

FULLERTON WELLNESS CENTER

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



C·O·R·E
PHYSICAL THERAPY

SCHEDULE

JULY 2024

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

MONDAY

1
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back

5-6pm Bootcamp

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

5-6pm Bootcamp

15
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back

5-6pm Bootcamp

22
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back

5-6pm Bootcamp

29
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back

5-6pm Bootcamp

TUESDAY

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

2pm-2:30pm Legs/Back

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

2pm-2:30pm Legs/Back

16
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*

2pm-2:30pm Legs/Back

23
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*

2pm-2:30pm Legs/Back

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

2pm-2:30pm Legs/Back

WEDNESDAY

3
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*

5-6pm Bootcamp

10
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*

5-6pm Bootcamp

17
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*

5-6pm Bootcamp

24
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*

5-6pm Bootcamp

31
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*

5-6pm Bootcamp

THURSDAY

4

CLOSED

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

2pm-2:30pm Core/Posture

18
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back

2pm-2:30pm Core/Posture

25
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back

2pm-2:30pm Core/Posture

FRIDAY

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

11:30am-12pm
Core/Posture

12
8 -10:30am **Massage available** by appointment

11:30am-12pm
Core/Posture

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

11:30am-12pm
Core/Posture

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

11:30am-12pm
Core/Posture

Massage Therapy by appointment as noted
Christian Trigueros, CMT