

# INSPIRE FITNESS



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Directions to:

Inspire Fitness Factory, (next to Coral), 79A London Road, DOVER, Kent, CT17 0SH



- 1) Travel along the one way system on A256 towards River/Whitfield, stay in **right hand** lane.
- 2) The studio is on the right hand side, after a kebab shop. It is next door to Coral betting shop.
- 3) There is free on street parking on the right hand side of London road before you arrive at the studio and on the street in front of the studio. Please check the time limit for parking here, it is usually unlimited after 6pm and on Sundays. There are a few free car park spaces directly in front of the studio door and Coral, there is a small car park located behind the studio but spaces there are rarely available.

If you go past the studio, take the first right into Cherry Tree Avenue. This road has on street parking and an Aldi with car park. Walk back to the studio using the road or the alleyway from Aldi car park (not advisable on your own in the dark). **Please note, check the maximum parking time at Aldi. It is monitored by cameras and fines are issued automatically. At the time of writing these instructions the maximum time is 1.5 hours.**

Parking can be seen in the photos below marked with yellow lines, you can also park in front of the building. Do arrive 10 minutes early to ensure you get parked in time.



*If you have any questions or queries  
please call one of the team on  
07872 624676 or email  
info@inspirefitnessfactory.com*

*Many thanks, Inspire Fitness ☺*