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COMPANY REGISTRATION NUMBER 05130049

ACTIV8 PERSONAL TRAINING LTD

ABBREVIATED ACCOUNTS

30 SEPTEMBER 2012

CULLEY LIFFORD HALL
Chartered Certified Accountants
QUEENS CHAMBERS
65 BRIDGE STREET
WALSALL
WS1 1JQ

ACTIV8 PERSONAL TRAINING LTD

ABBREVIATED ACCOUNTS

PERIOD FROM 1 JUNE 2011 TO 30 SEPTEMBER 2012

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ACTIV8 PERSONAL TRAINING LTD

ACCOUNTANTS' REPORT TO THE DIRECTOR OF ACTIV8 PERSONAL TRAINING LTD

PERIOD FROM 1 JUNE 2011 TO 30 SEPTEMBER 2012

As described on the balance sheet, the director of the company is responsible for the preparation of the abbreviated accounts for the period ended 30 September 2012, set out on pages 2 to 5

You consider that the company is exempt from an audit under the Companies Act 2006

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

CULLEY LIFFORD HALL
Chartered Certified Accountants

QUEENS CHAMBERS
65 BRIDGE STREET
WALSALL
WS1 1JQ

19 October 2012

ACTIV8 PERSONAL TRAINING LTD

ABBREVIATED BALANCE SHEET

30 SEPTEMBER 2012

	Note	30 Sep 12 £	£	31 May 11 £
FIXED ASSETS	2			
Tangible assets			732	646
CURRENT ASSETS				
Debtors		848		-
Cash at bank and in hand		1,622		528
		2,470		528
CREDITORS: Amounts falling due within one year		8,808		2,397
NET CURRENT LIABILITIES			(6,338)	(1,869)
TOTAL ASSETS LESS CURRENT LIABILITIES			(5,606)	(1,223)
PROVISIONS FOR LIABILITIES			134	134
			(5,740)	(1,357)
CAPITAL AND RESERVES				
Called-up equity share capital	3		100	100
Profit and loss account			(5,840)	(1,457)
DEFICIT			(5,740)	(1,357)

The director is satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the period by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act

The director acknowledges his responsibility for

(i) ensuring that the company keeps adequate accounting records which comply with section 386 of the Act, and

(ii) 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 period and of its profit or loss for the financial period in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006

These abbreviated accounts were approved and signed by the director and authorised for issue on 19 October 2012

MR D J HUGHES
Director

Company Registration Number 05130049

The notes on pages 3 to 5 form part of these abbreviated accounts

ACTIV8 PERSONAL TRAINING LTD

NOTES TO THE ABBREVIATED ACCOUNTS

PERIOD FROM 1 JUNE 2011 TO 30 SEPTEMBER 2012

1. ACCOUNTING POLICIES

Basis of accounting

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)

Turnover

The turnover shown in the profit and loss account represents amounts invoiced during the period

Fixed assets

All fixed assets are initially recorded at cost

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows

Plant & Machinery - 25% reducing balance

Operating lease agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease

Deferred taxation

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more, or a right to pay less or to receive more tax, with the following exceptions

Provision is made for tax on gains arising from the revaluation (and similar fair value adjustments) of fixed assets, and gains on disposal of fixed assets that have been rolled over into replacement assets, only to the extent that, at the balance sheet date, there is a binding agreement to dispose of the assets concerned However, no provision is made where, on the basis of all available evidence at the balance sheet date, it is more likely than not that the taxable gain will be rolled over into replacement assets and charged to tax only where the replacement assets are sold

Deferred tax assets are recognised only to the extent that the director considers that it is more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted

Deferred tax is measured on an undiscounted basis at the tax rates that are expected to apply in the periods in which timing differences reverse, based on tax rates and laws enacted or substantively enacted at the balance sheet date

1. ACCOUNTING POLICIES *(continued)*

Financial instruments

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities

Where the contractual obligations of financial instruments (including share capital) are equivalent to a similar debt instrument, those financial instruments are classed as financial liabilities Financial liabilities are presented as such in the balance sheet Finance costs and gains or losses relating to financial liabilities are included in the profit and loss account Finance costs are calculated so as to produce a constant rate of return on the outstanding liability

Where the contractual terms of share capital do not have any terms meeting the definition of a financial liability then this is classed as an equity instrument Dividends and distributions relating to equity instruments are debited direct to equity

2 FIXED ASSETS

	Tangible Assets £
COST	
At 1 June 2011	3,149
Additions	330
At 30 September 2012	3,479
DEPRECIATION	
At 1 June 2011	2,503
Charge for period	244
At 30 September 2012	2,747
NET BOOK VALUE	
At 30 September 2012	732
At 31 May 2011	646

ACTIV8 PERSONAL TRAINING LTD

NOTES TO THE ABBREVIATED ACCOUNTS

PERIOD FROM 1 JUNE 2011 TO 30 SEPTEMBER 2012

3. SHARE CAPITAL

Authorised share capital:

	30 Sep 12	31 May 11
	£	£
100 Ordinary shares of £1 each	**100**	100

Allotted, called up and fully paid:

	30 Sep 12		31 May 11	
	No	£	No	£
100 Ordinary shares of £1 each	**100**	**100**	100	100