



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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**XJLYYZUQ**

*Company Name:* **24/7 GYM LIMITED**

*Company Number:* **07331822**

*Date of this return:* **30/07/2011**

*SIC codes:* **9262**

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

*Situation of Registered Office:* **1ST FLOOR WINDSOR HOUSE 1270  
LONDON ROAD  
NORBURY  
LONDON  
UNITED KINGDOM  
SW16 4DH**

**Officers of the company**

*Company Director*    **1**

*Type:*                                **Person**  
*Full forename(s):*                **MR PARMJIT SINGH**

*Surname:*                            **RAKAR**

*Former names:*

*Service Address:*                **1ST FLOOR WINDSOR HOUSE 1270  
LONDON ROAD  
NORBURY  
LONDON  
UNITED KINGDOM  
SW16 4DH**

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

*Date of Birth:*    **20/03/1972**                                *Nationality:*    **BRITISH**  
*Occupation:*    **DIRECTOR**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>100</b>
		<i>Aggregate nominal value</i>	<b>100</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

THE ORDINARY SHARES SHALL BE NON REDEEMABLE BUT SHALL HOLD FULL RIGHTS IN RESPECT OF VOTING, AND SHALL ENTITLE THE HOLDER TO FULL PARTICIPATION IN RESPECT OF EQUITY AND IN THE EVENT OF A WINDING UP OF THE COMPANY. THE SHARES MAY BE CONSIDERED BY THE DIRECTORS WHEN CONSIDERING DIVIDENDS FROM TIME TO TIME.

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## Statement of Capital (Totals)

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

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 30/07/2011 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 the date of this return  
*Name:* PARMJIT SINGH RAKAR

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## *Authorisation*

*Authenticated*

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

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