

REGISTERED NUMBER 05735988 (England and Wales)

Companies House copy

**Abbreviated Accounts**  
**for the Year Ended 31 March 2010**  
**for**  
**Academy of Personal Training Ltd**

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**Academy of Personal Training Ltd**

**Company Information  
for the Year Ended 31 March 2010**

**DIRECTOR:** A West

**SECRETARY:** E M West

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

**REGISTERED NUMBER:** 05735988 (England and Wales)

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

# Academy of Personal Training Ltd

## Abbreviated Balance Sheet 31 March 2010

	Notes	31/3/10 £	31/3/09 £
<b>FIXED ASSETS</b>			
Tangible assets	2	477	636
<b>CURRENT ASSETS</b>			
Cash at bank		1,676	2,149
<b>CREDITORS</b>			
Amounts falling due within one year		(2,379)	(2,011)
<b>NET CURRENT (LIABILITIES)/ASSETS</b>		(703)	138
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		(226)	774
<b>CAPITAL AND RESERVES</b>			
Called up share capital	3	100	100
Profit and loss account		(326)	674
<b>SHAREHOLDERS' FUNDS</b>		(226)	774

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2010

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2010 in accordance with Section 476 of the Companies Act 2006

The director acknowledges his responsibilities for

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 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 Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The financial statements were approved by the director on 19 October 2010 and were signed by

  
A West - Director

The notes form part of these abbreviated accounts

**Academy of Personal Training Ltd**

**Notes to the Abbreviated Accounts  
for the Year Ended 31 March 2010**

**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 April 2008)

**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 £
<b>COST</b>	
At 1 April 2009 and 31 March 2010	1,509
<b>DEPRECIATION</b>	
At 1 April 2009	873
Charge for year	159
At 31 March 2010	1,032
<b>NET BOOK VALUE</b>	
At 31 March 2010	477
At 31 March 2009	636

**3 CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid  
Number      Class

	Nominal value £1	31/3/10 £	31/3/09 £
100      Ordinary		100	100