

Company Registration No. 05711243 (England and Wales)

**INSHAPE COACHING SERVICES LIMITED**  
**ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 30 APRIL 2010**

**Griffiths Marshall**  
**Chartered Accountants**  
**Beaumont House**  
**172 Southgate Street**  
**Gloucester**  
**GL1 2EZ**



# INSHAPE COACHING SERVICES LIMITED

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# INSHAPE COACHING SERVICES LIMITED

## ABBREVIATED BALANCE SHEET

AS AT 30 APRIL 2010

	Notes	2010 £	£	2009 £	£
<b>Fixed assets</b>					
Tangible assets	2		4,466		5,493
<b>Current assets</b>					
Debtors		4,801		2,433	
Cash at bank and in hand		2,869		4,643	
		<u>7,670</u>		<u>7,076</u>	
<b>Creditors: amounts falling due within one year</b>		<u>(7,143)</u>		<u>(9,895)</u>	
<b>Net current assets/(liabilities)</b>			<u>527</u>		<u>(2,819)</u>
<b>Total assets less current liabilities</b>			<u>4,993</u>		<u>2,674</u>
<b>Creditors: amounts falling due after more than one year</b>			(3,739)		(4,332)
<b>Provisions for liabilities</b>			<u>(938)</u>		<u>(1,108)</u>
			<u>316</u>		<u>(2,766)</u>
<b>Capital and reserves</b>					
Called up share capital	3		110		110
Profit and loss account			206		(2,876)
<b>Shareholders' funds</b>			<u>316</u>		<u>(2,766)</u>

# **INSHAPE COACHING SERVICES LIMITED**

## **ABBREVIATED BALANCE SHEET (CONTINUED)**

**AS AT 30 APRIL 2010**

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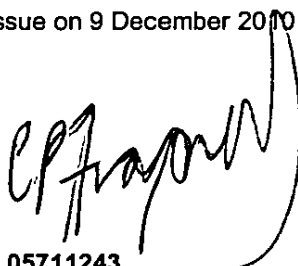
For the financial year ended 30 April 2010 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for 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 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 accounts, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Board for issue on 9 December 2010

Mr C Frapwell  
Director

A handwritten signature in black ink, appearing to read 'C Frapwell', with a large, sweeping flourish extending from the end of the signature.

Company Registration No 05711243

# INSHAPE COACHING SERVICES LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 30 APRIL 2010

### 1 Accounting policies

#### 1.1 Accounting convention

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

#### 1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated)

#### 1.3 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts

#### 1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows

Fixtures, fittings & equipment	25% Reducing Balance
Motor vehicles	25% Reducing Balance

#### 1.5 Deferred taxation

Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted

### 2 Fixed assets

	Tangible assets £
<b>Cost</b>	
At 1 May 2009	6,031
Additions	460
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At 30 April 2010	6,491
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<b>Depreciation</b>	
At 1 May 2009	537
Charge for the year	1,488
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At 30 April 2010	2,025
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<b>Net book value</b>	
At 30 April 2010	4,466
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At 30 April 2009	5,493
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# INSHAPE COACHING SERVICES LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2010

3	Share capital	2010 £	2009 £
	<b>Authorised</b>		
	500 Ordinary A shares of £1 each	500	500
	500 Ordinary B shares of £1 each	500	500
	1,000 Ordinary C shares of £1 each	1,000	1,000
		<hr/>	<hr/>
		2,000	2,000
		<hr/>	<hr/>
	<b>Allotted, called up and fully paid</b>		
	50 Ordinary A shares of £1 each	50	50
	50 Ordinary B shares of £1 each	50	50
	10 Ordinary C shares of £1 each	10	10
		<hr/>	<hr/>
		110	110
		<hr/>	<hr/>