



## Directions to Perfect Motion

### From M1:

Exit motorway at junction 25 and follow signs for A52 Nottingham.

Stay on A52 through two roundabouts. At third set of traffic lights (not pedestrian crossings) take the turning right following B6006 (Wollaton Road) to Beeston.

Stay on Wollaton Road up the hill and then down towards the shops. At the first set of none-pedestrian lights you will see Total Fitness triathlon shop on your left. Take the turning second left into Cross Street and Sainsbury's car park.

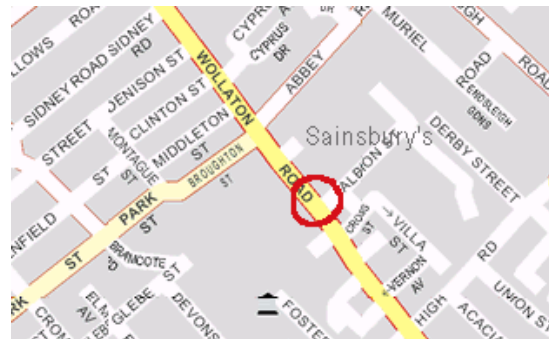
Park in Sainsburys. Perfect Motion is located above Total Fitness.

### From Nottingham:

Follow signs for A52 Derby out of town. Go past the Queens Medical Centre and continue on the A52. At the next round about go straight on again but get into the left lane. At the traffic lights turn left following the B6006 (Wollaton Road) to Beeston.

Stay on Wollaton Road up the hill and then down towards the shops. At the first set of none-pedestrian lights you will see Total Fitness triathlon shop on your left. Take the turning second left into Cross Street and Sainsbury's car park.

Park in Sainsburys. Perfect Motion is located above Total Fitness.



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