



Companies House

AR01 (ef)

Annual Return



X4L8OHAI

Received for filing in Electronic Format on the: **30/11/2015**

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

Company Number: **07838370**

Date of this return: **08/11/2015**

SIC codes: **93130**

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

Situation of Registered Office: **1-2 WINDSOR CLOSE WEST CROSS CENTRE
GREAT WEST ROAD
BRENTFORD
MIDDLESEX
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:

1-2 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' service contracts (section 228)
Records of resolutions and meetings (section 358)

Officers of the company

Company Director **1**

Type: **Person**

Full forename(s): **MR MATTHEW CROFTER**

Surname: **HARRIS**

Former names:

Service Address: **1-2 WINDSOR CLOSE WINDSOR CLOSE
BRENTFORD
MIDDLESEX
ENGLAND
TW8 9DZ**

Country/State Usually Resident: **ENGLAND**

Date of Birth: ****/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

EACH SHARE IS ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES AND AN EQUAL SHARE OF DIVIDEND PAYMENTS OR ANY OTHER DISTRIBUTION.

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 08/11/2015 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 LTD**

Authorisation

Authenticated

This form was authorised by one of the following:

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