



C·O·R·E
PHYSICAL THERAPY

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

FULLERTON WELLNESS CENTER

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

SCHEDULE

SEPTEMBER 2023

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Personal training by appointment - Frank Lopez, BS, CSCS</p> <p>Massage Therapy by appointment as noted Christian Trigueros, CMT Tues/Thurs 9am-6pm and Fri 8am-5pm and Saturdays by appointment Michael Foster, CMT by appointment</p>			<p>1 8am -5pm Massage available by appointment 11:30am-12pm Balance/Strength</p>	<p>2 8am -12pm Massage available by appointment 9-10am Boot Camp</p>	
<p>4 Closed</p>	<p>5 8am -6pm Massage available by appointment 11:30am- 12pm Balance/Strength</p>	<p>6 8am -12pm Massage available by appointment 11:30am-12pm Balance/ Strength</p>	<p>7 8am -6pm Massage available by appointment 11:30am-12 Legs/Back</p>	<p>8 8am -5pm Massage available by appointment 11:30am-12pm Core/Posture</p>	<p>9 9-10am Boot Camp</p>
<p>11 8am -12pm Massage available by appointment 11:30am-12 Legs/Back 5-6pm Bootcamp</p>	<p>12 8am -6pm Massage available by appointment 11:30am- 12pm Balance/Strength</p>	<p>13 8am -12pm Massage available by appointment 11:30am-12pm Balance/ Strength</p>	<p>14 8am -6pm Massage available by appointment 11:30am-12 Legs/Back</p>	<p>15 8am -5pm Massage available by appointment 11:30am-12pm Core/Posture</p>	<p>16 8am -12pm Massage available by appointment 9-10am Boot Camp</p>
<p>18 8am -12pm Massage available by appointment 11:30am-12 Legs/Back 5-6pm Bootcamp</p>	<p>19 8am -6pm Massage available by appointment 11:30am- 12pm Balance/Strength</p>	<p>20 8am -12pm Massage available by appointment 11:30am-12pm Balance/ Strength</p>	<p>21 8am -6pm Massage available by appointment 11:30am-12 Legs/Back</p>	<p>22 8am -5pm Massage available by appointment 11:30am-12pm Core/Posture</p>	<p>23 9-10am Boot Camp</p>
<p>25 8am -12pm Massage available by appointment 11:30am-12 Legs/Back 5-6pm Bootcamp</p>	<p>26 8am -6pm Massage available by appointment 11:30am- 12pm Balance/Strength</p>	<p>27 8am -12pm Massage available by appointment 11:30am-12pm Balance/ Strength</p>	<p>28 8am -6pm Massage available by appointment 11:30am-12 Legs/Back</p>	<p>29 8am -5pm Massage available by appointment 11:30am-12pm Core/Posture</p>	<p>30 9-10am Boot Camp</p>