

ONERO Class Schedule



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|-----------------|-------------------|-----------------|-------------------|----------------|
| 7:30 - 8:15am | 7:30 - 8:15am | | 7:30 - 8:15am | 7:30 - 8:15am | |
| 8:30 - 9:15am | 8:30 - 9:15am | 8:30 - 9:15am | 8:30 - 9:15am | 8:30 - 9:15am | 8:15 - 8:45am |
| 9:30 - 10:15am | 9:30 - 10:15am | 9:30 - 10:15am | 9:30 - 10:15am | 9:30 - 10:15am | 9:00 - 9:45am |
| 10:30 - 11:15am | 10:30 - 11:15am | 10:30 - 11:15am | 10:30 - 11:15am | 10:30 - 11:15am | 9:45 - 10:30am |
| 11:30am - 12:15pm | | 11:30am - 12:15pm | | 11:30am - 12:15pm | |
| | | | | | |
| 3:00 - 3:45pm | 3:00 - 3:45pm | 3:00 - 3:45pm | 3:00 - 3:45pm | | |
| 4:00 - 4:45pm | 4:00 - 4:45pm | 4:00 - 4:45pm | 4:00 - 4:45pm | | |
| | | 5:00 - 5:45pm | 5:00 - 5:45pm | | |

 Onero™

The Onero™ Program is a scientifically backed exercise program designed to enhance and preserve bone mineral density. It's especially beneficial for individuals with Osteopenia or Osteoporosis, as well as anyone looking to maintain strong bones as they age.



BOOK YOUR SPOT TODAY

Scan the QR code OR ✉ renewadmin@montefiore.org.au 🌐 renewbymontefiore.org.au
 ☎ 8345 9218. **Bookings are essential. Classes suggested: Twice a week for maximum benefit.**