



**C.O.R.E.**  
PHYSICAL THERAPY

# FULLERTON WELLNESS CENTER

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

## SCHEDULE

**MAY 2024**

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Personal training by appointment - Frank Lopez, BS, CSCS**

**Massage Therapy by appointment as noted**  
Christian Trigueros, CMT

**1**  
8am -6pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Core/Posture  
5-6pm Bootcamp

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

**3**  
8am -5pm **Massage available** by appointment  
11:30am-12pm  
Core/Posture

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

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

**8**  
8am -6pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Core/Posture  
5-6pm Bootcamp

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

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

**13**  
8am -6pm **Massage available** by appointment  
11:30am-12 Legs/Back  
5-6pm Bootcamp

**14**  
9am -7pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Legs/Back

**15**  
8am -6pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Core/Posture  
5-6pm Bootcamp

**16**  
9am -7pm **Massage available** by appointment  
11:30am-12 Legs/Back  
2pm-2:30pm Core/Posture

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

**20**  
8am -6pm **Massage available** by appointment  
11:30am-12 Legs/Back  
5-6pm Bootcamp

**21**  
9am -7pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Legs/Back

**22**  
8am -6pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Core/Posture  
5-6pm Bootcamp

**23**  
9am -7pm **Massage available** by appointment  
11:30am-12 Legs/Back  
2pm-2:30pm Core/Posture

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

**27**  
CLOSED

**28**  
9am -7pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Legs/Back

**29**  
8am -6pm **Massage available** by appointment  
11:30am- 12pm Balance/  
Strength Level 1/Level2\*  
2pm-2:30pm Core/Posture  
5-6pm Bootcamp

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

**31**  
8am -5pm **Massage available** by appointment  
11:30am-12pm  
Core/Posture