



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **FITNESS4LESS (SOUTHWARK) LIMITED**

Company Number: **07297867**

Date of this return: **29/06/2012**

SIC codes: **93130**

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

Situation of Registered Office: **1 WINDSOR CLOSE
WEST CROSS CENTRE
BRENTFORD
MIDDLESEX
UNITED KINGDOM
TW8 9DZ**

Single Alternative Inspection Location (SAIL)

The address for an alternative location to the company's registered office for the inspection of registers is:

1 WINDSOR CLOSE
BRENTFORD
MIDDLESEX
UNITED KINGDOM
TW8 9DZ

The following records have moved to the single alternative inspection location:

Register of members (section 114)
Register of directors (section 162)
Directors' indemnities (section 237)
Records of resolutions and meetings (section 358)

Officers of the company

Company Director ***1***

Type: **Person**

Full forename(s): **MATTHEW**

Surname: **HARRIS**

Former names:

Service Address: **HIGHTREES OAKLEY GREEN ROAD
WINDSOR
BERKSHIRE
UNITED KINGDOM
SL44PZ**

Country/State Usually Resident: **BERKSHIRE**

Date of Birth: **01/07/1967**

Nationality: **BRITISH**

Occupation: **CO DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	A	<i>Number allotted</i>	1
		<i>Aggregate nominal value</i>	1
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

THE COMPANY MAY ISSUE SHARES WITH SUCH RIGHTS OR RESTRICTIONS AS MAY BE DETERMINED BY ORDINARY RESOLUTION. ALL SHARES HAVE EQUAL VOTING RIGHTS. THE COMPANY MAY BY ORDINARY RESOLUTION DECLARE DIVIDENDS, AND THE DIRECTORS MAY DECIDE TO PAY INTERIM DIVIDENDS. ALL DIVIDENDS WILL BE DIVIDED ON PROPORTION OF SHAREHOLDING. THE COMPANY MAY ISSUE SHARES WHICH ARE TO BE REDEEMED, OR ARE LIABLE TO BE REDEEMED AT THE OPTION OF THE COMPANY OR THE HOLDER, AND THE DIRECTORS MAY DETERMINE THE TERMS, CONDITIONS AND MANNER OF REDEMPTION OF ANY SUCH SHARES.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<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 29/06/2012 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 A shares held as at the date of this return**
Name: **MH HEALTHCLUBS LIMITED**

Authorisation

Authenticated

This form was authorised by one of the following:

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