



Companies House

— for the record —

THE DIRECTORS
ABODE HEALTH & FITNESS LTD
4 RAILWAY STREET
WEST YORKSHIRE
UNITED KINGDOM
HUDDERSFIELD
HD1 1JP

If you need to contact us regarding this
notice, please quote reference

DEF6 / 07970230

Date 02/07/2013

COMPANIES ACT 2006
(Section 1000)

The REGISTRAR OF COMPANIES gives NOTICE that, unless cause
is shown to the contrary, at the expiration of 3 months from the above
date the name of

ABODE HEALTH & FITNESS LTD

will be struck off the register and the company will be dissolved

Companies House
Cardiff CF14 3UZ
Tel
Fax 029 20 380900
DX 33050 Cardiff

FILE COPY



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NB Upon dissolution all property and rights vested in, or held in trust for, the company are deemed
to be bona vacantia, and accordingly will belong to the crown



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Enterprise & Regulatory Reform

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