



C·O·R·E
PHYSICAL THERAPY

FULLERTON WELLNESS CENTER

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

SCHEDULE

AUGUST 2024

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

MONDAY

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

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

19
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back
5-6pm Bootcamp

26
8am -6pm **Massage available** by appointment
11:30am-12 Legs/Back
5-6pm Bootcamp

TUESDAY

6
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

13
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

20
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

27
9am -7pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
2pm-2:30pm Legs/Back

WEDNESDAY

7
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

14
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

21
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

28
8am -6pm **Massage available** by appointment
11:30am- 12pm Balance/
Strength Level 1/Level2*
5-6pm Bootcamp

THURSDAY

8
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back
2pm-2:30pm Core/Posture

15
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back
2pm-2:30pm Core/Posture

22
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back
2pm-2:30pm Core/Posture

29
9am -7pm **Massage available** by appointment
11:30am-12 Legs/Back
2pm-2:30pm Core/Posture

FRIDAY

9
8am -5pm **Massage available** by appointment
11:30am-12pm
Core/Posture

16
8 -10:30am **Massage available** by appointment
11:30am-12pm
Core/Posture

23
8am -5pm **Massage available** by appointment
11:30am-12pm
Core/Posture

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

Massage Therapy by appointment as noted

Christian Trigueros, CMT