CLIENT PORTAL**”.

Login using your email address which you use for booking your classes and you will be sent a link, click on the link and you will see all of your bookings. You can reschedule your classes here. If you cancel rather than reschedule a class please email [reception@theboneclinic.com.au](mailto:reception@theboneclinic.com.au) and advise that you have done this otherwise you will not receive a credit for the cancelled class.