



Companies House

AR01 (ef)

Annual Return



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Company Name: **FOUNDATIONAL FITNESS LIMITED**

Company Number: **04586914**

Date of this return: **11/11/2015**

SIC codes: **93130**

Company Type: **Private company limited by shares**

Situation of Registered Office: **11 MILNE ROAD
POOLE
DORSET
BH17 7NB**

Single Alternative Inspection Location (SAIL)

The address for an alternative location to the company's registered office for the inspection of registers is:

**11 MILNE ROAD
POOLE
DORSET
BH17 7NB**

There are no records kept at the above address

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **JANET IRENE**

Surname: **ROGERS**

Former names:

Service Address: **57 ELWILL WAY
BECKENHAM
KENT
BR3 6RY**

Company Director **1**

Type: **Person**

Full forename(s): **JOANNE LOUISE**

Surname: **MCRAE**

Former names:

Service Address: **11 MILNE ROAD
POOLE
DORSET
BH17 7NB**

Country/State Usually Resident: **ENGLAND**

Date of Birth: ****/07/1977** *Nationality:* **BRITISH**

Occupation: **HEALTH PRACTITIONER**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	30
		<i>Aggregate nominal value</i>	30
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
THE SHAREHOLDER HAS FULL VOTING RIGHTS			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	30
		<i>Total aggregate nominal value</i>	30

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 11/11/2015 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : **30 ORDINARY shares held as at the date of this return**
Name: **JOANNE LOUISE MCRAE**

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.