



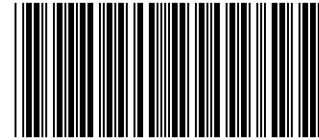
**Companies House**  
— for the record —

**225<sub>(ef)</sub>**

<b>Change of accounting reference date</b>
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*Company Name:* **LONDON & REGIONAL (HEALTH CLUBS) LIMITED**

*Company Number:* **05788201**



XFLOWPRO0

*Received for filing in Electronic Format on the:* **30/07/2007**

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*The accounting reference period ending 30/09/2007 is shortened so as to end on 30/09/2006*

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*Authorisation*

*Authoriser Designation:* **DIRECTOR** *Date Authorised:* **30/07/2007** *Authenticated:* **Yes (E/W)**