



Companies House

for the record

Please complete in typescript,  
or in bold black capitals.

CHWP000

# 288b

## Terminating appointment as director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

322406

Company Name in full

LA FITNESS PLC

30 09 2004

Day Month Year

Date of termination of appointment

~~30 09 2004~~

as director



as secretary



Please mark the appropriate box. If terminating  
appointment as a director and secretary mark  
both boxes.

NAME

\*Style / Title

MR

\*Honours etc

Please insert

details as

previously

notified to

Companies House.

Forename(s)

JEREMY GUY

Surname

TAYLOR

Day Month Year

†Date of Birth

18 12 1964

A serving director, secretary etc must sign the form below.

Signed

Date

30/09/04

\* Voluntary details.

† Directors only.

\*\* Delete as appropriate

You do not have to give any contact  
information in the box opposite but  
if you do, it will help Companies  
House to contact you if there is a  
query on the form. The contact  
information that you give will be  
visible to searchers of the public  
record.

(\*\* serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

GRAHAM TAYLOR

LA FITNESS, 101 COMMERCIAL ROAD

LONDON E1 1RD Tel 020-7366-8080

DX number

DX exchange

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

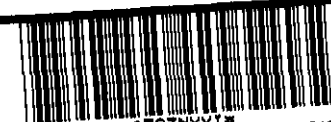
Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh  
or LP - 4 Edinburgh



A50  
COMPANIES HOUSE

0179  
29/09/04