



C·O·R·E
PHYSICAL THERAPY

FULLERTON WELLNESS CENTER

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

SCHEDULE

JUNE 2022

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Gym area is open
Mon-Thurs 8am-12pm
and 2-7pm,
Fri 8am-12pm and 1-5pm,
and Sat 8am-12pm.**

1
11:30am-12pm Back Class
2:30-3pm Upper Body
5-6pm Bootcamp
8am -5pm **Massage available** by appointment

2
11:30am-12pm Leg Strength
2:30-3pm Balance/Strength
9am -6pm **Massage available** by appointment

3
11:30am-12pm Balance/Strength
2pm -5pm **Massage available** by appointment

4
9-10am Boot Camp
10-11am Glute Camp

6
8am -12pm **Massage available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

7 11:30am-12pm Balance/Strength
1:30-2:15pm Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage available** by appointment

8
11:30am-12pm Back Class
2:30-3pm Upper Body
5-6pm Bootcamp
8am -5pm **Massage available** by appointment

9
11:30am-12pm Leg Strength
2:30-3pm Balance/Strength
9am -6pm **Massage available** by appointment

10
11:30am-12pm Balance/Strength
8am -5pm **Massage available** by appointment
BINGO Event

11
9-10am Boot Camp
10-11am Glute Camp

13
8am -12pm **Massage available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

14 11:30am-12pm Balance/Strength
1:30-2:15pm Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage available** by appointment

15
11:30am-12pm Back Class
2:30-3pm Upper Body
5-6pm Bootcamp
8am -5pm **Massage available** by appointment

16
11:30am-12pm Leg Strength
2:30-3pm Balance/Strength
9am -6pm **Massage available** by appointment

17
11:30am-12pm Balance/Strength
8am -5pm **Massage available** by appointment

18
9-10am Boot Camp
10-11am Glute Camp

20
8am -12pm **Massage available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

21 11:30am-12pm Balance/Strength
1:30-2:15pm Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage available** by appointment

22
11:30am-12pm Back Class
2:30-3pm Upper Body
5-6pm Bootcamp
8am -5pm **Massage available** by appointment

23
11:30am-12pm Leg Strength
2:30-3pm Balance/Strength
9am -6pm **Massage available** by appointment

24
11:30am-12pm Balance/Strength
8am -5pm **Massage available** by appointment

25
9-10am Boot Camp
10-11am Glute Camp
8am -12pm **Massage available** by appointment

27
8am -12pm **Massage available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

28 11:30am-12pm Balance/Strength
1:30-2:15pm Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage available** by appointment

29
11:30am-12pm Back Class
2:30-3pm Upper Body
5-6pm Bootcamp
8am -5pm **Massage available** by appointment

30
11:30am-12pm Leg Strength
2:30-3pm Balance/Strength
9am -6pm **Massage available** by appointment

Massage Therapy by appointment as noted
Christian Trigueros, CMT
Personal training by appointment
Frank Lopez, BS, CSCS or Jacob Brink, BS