DIRECTIONS AND INFO RE **Nikki Horner Pilates Studio**, ST MARY’S HOUSE

Please read carefully

Address: *Nikki Horner Pilates, Unit 14, Second Floor, St Mary’s House, St Mary’s Works, Duke Street, Norwich*

**I haven’t put the postcode as it takes you to St Mary’s Works which is round the corner so it is usually better to follow the directions below** than to follow your sat nag, as you are more likely to arrive at the correct place. Sometimes putting the Junkyard Market, Duke Street, Norwich in works, but sometimes not. (The Junkyard Market is a bar/street food venue accessible from the St Mary’s Works car park).

Some directions seem to take you round the roundabout and some take you to the shoe factory on St Mary’s Plain (which admittedly has St Mary’s Works written on it) but the studio is not there, it’s in St Mary’s House, and the **entrance is the same** whether you are walking, driving or cycling, so read on……..

If driving, from whichever direction you come, you will need to get onto Duke Street and then get in the left hand lane. Some of you will join Duke St from the top near Cinema City and St Benedict’s St, so you go past St Andrew’s car park, Premier Inn and the Lucky Star Pub. Some of you will join near the bottom from St Mary’s Plain, in which case you will turn left onto Duke St. Or, if you come from Colegate, you will turn right into Duke Street.

Keep in the left lane and near the bottom of Duke Street, just **past** St Mary’s Plain and St Mary’s church on the left, but **before** the roundabout, there is the entrance to the St Mary’s House/Works car park on the left. It has red gates/barriers which will be open, and is fractionally before the large roundabout road sign.

There is a large Junkyard Market sign on the grass just before the entrance, and a red letterbox.

By the entrance to the car park is the sign for St Mary’s House and Works (I’m not on there unfortunately).

Once in the car park, you’ll see the Junkyard Market to your left and St Mary’s House to your right, it has a large sign over the door, saying St Mary’s House.

If you miss the car park entrance you will need to go left at the roundabout, left again into Oak St (just before the pedestrian crossing), then second left into St Mary’s Plain and left again onto Duke Street, by the church and immediately left into the St Mary’s car park entrance.

**There are 8 clearly marked visitor spaces. I cannot guarantee that there will be one available and you might have to wait a few minutes for a place to become free. Some days I cycle so there is the use of my car pass on those days, in the permit parking area if there are no visitors spaces. The 12 far spaces along the fence are for the Phoenix gym only. CTS and other businesses have their spaces marked and are definitely off limits. There is a disabled space if you have a badge.**

**Alternative parking is pay and display (cash only apparently) on the nearby streets; Oak St, Golden Dog Lane and St Mary’s Plain. Car parks: Anglia Square, St Andrew’s multi-storey at the top of Duke Street and St Crispin’s (although hard to cross the road) are all only a short walk.**

**Bike park**: to the left of St Mary’s House door is a metal gate, it won’t be locked in spite of the key pad but it is a bit stiff so might need a shove. There are bike racks in there. Remember to close the gate.

If the door to St Mary’s House (it says St Mary’s House in big letters over the main doors from the car park) is open, you can come straight up to the second floor- **stairs or lift**- follow the signage. At the entrance to my corridor on the second floor, there is a door with a keypad which may or may not be locked- some tenants leave it unlocked and others always lock it. If locked. I’ll come out to get you, if unlocked go through into a sort of reception/sitting room area with sofas and lots of artwork and if you wait there, I’ll come out to get you- the studio is the first door on the right but if the door is closed, I may well be teaching. Feel free to browse the artwork.

Please be mindful of other tenants who are working.

**IMPORTANT: The caretaker usually locks the doors to St Mary’s House around 5.30pm for security reasons…..**

**If they are locked, I will come down to open up. If you are late for your class and we have all gone up, just text or call me and I will come back down to let you in.**

Toilets: Gents are on the ground floor, ladies on the first and second floors.

Call or text me if any problems or you are lost, bearing in mind that my phone is on silent whilst teaching. I am more likely to see a text between clients and can always call you back.

**Please bring clean socks to wear for your session.**

Thank you.

Nikki

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