



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



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*Company Name:* **ABC PILATES LIMITED**

*Company Number:* **06220649**

*Date of this return:* **20/04/2010**

*SIC codes:* **7499**

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

*Situation of Registered Office:* **ACRE HOUSE 11/15 WILLIAM ROAD  
LONDON  
UNITED KINGDOM  
NW1 3ER**

**Officers of the company**

*Company Secretary* **1**

*Type:* **Person**

*Full forename(s):* **JAMES**

*Surname:* **DODSON**

*Former names:*

*Service Address:* **34 GORDON ROAD  
SEVENOAKS  
KENT  
UNITED KINGDOM  
TN13 1HE**

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*Company Director* **1**

*Type:* **Person**

*Full forename(s):* **LUCY**

*Surname:* **DAWSON**

*Former names:*

*Service Address:* **34 GORDON ROAD  
SEVENOAKS  
KENT  
UNITED KINGDOM  
TN13 1HE**

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

*Date of Birth:* **29/03/1975** *Nationality:* **BRITISH**

*Occupation:* **PILATES INSTRUCTOR**

## Statement of Capital (Share Capital)

|                               |                                                                                                                                                                |                                |             |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------|
| <b>Class of shares</b>        | <b>ORDINARY</b>                                                                                                                                                | <i>Number allotted</i>         | <b>1</b>    |
|                               |                                                                                                                                                                | <i>Aggregate nominal value</i> | <b>1.00</b> |
| <i>Currency</i>               | <b>GBP</b>                                                                                                                                                     | <i>Amount paid per share</i>   | <b>1.00</b> |
|                               |                                                                                                                                                                | <i>Amount unpaid per share</i> | <b>0.00</b> |
| <i>Prescribed particulars</i> | 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. |                                |             |

## Statement of Capital (Totals)

|                 |            |                                      |             |
|-----------------|------------|--------------------------------------|-------------|
| <i>Currency</i> | <b>GBP</b> | <i>Total number of shares</i>        | <b>1</b>    |
|                 |            | <i>Total aggregate nominal value</i> | <b>1.00</b> |

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 20/04/2010 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

**1 ORDINARY Shares held as at 20/04/2010**

*Name:* **LUCY DAWSON**

*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.