

## DIRECTIONS TO OUR STUDIO

### **Coming from Plymouth and Torquay.** (A30 and A380)

Approaching Exeter on the A30 or A380, follow signs for Dawlish A379. On reaching the Marsh Barton roundabout (Devon Hotel is on your right), take the 1st exit left. At the next roundabout go straight over (2nd exit). Shortly you will reach a set of traffic lights (Porsche on your left and Citroen on your right). Turn right here. After a few hundred metres take the first left (opposite Fiat) along Cofton Road. The Fitness Matters first studios are located in unit 4, about 400m in front of you.

### **Coming through Marsh Barton.** (From Alphington Road)

Driving out of Marsh Barton towards the Devon Hotel, you will pass Toyota (on your left) and then reach Citroen on your left hand side at a set of traffic lights. Turn left here then take the first left (opposite Fiat) along Cofton Road. The Fitness Matters first studios are located in unit 4, about 400m in front of you.

### **Coming from Topsham Road.** (also M5 and Pinhoe)

Coming from the city centre, when you reach the Countess Wear roundabout take the 3rd exit onto the A379 Dawlish, Plymouth, Torquay (this will be the 1st exit if you are coming from Topsham). Follow the road over the swing bridge and at the next roundabout, take the 2nd exit (straight on). On reaching the next roundabout (Devon Hotel is on your left), turn right (4<sup>th</sup> exit). At the next roundabout go straight over (2nd exit). Shortly you will reach a set of traffic lights (Porsche on your left and Citroen on your right). Turn right here. After a few hundred metres take the first left (opposite Fiat) along Cofton Road. The Fitness Matters first studios are located in unit 4, about 400m in front of you.

### **Coming from Dawlish, Starcross and Kenton**

Follow the A379 from Dawlish for about 5 miles until you reach a roundabout (signposted Exminster left). Take the second exit, straight on. At the next roundabout (major) turn left. On reaching the next roundabout (Devon Hotel is on your left), turn right (4<sup>th</sup> exit). At the next roundabout go straight over (2nd exit). Shortly you will reach a set of traffic lights (Porsche on your left and Citroen on your right). Turn right here. After a few hundred metres take the first left (opposite Fiat) along Cofton Road. The Fitness Matters first studios are located in unit 4, about 400m in front of you.

Parking for clients are the 3 spaces directly outside the unit. If these are occupied, please use the casual spaces opposite and park courteously. Thank you.