REPORT OF THE DIRECTOR AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST JANUARY 2011

FOR

EXPRESS FITNESS LIMITED

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EXPRESS FITNESS LIMITED (REGISTERED NUMBER 3699401)

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EXPRESS FITNESS LIMITED

COMPANY INFORMATION
FOR THE YEAR ENDED 31ST JANUARY 2011

DIRECTOR:	M D Parkinson Esq
SECRETARY:	Mrs D Parkinson
REGISTERED OFFICE:	57 Plane Street Greenacres Oldham OL4 2BX
REGISTERED NUMBER	3699401 (England and Wales)
ACCOUNTANTS	kppbusiness limited 115 Huddersfield Road Oldham OL1 3NY

EXPRESS FITNESS LIMITED (REGISTERED NUMBER 3699401)

REPORT OF THE DIRECTOR
FOR THE YEAR ENDED 31ST JANUARY 2011

The director presents his report with the financial statements of the company for the year ended 31st January 2011

DIRECTOR
M D Parkinson Esq held office during the whole of the period from 1st February 2010 to the date of this report

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

ON BEHALF OF THE BOARD

M D Parkinson Esq - Director

21st March 2011

EXPRESS FITNESS LIMITED (REGISTERED NUMBER: 3699401)

BALANCE SHEET
31ST JANUARY 2011

	Notes	2011 £	2010 £
CURRENT ASSETS			
Debtors	2	1	1
TOTAL ASSETS LESS CURRENT LIABILITIES		1	1
CAPITAL AND RESERVES			
Called up share capital	3	1	1
SHAREHOLDERS' FUNDS		1	1

The company is entitled to exemption from audit under Section 480 of the Companies Act 2006 for the year ended 31st January 2011

The members have not required the company to obtain an audit of its financial statements for the year ended 31st January 2011 in accordance with Section 476 of the Companies Act 2006

The director acknowledges his responsibilities for
(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

The financial statements were approved by the director on 21st March 2011 and were signed by

M D Parkinson Esq - Director

PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31ST JANUARY 2011

During the financial year and the preceding financial year the company has not traded and has received no income and incurred no expenditure Consequently, during those periods the company has made neither a profit nor a loss

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST JANUARY 2011

1 ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

The company was dormant throughout the current year and previous year

2 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2011	2010
	£	£
Other debtors	**1**	1

3 CALLED UP SHARE CAPITAL

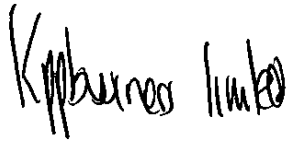
Allotted, issued and fully paid

Number	Class	Nominal value	**2011**	2010
			£	£
1	Ordinary	£1	**1**	1

REPORT OF THE ACCOUNTANTS TO THE DIRECTOR OF EXPRESS FITNESS LIMITED

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31st January 2011 set out on pages three to four and you consider that the company is exempt from an audit

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us



kppbusiness limited
115 Huddersfield Road
Oldham

21st March 2011