

Your First Class with Flow

We look forward to welcoming you to Flow. If you have any questions, please get in touch by emailing info@flowphysio.co.uk or calling **07876140160**

- Please arrive with enough time to start your class on time. If you are early, there is seating outside the studio if there is a class running
- Please wear comfortable clothing you can move in but also so you can see what you are doing
- All equipment is provided but you are welcome to bring your own mat if you prefer. We recommend you bring a bottle of water but there is some available if required
- There is a cloakroom if you need to change or use the toilet

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 in front of you
- As you drive down the lane you will pass the studio on your right, with a sign pointing up a set of stairs
- Please park in the Flow spaces on your left in front of the containers or if these are taken then in any of the area to the left of the car park or you can drive through the shipping containers and park there. Any classes after 6pm you are able to park anywhere in the carpark
- Walk back along the road and you will see the steps up to the studio

Flow. STUDIO

