Abbreviated financial statements

for the year ended 31 May 2006



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Abbreviated balance sheet as at 31 May 2006

		2006		2005	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	2		167,721		167,702
Current assets					
Stocks		2,620		2,975	
Debtors		10,681		16,871	
Cash at bank & in hand		48,946		63,331	
		62,247		83,177	
Creditors: amounts falling					
due within one year		(34,289)		(69,583)	
Net current assets			27,958		13,594
Total assets less current liabilities			195,679		181,296
Provisions for liabilities & charges			(17,000)		(17,000)
Net assets			178,679		164,296
					====:
Capital & reserves					
Called up share capital	3		2		2
Profit & loss account			178,677		164,294
Shareholders' funds			178,679		164,296
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The director's statements required by Section 249B(4) are shown on the following page which forms part of this Balance Sheet.

Abbreviated balance sheet (continued)

Director's statements required by Section 249B(4) for the year ended 31 May 2006

In approving these abbreviated accounts as director of the company I hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 249A(1) of the Companies Act 1985;
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 249B(2) requesting that an audit be conducted for the year ended 31 May 2006 and
- (c) that I acknowledge my responsibilities for:
- (1) ensuring that the company keeps accounting records which comply with Section 221, and
- (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Section 226 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These abbreviated accounts are prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2005).

The abbreviated accounts were approved by the board and signed on its behalf by

S K Vadehra

Director

Dated: 3 October 2006

- Kuni K Vadewa

Notes to the abbreviated financial statements for the year ended 31 May 2006

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2005).

1.2. Turnover

Turnover represents the total amounts charged, excluding value added tax, of membership fees, sales & hire during the year.

1.3. Tangible fixed assets & depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Improvements to property - 4% straight line

Gym equipment - 15% reducing balance
Furniture & fittings - 15% reducing balance
Office equipment - 15% reducing balance

1.4. Leasing

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible assets and depreciated over the shorter of the lease term and their useful lives. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce constant periodic rates of charge on the net obligations outstanding in each period.

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

1.5. Stock

Stock is valued at the lower of cost and net realisable value.

1.6. Deferred taxation

Deferred tax is provided in respect of the tax effect of all timing differences, to the extent that it is probable that a liability or asset will crystallise in the foreseeable future, at the rates of tax expected to apply when the timing differences reverse.

Notes to the abbreviated financial statements for the year ended 31 May 2006

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2.	Fixed assets		Tangible fixed assets £
	Cost		
	At 1 June 2005		416,574
	Additions		27,387
	At 31 May 2006		443,961
	Depreciation		
	At 1 June 2005		248,872
	Charge for year		27,368
	At 31 May 2006		276,240
	Net book values		
	At 31 May 2006		167,721
	At 31 May 2005		167,702
3.	Share capital	2006	2005
	•	£	£
	Authorised		
	460,002 Ordinary shares of £1 each	460,002	460,002
	Allotted, called up and fully paid		
	2 Ordinary shares of £1 each	2	2

4. Ultimate parent undertaking

Ambsol Limited is a wholly owned subsidiary of B.Z. Limited, a company in England, which Ambsol Limited regards as both its immediate and ultimate parent company.