

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 & Regional (Health Clubs) Limited

Shares allotted (including bonus shares):

Date or period during which shares were allotted (if shares were allotted on one date enter that date in the "from" box)	From			To		
	Day	Month	Year	Day	Month	Year
	28	04	2006			
Class of shares (ordinary or preference etc)	non-voting redeemable B ordinary					
Number allotted	2,510					
Nominal value of each share	£1.00					
Amount (if any) paid or due on each share (including any share premium)	£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

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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)

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	
Name Jondal Limited	Class of shares allotted £1.00 non-voting redeemable B ordinary	Number allotted 2,510
Address 4th Floor, St Alphage House, 2 Fore Street, LONDON		
UK postcode EC2Y 5DH		
Name 	Class of shares allotted 	Number allotted
Address 		
UK postcode		
Name 	Class of shares allotted 	Number allotted
Address 		
UK postcode		
Name 	Class of shares allotted 	Number allotted
Address 		
UK postcode		

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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