



Companies House

AR01 (ef)

Annual Return



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Company Name: **BEFIT TODAY LIMITED**

Company Number: **07782782**

Date of this return: **13/02/2015**

SIC codes: **85510**
93290

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

Situation of Registered Office: **C/O CHARTERWELLS**
42-44 CLARENDON ROAD
WATFORD
WD17 1JJ

Officers of the company

Company Director **1**

Type: **Person**

Full forename(s): **MR ESMEI**

Surname: **OSSAI**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: **13/07/1975**

Nationality: **BRITISH**

Occupation: **TRAINER**

Statement of Capital (Share Capital)

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

Prescribed particulars

ALL SHARES ISSUED ARE ORDINARY NON-REDEEMABLE AND RANK EQUALLY IN TERMS OF (A) VOTING RIGHTS - ONE VOTE FOR EACH SHARE; (B) RIGHTS TO PARTICIPATE IN ALL APPROVED DIVIDEND DISTRIBUTIONS FOR THAT CLASS OF SHARE; AND (C) RIGHTS TO PARTICIPATE IN ANY CAPITAL DISTRIBUTION ON WINDING UP.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	1
		<i>Total aggregate nominal value</i>	1

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 13/02/2015 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 : **1 ORDINARY shares held as at the date of this return**
Name: **ESMEI TAMUNONENGIYE-OFORI OSSAI**

Authorisation

Authenticated

This form was authorised by one of the following:

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