

Company Registration No. 05711243 (England and Wales)

**INSHAPE COACHING SERVICES LIMITED**  
**ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 30 APRIL 2014**

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# INSHAPE COACHING SERVICES LIMITED

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# INSHAPE COACHING SERVICES LIMITED

## ABBREVIATED BALANCE SHEET

AS AT 30 APRIL 2014

	Notes	2014 £	£	2013 £	£
<b>Fixed assets</b>					
Tangible assets	2		1,870		2,493
<b>Current assets</b>					
Debtors		2,701		2,567	
Cash at bank and in hand		4,006		4,874	
		<u>6,707</u>		<u>7,441</u>	
<b>Creditors: amounts falling due within one year</b>		<u>(7,501)</u>		<u>(9,268)</u>	
<b>Net current liabilities</b>			(794)		(1,827)
<b>Total assets less current liabilities</b>			1,076		666
<b>Provisions for liabilities</b>			(374)		(499)
			<u>702</u>		<u>167</u>
<b>Capital and reserves</b>					
Called up share capital	3		110		110
Profit and loss account			592		57
<b>Shareholders' funds</b>			<u>702</u>		<u>167</u>

For the financial year ended 30 April 2014 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

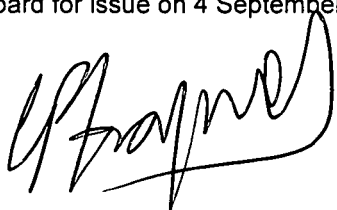
Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These abbreviated financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board for issue on 4 September 2014

Mr C Frapwell  
Director



Company Registration No. 05711243

# INSHAPE COACHING SERVICES LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2014

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### 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 2013 & at 30 April 2014	7,591
<b>Depreciation</b>	
At 1 May 2013	5,098
Charge for the year	623
At 30 April 2014	5,721
<b>Net book value</b>	
At 30 April 2014	1,870
At 30 April 2013	2,493

# INSHAPE COACHING SERVICES LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

**FOR THE YEAR ENDED 30 APRIL 2014**

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<b>3</b>	<b>Share capital</b>	<b>2014</b>	<b>2013</b>
		<b>£</b>	<b>£</b>
	<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/>