



**C·O·R·E**  
PHYSICAL THERAPY

# ANAHEIM HILLS

120 S Chaparral Ct. Suite 150 Anaheim, CA 92808 714.998.9580

## SCHEDULE

**MAY 2024**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Personal training available by appointment**

Jonathan Limon, BS

**Massage Therapy by appointment as noted**

Pilar Alvarez, CMT

**1** 9am-6pm  
**Massage available by appointment**  
11:30am-12pm  
Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

**2** 11:30am-12pm  
Core/Posture

**3** 8am-5pm  
**Massage available by appointment**

**6** 8:30am-5:30pm **Massage available by appointment**  
11:30am-12pm Back/Legs  
2-2:30pm Core/Posture

**7**

**8** 9am-6pm  
**Massage available by appointment**  
11:30am-12pm  
Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

**9** 11:30am-12pm  
Core/Posture

**10** 8am-5pm  
**Massage available by appointment**

**13** 8:30am-5:30pm **Massage available by appointment**  
11:30am-12pm Back/Legs  
2-2:30pm Core/Posture

**14**

**15** 9am-6pm  
**Massage available by appointment**  
11:30am-12pm  
Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

**16** 11:30am-12pm  
Core/Posture

**17** 8am-5pm  
**Massage available by appointment**

**20** 8:30am-5:30pm **Massage available by appointment**  
11:30am-12pm Back/Legs  
2-2:30pm Core/Posture

**21**

**22** 9am-6pm  
**Massage available by appointment**  
11:30am-12pm  
Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

**23** 11:30am-12pm  
Core/Posture

**24** 8am-5pm  
**Massage available by appointment**

**27**  
CLOSED

**28**

**29** 9am-6pm  
**Massage available by appointment**  
11:30am-12pm  
Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

**30** 11:30am-12pm  
Core/Posture

**31** 8am-5pm  
**Massage available by appointment**