



Companies House

AR01 (ef)

Annual Return



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Company Name: **24 HOUR FITNESS LIMITED**

Company Number: **08170232**

Date of this return: **07/08/2013**

SIC codes: **93130**

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

Situation of Registered Office: **AVALAND HOUSE 110 LONDON ROAD, APSLEY,
HEMEL HEMPSTEAD,
HERTS.
UNITED KINGDOM
HP3 9SD**

Officers of the company

Company Director **1**

Type: **Person**

Full forename(s): **MR JULIAN STEWART**

Surname: **MATTHEWS**

Former names:

Service Address recorded as Company's registered office

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

Date of Birth: **24/04/1967**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

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>	0
		<i>Amount unpaid per share</i>	1

Prescribed particulars

1. EACH SHARE IS ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES. 2. EACH SHARE IS ENTITLED EQUALLY TO DIVIDEND PAYMENT OR ANY OTHER DISTRIBUTION. 3. EACH SHARE IS ENTITLED EQUALLY TO PARTICIPATE IN A DISTRIBUTION ARISING FROM A WINDING-UP OF THE COMPANY.

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 07/08/2013 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 : **0 ORDINARY shares held as at the date of this return**
1 shares transferred on 2012-08-07

Name: **ELA SHAH**

Shareholding 2 : **0 ORDINARY shares held as at the date of this return**
1 shares transferred on 2013-08-06

Name: **JULIAN MATTHEWS**

Shareholding 3 : **1 ORDINARY shares held as at the date of this return**

Name: **LESLEY THOMPSON**

Authorisation

Authenticated

This form was authorised by one of the following:

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