



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



X5YYQF8B

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*Company Name:* **ABSOLUTION GYMS LIMITED**

*Company Number:* **04316829**

*Date of this return:* **05/11/2009**

*SIC codes:* **9272**

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

*Situation of Registered Office:* **46 BURLINGTON ARCADE  
PICCADILLY  
LONDON  
UNITED KINGDOM  
W1B 9AE**

## Single Alternative Inspection Location (SAIL)

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

**EDELMAN HOUSE 1238 HIGH ROAD  
WHETSTONE  
LONDON  
UNITED KINGDOM  
N20 0LH**

*There are no records kept at the above address*

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### Officers of the company

*Company Secretary*    **1**

<i>Type:</i>	<b>Person</b>
<i>Full forename(s):</i>	<b>MR JAMES EDWARD</b>
<i>Surname:</i>	<b>BERK</b>
<i>Former names:</i>	
<i>Service Address:</i>	<b>51 CUMBERLAND TERRACE LONDON UNITED KINGDOM NW1 4HJ</b>

*Company Director*      **1**

*Type:*                                      **Person**  
*Full forename(s):*                      **MR JAMES EDWARD**  
*Surname:*                                **BERK**  
*Former names:*  
*Service Address:*                      **51 CUMBERLAND TERRACE**  
   **LONDON**  
   **UNITED KINGDOM**  
   **NW1 4HJ**

*Country/State Usually Resident:*   **UNITED KINGDOM**

*Date of Birth:*   **10/04/1977**                                      *Nationality:*   **BRITISH**  
*Occupation:*    **COMPANY DIRECTOR**

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*Company Director*      **2**

*Type:*                                      **Person**  
*Full forename(s):*                      **MR JOHN ANTHONY**  
*Surname:*                                **BERK**  
*Former names:*  
*Service Address:*                      **51 CUMBERLAND TERRACE**  
   **LONDON**  
   **UNITED KINGDOM**  
   **NW1 4HJ**

*Country/State Usually Resident:*   **UNITED KINGDOM**

*Date of Birth:*   **05/12/1947**                                      *Nationality:*   **BRITISH**  
*Occupation:*    **COMPANY DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>100</b>
	<b>GBP</b>	<i>Aggregate nominal value</i>	<b>100.00</b>
<i>Currency</i>		<i>Amount paid</i>	<b>1.00</b>
		<i>Amount unpaid</i>	<b>0.00</b>
<i>Prescribed particulars</i>	<b>THE SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WINDING UP) RIGHTS; THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.</b>		

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>100</b>
		<i>Total aggregate nominal value</i>	<b>100.00</b>

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 05/11/2009 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

*Shareholding 1:*

**100 ORDINARY Shares held as at 05/11/2009**

*Name:*

**JOHN BERK LIMITED**

*Address:*

## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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