



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 turn right (3rd exit). Follow over the first roundabout until reaching a second roundabout (at Makro) where you turn left. Basepoint Business Centre is through the white gates in front of you. Fitness Matters is located in unit 60, half way along on the right hand side.

Coming through Marsh Barton. (From Alphington Road)

Driving out of Marsh Barton, you will pass Toyota and Citroen on your left hand side. Continue on through a set of traffic lights. On reaching the Park and Ride roundabout at the end of Marsh Barton Trading Estate (BMW on your right and just before reaching the Devon Hotel), take the 1st exit (left). Follow over the first roundabout until reaching a second roundabout (at Makro) where you turn left. Basepoint Business Centre is through the white gates in front of you. Fitness Matters is located in unit 60, half way along on the right hand side.

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), take the 4th (last) exit. At the next roundabout turn right (3rd exit). Follow over the first roundabout until reaching a second roundabout (at Makro) where you turn Left. Basepoint Business Centre is through the white gates in front of you. Fitness Matters is located in unit 60, half way along on the right hand side.

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), take the 4th (last) exit. At the next roundabout turn right (3rd exit). Follow over the first roundabout until reaching a second roundabout (at Makro) where you turn left. Basepoint Business Centre is through the white gates in front of you. Fitness Matters is located in unit 60, half way along on the right hand side.