



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



X7GEVILW

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*Company Name:* **LADY & MAN FITNESS LTD**

*Company Number:* **05729710**

*Date of this return:* **03/03/2010**

*SIC codes:* **9262**

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

*Situation of Registered Office:* **5 JUPITER HOUSE CALLEVA PARK ALDERMASTON  
READING  
BERKSHIRE  
ENGLAND  
RG78NN**

**Officers of the company**

*Service Address:*

## *Company Secretary 1*

*Type:* **Corporate**

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

*Registered or principal address:* **5 JUPITER HOUSE CALLEVA PARK ALDERMASTON  
READING  
BERKSHIRE  
ENGLAND  
RG78NN**

## *European Economic Area (EEA) Company*

*Register Location:* **COMPANIES HOUSE, CARDIFF, WALES**

*Registration Number:* **04874018**

*Consented to Act:* **Y** *Date authorised:* *Authenticated:* **YES**

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## *Company Director 1*

*Type:* **Person**

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

*Surname:* **DINKEL**

*Former names:* **GLUPS**

*Service Address:* **GUTENBERGSTRASSE 14  
SINN  
GERMANY  
33764**

*Country/State Usually Resident:* **GERMANY**

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

*Occupation:* **DIRECTOR**

*Company Director*     **2**

*Type:*                                **Person**  
*Full forename(s):*                **MRS STELLA NADJA**  
*Surname:*                         **DINKEL**  
*Former names:*  
*Service Address:*                **GUTENBERGSTRASSE 14**  
    **SINN**  
    **GERMANY**  
    **33764**

*Country/State Usually Resident:*   **GERMANY**

*Date of Birth:*   **1972-07-27**                                *Nationality:*   **GERMAN**  
*Occupation:*    **DIRECTOR**

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## Statement of Capital (Share Capital)

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

## Statement of Capital (Totals)

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

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 03/03/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

*Shareholding : 1*

**1 ORDINARY EUR 1.0000 EUR Shares held as at 03/03/2010**

*Name:* **L4 YOU CO DIR LTD**

*Address:*

## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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