



Companies House

AR01 (ef)

Annual Return



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Company Name: **TRILOGY HEALTH AND FITNESS LIMITED**

Company Number: **08003407**

Date of this return: **23/03/2016**

SIC codes: **93199**

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

Situation of Registered Office: **CIDER BARN BACKWELL COMMON
BACKWELL
BRISTOL
BS48 3AD**

Officers of the company

Company Director ***1***

Type: **Person**

Full forename(s): **BENJAMIN UDO**

Surname: **PLENGE**

Former names:

Service Address: **CIDER BARN BACKWELL COMMON
BACKWELL
ENGLAND
BS48 3AD**

Country/State Usually Resident: **ENGLAND**

Date of Birth: ****/03/1980**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION, INCLUDING ON WINDING UP, RIGHTS AND ARE NOT REDEEMABLE.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 23/03/2016 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 : 100 ORDINARY shares held as at the date of this return
Name: BEN UDO PLENCE

Authorisation

Authenticated

This form was authorised by one of the following:

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