



Companies House
— for the record —

AR01 (ef)

Annual Return



X23FAOMY

Received for filing in Electronic Format on the: **04/03/2013**

Company Name: **Lady & Man Fitness Ltd**

Company Number: **05729710**

Date of this return: **03/03/2013**

SIC codes: **93130**

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

Situation of Registered Office: **5 JUPITER HOUSE CALLEVA PARK ALDERMASTON
READING
BERKSHIRE
ENGLAND
RG7 8NN**

Officers of the company

Company Secretary 1

Type: **Corporate**
Name: **L4 YOU CO SEC LTD**

*Registered or
principal address:* **5 JUPITER HOUSE CALLEVA PARK ALDERMASTON
READING
BERKSHIRE
ENGLAND
RG7 8NN**

European Economic Area (EEA) Company

Register Location: **COMPANIES HOUSE, CARDIFF, WALES**
Registration Number: **04874018**

Company Director ***1***

Type: **Person**

Full forename(s): **MR THOMAS MICHAEL**

Surname: **DINKEL**

Former names: **GLUPS**

Service Address: **GUTENBERGSTR. 14
SINN
GERMANY
33764**

Country/State Usually Resident: **GERMANY**

Date of Birth: **10/12/1971** *Nationality:* **GERMAN**

Occupation: **DIRECTOR**

Company Director **2**

Type: **Person**

Full forename(s): **MRS STELLA NADJA**

Surname: **DINKEL**

Former names:

Service Address: **GUTENBERGSTR. 14
SINN
GERMANY
33764**

Country/State Usually Resident: **GERMANY**

Date of Birth: **27/07/1972**

Nationality: **GERMAN**

Occupation: **DIRECTOR**

Company Director **3**

Type: **Person**

Full forename(s): **MR KARL PETER**

Surname: **DINKEL**

Former names:

Service Address: **GAGELSTR. 4
DIEPHOLZ
GERMANY
49356**

Country/State Usually Resident: **GERMANY**

Date of Birth: **27/10/1946**

Nationality: **GERMAN**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY EUR 1.0000	<i>Number allotted</i>	1
	EUR	<i>Aggregate nominal value</i>	1
<i>Currency</i>	EUR	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	1
<i>Prescribed particulars</i>			
1 SHARE = 1 VOTE			

Statement of Capital (Totals)

<i>Currency</i>	EUR	<i>Total number of shares</i>	1
		<i>Total aggregate nominal value</i>	1

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 03/03/2013 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 : **1 ORDINARY EUR 1.0000 EUR shares held as at the date of this return**
Name: **L4 YOU CO DIR LTD**

Authorisation

Authenticated

This form was authorised by one of the following:

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