

Registered Number 05130049

ACTIV8 PERSONAL TRAINING LTD

Abbreviated Accounts

31 May 2007

**ACTIV8 PERSONAL TRAINING LTD**

Registered Number 05130049

**Balance Sheet as at 31 May 2007**

	Notes	2007 £	£	2006 £	£
<b>Fixed assets</b>					
Tangible	2		<u>1,536</u>		<u>1,848</u>
Total fixed assets			<u>1,536</u>		<u>1,848</u>
<b>Current assets</b>					
Debtors		295		116	
Cash at bank and in hand		548		391	
Total current assets		<u>843</u>		<u>507</u>	
<b>Creditors: amounts falling due within one year</b>	3	(638)		(517)	
Net current assets			205		(10)
Total assets less current liabilities			<u>1,741</u>		<u>1,838</u>
Total net Assets (liabilities)			1,741		1,838
<b>Capital and reserves</b>					
Called up share capital			100		100
Profit and loss account			<u>1,641</u>		<u>1,738</u>
Shareholders funds			<u>1,741</u>		<u>1,838</u>

- a. For the year ending 31 May 2007 the company was entitled to exemption under section 249A(1) of the Companies Act 1985.
- b. Members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985
- c. The directors acknowledge their responsibility for:
  - i. ensuring the company keeps accounting records which comply with Section 221; and
  - ii. preparing accounts 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 financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. The accounts have been prepared in accordance with the special provisions in Part VII of the Companies Act 1985 relating to small companies

Approved by the board on 25 March 2008

And signed on their behalf by:  
D J Hughes, Director

**This document was delivered using electronic communications and authenticated in accordance with section 707B(2) of the Companies Act 1985.**

## Notes to the abbreviated accounts

For the year ending 31 May 2007

## 1 Accounting policies

**Accounting Policy**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective June 2002).

**Turnover**

Turnover represents the net invoiced sales of goods.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Equipment                      25.00% Reducing Balance

## 2 Tangible fixed assets

	Equipment	Total
	£	£
Cost		
At 31 May 2006	2,570	2,570
additions	200	200
disposals	-	0
At 31 May 2007	<u>2,770</u>	<u>2,770</u>
Depreciation		
At 31 May 2006	722	722
Charge for year	512	512
on disposals	-	0
At 31 May 2007	<u>1,234</u>	<u>1,234</u>
Net Book Value		
At 31 May 2006	1,848	1,848
At 31 May 2007	<u>1,536</u>	<u>1,536</u>

## 3 Creditors: amounts falling due within one year

	2007	2006
	£	£
Other creditors	328	371
Taxation and Social Security	<u>310</u>	<u>146</u>
	638	517