



Companies House
— for the record —

AR01 (ef)

Annual Return



XH4DNZN4

Received for filing in Electronic Format on the: **29/11/2011**

Company Name: **Abbey Fitness Limited**

Company Number: **05635678**

Date of this return: **24/11/2011**

SIC codes: **96040**

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

Situation of Registered Office: **8 THE COURTYARD
GOLDSMITH WAY ELIOT BUSINESS PARK
NUNEATON
WARWICKSHIRE
UNITED KINGDOM
CV10 7RJ**

Single Alternative Inspection Location (SAIL)

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

69 PIPISTRELLE DRIVE
WATERSIDE MEAD
MARKET BOSWORTH
WARWICKSHIRE
ENGLAND
CV13 0NW

The following records have moved to the single alternative inspection location:

Register of members (section 114)
Register of directors (section 162)
Register of secretaries (section 275)
Register of debenture holders (section 743)

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MRS JUDITH**

Surname: **PTOHOPOULOS**

Former names:

Service Address: **69 PIPISTRELLE DRIVE
WATERSIDE MEAD
MARKET BOSWORTH
WARWICKSHIRE
ENGLAND
CV13 0NW**

Company Director **1**

Type: **Person**
Full forename(s): **MRS JUDITH**

Surname: **PTOHOPOULOS**

Former names:

Service Address: **69 PIPISTRELLE DRIVE
WATERSIDE MEAD
MARKET BOSWORTH
WARWICKSHIRE
ENGLAND
CV13 0NW**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **25/03/1962** *Nationality:* **BRITISH**
Occupation: **COMPANY DIRECTOR**

Company Director 2

Type: **Person**
Full forename(s): **CHRISTOPHER ANDREW**

Surname: **PTOHOPOULOS**

Former names:

Service Address: **69 PIPISTRELLE DRIVE
WATERSIDE MEAD
MARKET BOSWORTH
WARWICKSHIRE
ENGLAND
CV13 0NW**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **10/09/1963** *Nationality:* **BRITISH**
Occupation: **COMPANY DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY 1 GBP	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	1

Prescribed particulars

SUBJECT TO THE PROVISIONS OF THE ARTICLES AND THE ACT OF THE COMPANY, THE DIRECTORS MAY ALLOT, GRANT OPTIONS OVER OR OTHERWISE DISPOSE OF THE SHARES IN THE ORIGINAL CAPITAL AND ANY NEW SHARES THAT MAY BE CREATED TO SUCH PERSONS AT SUCH TIMES AND ON SUCH TERMS AS THEY THINK PROPER AND THE PROVISIONS OF SECTION 89(1) AND SECTION 90 OF THE ACT SHALL NOT APPLY TO THE ALLOTMENT OF ANY SHARES IN THE COMPANY.

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 24/11/2011 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 : **25 ORDINARY 1 GBP shares held as at the date of this return**
Name: **CHRISTOPHER ANDREW PTOHOPOULOS**

Shareholding 2 : **75 ORDINARY 1 GBP shares held as at the date of this return**
Name: **MRS JUDITH PTOHOPOULOS**

Authorisation

Authenticated

This form was authorised by one of the following:

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