

Please complete in typescript,
or in bold black capitals

CHFP013

Company Number

4292768

Company name in full

Absolute Health and Fitness Limited

Shares allotted (including bonus shares)

(See Guidance Booklet GBA6)

Date or period during which
shares were allotted(If shares were allotted on one date
enter that date in the "from" box)

From

Day Month Year

1	2	0	6	2	0	0	8
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To

Day Month Year

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Class of shares
(ordinary or preference etc)Non Cumulative 3 %
Preference shares

Number allotted

897,760

Nominal value of each share

£0 10

Amount (if any) paid or due on each
share (including any share premium)

£89,776 00

List the names and addresses of the allottees and the
number and class of shares allotted to each overleafIf the allotted shares (including bonus shares) are fully or partly paid up otherwise than in
cash please state% that each share is to be
treated as paid up% that each share is to be
treated as paid up in cashConsideration for which
the shares were allotted(This information must be supported by
the duly stamped contract or by the duly
stamped particulars on Form 88(3) if the
contract is not in writing)

A46

ATCBL2BO

16/08/2008

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COMPANIES HOUSE

When you have completed and signed the form send it to the
Registrar of Companies atCompanies House, Crown Way, Cardiff CF14 3UZ
or companies registered in England and Wales

DX 33050 Cardiff

or

Companies House, 37 Castle Terrace, Edinburgh EH1 2EB
or companies registered in ScotlandDX 235 Edinburgh
or LP - 4 Edinburgh 2

SATURDAY

09/2005

Names and addresses of the allottees

Shareholder details <i>(list joint allottees as one shareholder)</i>		Shares and share class allotted	
Name <i>As per continuation sheet(s)</i>		Class of shares allotted	Number allotted
Address		Non Cumulative 3 % Preference shares	
UK Postcode			
Name		Class of shares allotted	Number allotted
Address			
UK Postcode			
Name		Class of shares allotted	Number allotted
Address			
UK Postcode			
Name		Class of shares allotted	Number allotted
Address			
UK Postcode			
Name		Class of shares allotted	Number allotted
Address			
UK Postcode			

Please enter the number of continuation sheets (if any) attached to this form

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Signed

Wayne Edwards

Date

11/7/2008

**** A director / secretary / administrator / administrative receiver / receiver / official receiver / receiver manager / voluntary arrangement supervisor**

**** Please delete as appropriate**

Contact Details

You do not have to give any contact information in the box opposite, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Tel	
DX number	DX exchange

Absolute Health and Fitness Limited

Company Reg No 4292768

Return of Allotments of Shares

Form 88(2) Continuation Sheet

On 12/06/2008

Non Cumulative 3 % Preference shares

Names and Addresses	Number of shares allotted		
	Ordinary	Preference	Other
<i>Simon Moyes 26 Sunderland Terrace London W2 5PA</i>		241,710	
<i>Mrs Jacqueline Gail Wiggins 40 St James Road Shirley Southampton SO15 5FF England</i>		411,415	
<i>William David Pressley 11 Avondale Road Mortlake London SW14 8PU England</i>		244,635	
TOTAL	0	897,760	0