



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **26/09/2010**

Company Name: **ABSOLUTE PILATES LIMITED**

Company Number: **SC273053**

Date of this return: **08/09/2010**

SIC codes: **9304**

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

Situation of Registered Office: **28 PAIDMYRE ROAD
NEWTON MEARNS
GLASGOW
G77 5AJ**

Officers of the company

Company Secretary 1

Type: **Person**

Full forename(s): **JAMES**

Surname: **NELSON**

Former names:

Service Address: **28 PAIDMYRE ROAD
NEWTON MEARN
LANARKSHIRE
G77 5AJ**

Company Director **1**

Type: **Person**
Full forename(s): **ANNE-MARIE**

Surname: **NELSON**

Former names:

Service Address: **28 PAIDMYRE ROAD
NEWTON MEARNES
LANARKSHIRE
G77 5AJ**

Country/State Usually Resident: **SCOTLAND**

Date of Birth: **19/11/1964** *Nationality:* **BRITISH**
Occupation: **FITNESS INSTRUCTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	2
		<i>Aggregate nominal value</i>	2
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
NO PARTICULARS			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	2
		<i>Total aggregate nominal value</i>	2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 08/09/2010 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 : 1 ORDINARY shares held as at 2010-09-08
Name: ANNE MARIE NELSON

Shareholding 2 : 1 ORDINARY shares held as at 2010-09-08
Name: JAMES NELSON

Authorisation

Authenticated

This form was authorised by one of the following:

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