

**Package:** 'Laserform'  
by Laserform International Ltd.

# 287

Please complete in typescript,  
or in bold black capitals.

## Change in situation or address of Registered Office

**Company Number**

1728962

**Company Name in full**

L A FITNESS LIMITED



\* F 2 8 7 0 F 1 0 \*

## New situation of registered office

### NOTE:

The change in the situation of the registered office does not take effect until the Registrar has registered this notice.

For 14 days beginning with the date that a change of registered office is registered, a person may validly serve any document on the company at its previous registered office.

PO Box numbers only are not acceptable.

**Address** 60 Commercial Road

**Post town** London

**County / Region**

**Postcode** E1 1LP

**Signed**

S. Wainman

**Date**

16/9/99

† Please delete as appropriate.

Please give the name, address, telephone number and, if available, a DX number and Exchange of the person Companies House should contact if there is any query.

† ~~Director/secretary/administrator/administrative receiver/liquidator/receiver manager/receiver~~

Berwin Leighton  
Adelaide House, London Bridge, London, EC4R 9HA

Ref: IVOR/L839/8/#922095 Tel +44 171 760 1000  
DX number LDE 92 DX exchange



When you have completed and signed the form please send it to the Registrar of Companies at:

**Companies House, Crown Way, Cardiff, CF4 3UZ** DX 33050 Cardiff  
for companies registered in England and Wales

or  
**Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB**  
for companies registered in Scotland DX 235 Edinburgh