

Abbreviated Accounts
for the Year Ended 31 March 2009
for
Academy of Personal Training Ltd

WEDNESDAY



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23/12/2009

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COMPANIES HOUSE

Academy of Personal Training Ltd

**Company Information
for the Year Ended 31 March 2009**

DIRECTOR: A West

SECRETARY: E M West

REGISTERED OFFICE: 1 High Street
Knaphill
Woking
Surrey
GU21 2PG

REGISTERED NUMBER: 05735988 (England and Wales)

ACCOUNTANTS: Barnbrook Sinclair
Chartered Accountants
1 High Street
Knaphill
Woking
Surrey
GU21 2PG

Academy of Personal Training Ltd

**Abbreviated Balance Sheet
31 March 2009**

	Notes	31/3/09 £	31/3/08 £
FIXED ASSETS			
Tangible assets	2	636	848
CURRENT ASSETS			
Cash at bank		2,149	2,854
CREDITORS			
Amounts falling due within one year		(2,011)	(2,755)
NET CURRENT ASSETS		<u>138</u>	<u>99</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>774</u>	<u>947</u>
CAPITAL AND RESERVES			
Called up share capital	3	100	100
Profit and loss account		<u>674</u>	<u>847</u>
SHAREHOLDERS' FUNDS		<u>774</u>	<u>947</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2009.


The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2009 in accordance with Section 249B(2) of the Companies Act 1985.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 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 Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The financial statements were approved by the director on 18 December 2009 and were signed by:


Director - A WEST.

The notes form part of these abbreviated accounts

Academy of Personal Training Ltd

Notes to the Abbreviated Accounts for the Year Ended 31 March 2009

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 January 2007).

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on reducing balance

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2008	
and 31 March 2009	1,509
DEPRECIATION	
At 1 April 2008	661
Charge for year	212
At 31 March 2009	873
NET BOOK VALUE	
At 31 March 2009	636
At 31 March 2008	848

3. CALLED UP SHARE CAPITAL

Authorised, allotted, issued and fully paid:

Number:	Class:	Nominal value:	31/3/09 £	31/3/08 £
100	Ordinary	£1	100	100