



COMPANIES HOUSE

Please complete in typescript,
or in bold black capitals.

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

3502663

Company Name in full

L A Fitness (1998) Limited



F288A018

Date of appointment Day Month Year 28 01 98 Date of Birth Day Month Year 22 12 72

Appointment form Appointment as director

☒

as secretary

☒

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

NAME *Style / Title

MR

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

KISHEN

Surname

GONDHIA

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

23 TYLE GREEN

Post town

HORNCHURCH

Postcode

RM11 2TB

County / Region

ESSEX

Country

†Nationality

BRITISH

†Business occupation

DIRECTOR

†Other directorships
(additional space overleaf)

I consent to act as ** director / secretary of the above named company

Consent signature

Kishen Gondhia

Date

28.01.98

* Voluntary details.

† Directors only.

A director, secretary etc must sign the form below.

Signed

Kishen Gondhia
COMPANY DIRECTORS LIMITED

Date

28.01.98

** Please delete as appropriate

(*a director / secretary / administrator / administrative receiver / receiver manager / receiver)

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.

A1 Company Services Limited (Our Ref: 35601/PJ)

788-790 Finchley Road London NW11 7UR

Tel

0181 458 9637

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, 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



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COMPANIES HOUSE 17/03/98

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Company Number

† Directors only.

† Other directorships

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.