



**C·O·R·E**  
PHYSICAL THERAPY

## SCHEDULE

**JULY 2024**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
8:30am-5:30pm **Massage available** by appointment  
11:30am-12pm Back/Legs  
2-2:30pm Core/Posture

**2**

**3**  
9am-6pm **Massage available** by appointment  
11:30am-12pm Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

**4**  
**CLOSED**

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

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

**9**

**10** 9am-6pm **Massage available** by appointment  
11:30am-12pm Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

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

**12**  
8am-5pm **Massage available** by appointment

**15**  
8:30am-5:30pm **Massage available** by appointment  
11:30am-12pm Back/Legs  
2-2:30pm Core/Posture

**16**

**17** 9am-6pm **Massage available** by appointment  
11:30am-12pm Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

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

**19**  
8am-5pm **Massage available** by appointment

**22**  
8:30am-5:30pm **Massage available** by appointment  
11:30am-12pm Back/Legs  
2-2:30pm Core/Posture

**23**

**24** 9am-6pm **Massage available** by appointment  
11:30am-12pm Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

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

**26**  
8am-5pm **Massage available** by appointment

**29**  
8:30am-5:30pm **Massage available** by appointment  
11:30am-12pm Back/Legs  
2-2:30pm Core/Posture

**30**

**31** 9am-6pm **Massage available** by appointment  
11:30am-12pm Balance/Strength  
2pm-2:30pm Back/Legs  
5-5:30pm LE Sports Rehab

**Personal training available by appointment**  
Jonathan Limon, BS  
**Massage Therapy by appointment as noted**  
Pilar Alvarez, CMT