



Companies House

**AR01** (ef)

**Annual Return**



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**X4MMMOQG**

*Company Name:* **24 FIT AND NUTRITION CLUB LIMITED**

*Company Number:* **08746762**

*Date of this return:* **24/10/2015**

*SIC codes:* **82990**

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

*Situation of Registered Office:* **UNIT 3 GATEWAY MEWS  
LONDON  
N11 2UT**

**Officers of the company**

*Company Director*    **1**

*Type:*                                **Person**

*Full forename(s):*                **MR DOUGLAS ALAN**

*Surname:*                                **FREEDMAN**

*Former names:*

*Service Address:*                **11 KENDAL AVENUE  
EPPING  
ENGLAND  
CM16 4PW**

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

*Date of Birth:*    **\*\*/05/1974**                                *Nationality:*    **BRITISH**

*Occupation:*    **PROFESSIONAL FOOTBALL  
COACH**

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*Company Director* 2

*Type:* **Person**  
*Full forename(s):* **MR KEVIN ANDREW**

*Surname:* **GALLEN**

*Former names:*

*Service Address:* **4 FARM CRESCENT  
NAPSBURY PARK  
ST. ALBANS  
ENGLAND  
AL2 1UQ**

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

*Date of Birth:* **\*\*/09/1975** *Nationality:* **BRITISH**  
*Occupation:* **FOOTBALL COACH**

*Company Director*    **3**

*Type:*                                **Person**  
*Full forename(s):*                **MR GAVIN HARRY**

*Surname:*                            **HEEROO**

*Former names:*

*Service Address:*                **105 DOWNHILLS WAYS  
WOOD GREEN  
LONDON  
ENGLAND  
N17 6AJ**

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

*Date of Birth:*    **\*\*/09/1984**                                *Nationality:*    **BRITISH**  
*Occupation:*    **PERSONAL TRAINER**

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*Company Director* 4

*Type:* **Person**  
*Full forename(s):* **MR NICHOLAS**

*Surname:* **LINGIS**

*Former names:*

*Service Address:* **109 VILLAGE ROAD  
BUSH HILL PARK  
ENFIELD  
ENGLAND  
EN1 2EZ**

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

*Date of Birth:* **\*\*/01/1982** *Nationality:* **BRITISH**  
*Occupation:* **MECHANIC**

## Statement of Capital (Share Capital)

<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*

**ORDINARY SHARES WITH EACH SHARE BEING ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES AND PARI PASSU TO DIVIDEND PAYMENTS, EACH SHARE IS ENTITLED TO PARTICIPATE IN A DISTRIBUTION ARISING FROM A WINDING UP OF THE COMPANY**

## Statement of Capital (Totals)

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

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 24/10/2015 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* : **25 ORDINARY shares held as at the date of this return**  
*Name:* **GAVIN HEEROO**

*Shareholding 2* : **25 ORDINARY shares held as at the date of this return**  
*Name:* **KEVIN GALLAN**

*Shareholding 3* : **25 ORDINARY shares held as at the date of this return**  
*Name:* **NICHOLAS LINGIS**

*Shareholding 4* : **25 ORDINARY shares held as at the date of this return**  
*Name:* **DOUGLAS ALLAN FREEDMAN**

## *Authorisation*

*Authenticated*

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

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