



Companies House

AR01 (ef)

Annual Return



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X4KSTJ76

Company Name: **FITNESS SOLUTIONS 4 U LIMITED**

Company Number: **08209274**

Date of this return: **11/09/2015**

SIC codes: **96040**

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

Situation of Registered Office: **FITNESS CONNECTION FOUNDRY STREET
RAVENSTHORPE
DEWSBURY
WEST YORKSHIRE
WF13 3HW**

Officers of the company

Company Director ***I***

Type: **Person**

Full forename(s): **LESLEY JEAN**

Surname: **ELLAM**

Former names:

Service Address: **FITNESS CONNECTION FOUNDRY STREET
RAVENSTHORPE
DEWSBURY
WEST YORKSHIRE
UNITED KINGDOM
WF13 3HW**

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

Date of Birth: ****/11/1968**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

Company Director 2

Type: **Person**
Full forename(s): **MOHAMMED ABID**

Surname: **NAWAAZ**

Former names:

Service Address: **FITNESS CONNECTION FOUNDRY STREET
RAVENSTHORPE
DEWSBURY
WEST YORKSHIRE
UNITED KINGDOM
WF13 3HW**

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

Date of Birth: ****/07/1969** *Nationality:* **BRITISH**
Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<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>	0

Prescribed particulars

EACH SHARE HAS FULL RIGHTS IN THE COMPANY WITH RESPECT TO VOTING, DIVIDENDS AND DISTRIBUTIONS.

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 11/09/2015 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 : **50 ORDINARY shares held as at the date of this return**
Name: **MOHAMMED ABID NAWAZ**

Shareholding 2 : **50 ORDINARY shares held as at the date of this return**
Name: **LESLEY JEAN ELLAM**

Authorisation

Authenticated

This form was authorised by one of the following:

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