



C·O·R·E
PHYSICAL THERAPY

FULLERTON WELLNESS CENTER

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

SCHEDULE

JANUARY 2023

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2
8am -6pm **Massage**
available by appointment
11:30am-12 Leg/Back Strength

5-6pm Bootcamp

3
11:30am-12 Balance/Strength

9am -6:30pm **Massage**
available by appointment

4
11:30am-12pm Core Posture/
Strength

8am -6pm **Massage**
available by appointment

5
11:30am-12 Leg Strength
12:15-1pm Cardio Kickbox

9am -7pm **Massage**
available by appointment

6
11:30am-12pm
Balance/Strength

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

7
9-10am Boot Camp

9
8am -6pm **Massage**
available by appointment
11:30am-12 Leg/Back Strength

5-6pm Bootcamp

10
11:30am-12 Balance/Strength

9am -6:30pm **Massage**
available by appointment

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

8am -6pm **Massage**
available by appointment

12
11:30am-12 Leg Strength
12:15-1pm Cardio Kickbox

9am -7pm **Massage**
available by appointment

13
11:30am-12pm
Balance/Strength

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

14
9-10am Boot Camp

8am -12pm **Massage**
available by appointment

16
8am -6pm **Massage**
available by appointment
11:30am-12 Leg/Back Strength

5-6pm Bootcamp

17
11:30am-12 Balance/Strength

9am -6:30pm **Massage**
available by appointment

18
11:30am-12pm Core Posture/
Strength

8am -6pm **Massage**
available by appointment

19
11:30am-12 Leg Strength
12:15-1pm Cardio Kickbox

9am -7pm **Massage**
available by appointment

20
11:30am-12pm
Balance/Strength

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

21
9-10am Boot Camp

23
8am -6pm **Massage**
available by appointment
11:30am-12 Leg/Back Strength

5-6pm Bootcamp

24
11:30am-12 Balance/Strength

9am -6:30pm **Massage**
available by appointment

25
11:30am-12pm Core Posture/
Strength

8am -6pm **Massage**
available by appointment

26
11:30am-12 Leg Strength
12:15-1pm Cardio Kickbox

9am -7pm **Massage**
available by appointment

27
11:30am-12pm
Balance/Strength

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

28
9-10am Boot Camp

8am -12pm **Massage**
available by appointment

30
8am -6pm **Massage**
available by appointment
11:30am-12 Leg/Back Strength

5-6pm Bootcamp

31
11:30am-12 Balance/Strength

9am -6:30pm **Massage**
available by appointment

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

Massage Therapy by appointment as noted
Christian Trigueros, CMT and Billy Martinez, CMT

Personal training by appointment
Frank Lopez, BS, CSCS or Jacob Brink, BS