



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **04/03/2013**

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Company Name: **BODYWORKS GYMNASIUM LIMITED**

Company Number: **04618560**

Date of this return: **04/02/2013**

SIC codes: **93130**

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

Situation of Registered Office: **UNIT 2 OLD COURT MEWS
311A CHASE ROAD
SOUTHGATE
LONDON
N14 6JS**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MS TARA CAROLYNE**

Surname: **HEAD**

Former names:

Service Address: **9 UPSHIRE ROAD
WALTHAM ABBEY
ESSEX
EN9 3NP**

Company Director **1**

Type: **Person**
Full forename(s): **MR MARK HENRY**

Surname: **FORREST**

Former names:

Service Address: **9 UPSHIRE ROAD
WALTHAM ABBEY
ESSEX
EN9 3NP**

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

Date of Birth: **22/12/1962** *Nationality:* **BRITISH**
Occupation: **GYMNASIUM PROPRIETOR**

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>	100
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
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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 04/02/2013 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: **MARK FORREST**

Authorisation

Authenticated

This form was authorised by one of the following:

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