



C·O·R·E
PHYSICAL THERAPY

SCHEDULE

NOVEMBER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

1
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Step Class

2
9am-6pm
Massage available by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

3
11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Step Class

4
8am -12pm **Massage available** by appointment
11:30am-12pm Balance/Strength

5

7
9am-6pm
Massage available by appointment
11:30am-12pm Back Class
4-4:30pm Balance/Strength

8
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Step Class

9
9am-6pm
Massage available by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

10
11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Step Class

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

12

14
9am-6pm
Massage available by appointment
11:30am-12pm Back Class
4-4:30pm Balance/Strength

15
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Step Class

16
9am-6pm
Massage available by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

17
11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Step Class

18
8am -12pm **Massage available** by appointment
11:30am-12pm Balance/Strength

19

21
9am-6pm
Massage available by appointment
11:30am-12pm Back Class
4-4:30pm Balance/Strength

22
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Step Class

23
9am-6pm
Massage available by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

24
CLOSED

25
CLOSED

26

28
9am-6pm
Massage available by appointment
11:30am-12pm Back Class
4-4:30pm Balance/Strength

29
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Step Class

30
9am-6pm
Massage available by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

Massage Therapy by appointment as noted
Christian Trigueros, CMT and Billy Martinez, CMT
Personal training available by appointment
Jonathan Limon, BS