

FULLERTON WELLNESS CENTER

1027 N. Harbor Blvd. Suite B Fullerton, CA 92832 714.870.U4PT (8478)



C·O·R·E
PHYSICAL THERAPY

SCHEDULE

SEPTEMBER 2024

* Appointments recommended for Balance/Strength classes. Class max applies.

MONDAY

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

9
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back
5-6pm Bootcamp

16
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back
5-6pm Bootcamp

23
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back
5-6pm Bootcamp

29
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back
5-6pm Bootcamp

TUESDAY

6
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

10
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

17
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

24
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

30
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

WEDNESDAY

7
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

11
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

18
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

25
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

THURSDAY

8
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back
2pm-2:30pm Core/Posture

12
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back
2pm-2:30pm Core/Posture

19
9am -7pm **Massage available** by appointment
Closed 11:30am - 2pm
2pm-2:30pm Core/Posture

26
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back
2pm-2:30pm Core/Posture

FRIDAY

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

13
8 -10:30am **Massage available** by appointment
11:30am-12pm
Core/Posture

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

27
8am -5pm **Massage available** by appointment
11:30am-12pm
Core/Posture

Massage Therapy by appointment as noted

Christian Trigueros, CMT