

BLUEPRINT

2000

88(2)

## Return of Allotment of Shares

Please complete in typescript,  
or in bold black capitals.

CHFP010

Company Number

5788201

Company Name in full

London &amp; Regional (Health Clubs) Limited

## Shares allotted (including bonus shares):

| Date or period during which shares<br>were allotted<br><small>(if shares were allotted on one date enter that<br/>date in the "from" box)</small> | From       |       |      | To  |       |      |
|---|------------|-------|------|-----|-------|------|
|   | Day        | Month | Year | Day | Month | Year |
|   | 28         | APR   | 2006 |     |       |      |
| Class of shares<br><small>(ordinary or preference etc)</small>  | A ordinary |       |      |     |       |      |
| Number allotted   | 7,489      |       |      |     |       |      |
| Nominal value of each share   | £1.00      |       |      |     |       |      |
| Amount (if any) paid or due on each<br>share <small>(including any share premium)</small>   | £1.00      |       |      |     |       |      |

List the names and addresses of the allottees and the number of shares allotted to each overleaf

If the allotted shares are fully or partly paid up otherwise than in cash please state:

% that each share is to be treated as  
paid up

|  |  |  |
|--|--|--|
|  |  |  |
|--|--|--|

Consideration for which the shares  
were allotted

(This information must be supported by the duly  
stamped contract or by the duly stamped particulars  
on Form 88(3) if the contract is not in writing)

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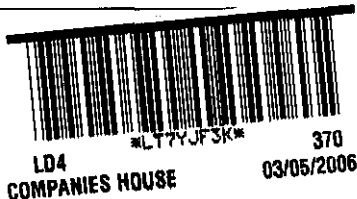
When you have completed and signed the form send it to  
the Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ  
For companies registered in England and Wales

DX 33050 Cardiff

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB  
For companies registered in Scotland

DX 235 Edinburgh



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# Names and addresses of the allottees (List joint share allotments consecutively)

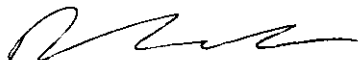
Company No 5788201

| Shareholder details  | Shares and share class allotted                     |                                 |
|--|---|---------------------------------|
| <b>Name</b><br>London & Regional Investment Holdings Limited         | <b>Class of shares allotted</b><br>£1.00 A ordinary | <b>Number allotted</b><br>7,489 |
| <b>Address</b><br>4th Floor, St Alphage House, 2 Fore Street, LONDON |   |                                 |
| <b>UK postcode</b>   EC2Y 5DH  |   |                                 |
| <b>Name</b>  | <b>Class of shares allotted</b>                     | <b>Number allotted</b>          |
| <b>Address</b>   |   |                                 |
| <b>UK postcode</b>   |   |                                 |
| <b>Name</b>  | <b>Class of shares allotted</b>                     | <b>Number allotted</b>          |
| <b>Address</b>   |   |                                 |
| <b>UK postcode</b>   |   |                                 |
| <b>Name</b>  | <b>Class of shares allotted</b>                     | <b>Number allotted</b>          |
| <b>Address</b>   |   |                                 |
| <b>UK postcode</b>   |   |                                 |

Please enter the number of continuation sheets (if any) attached to this form

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Signed



Date

28.4.06

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.

UHY City Registrars, 4th Floor, St Alphage House,

2 Fore Street, London, EC2Y 5DH

Tel Fax: 020 7628 3069

DX number

DX exchange

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