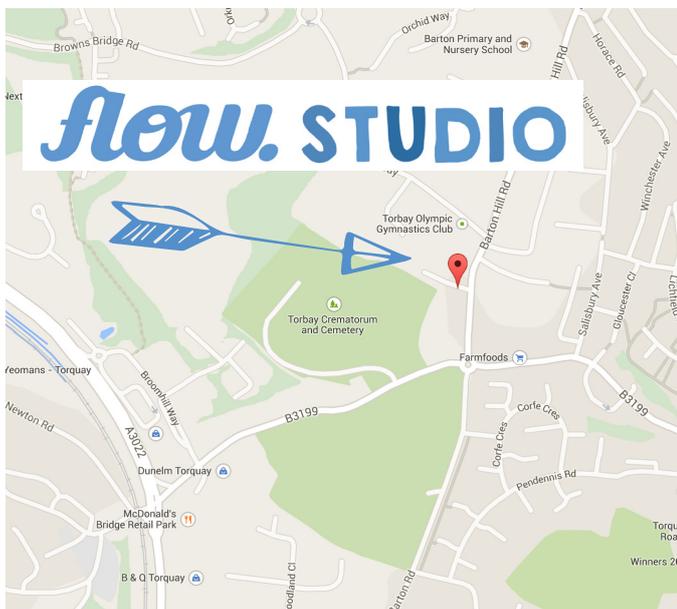


## Flow Studio

### Directions

Flow studio is located at **Tomahun House, off Barton Hill Road, TQ2 8JJ**. If you are driving along Barton Hill Road away from Torquay, the Herald Express newspaper will be on your right with a bus stop immediately next to it. Opposite the bus stop there is an entrance to a private road (see right picture). You will see the Flow sign on the wall. Go in that entrance and drive all the way down the lane to the main car park. As you drive down the lane you will pass the studio on your right, with a sign pointing up a set of stairs.



### Parking

There is some allocated parking for Flow clients on the left hand side of the car park. After 6pm you are also able to park in the tool shop's parking. If there is no available parking, particularly for any daytime Pilates classes, you are able to park behind the shipping containers just beyond the car park. Please just do not block the entrance to these containers as people may require access. There are Flow parking permits available outside the studio if you wish to use these to ensure people know you are parking to come to the Flow Studio.

### Facilities

There is no indoor waiting area, but there will be seating available outside the studio at the top of the stairs. Please note that a class may be in progress so we would be grateful if the noise was kept to a minimum if you are waiting for your class. All Pilates equipment is provided, but feel free to bring your own mat if you prefer. There is a toilet and kitchen in the studio but we would recommend bringing a bottle of water with you to your class.

The latest class timetable will be available online via the website or please take a copy from outside the studio

