

REGISTERED NUMBER: 06059683 (England and Wales)

Financial Statements For The Year Ended 31 January 2009

for

ACTION FITNESS LTD



ACTION FITNESS LTD

Contents of the Financial Statements
For The Year Ended 31 January 2009

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	3

ACTION FITNESS LTD

Company Information
For The Year Ended 31 January 2009

DIRECTOR: K Ankin

SECRETARY: Mrs D Ankin

REGISTERED OFFICE: Unit 11
Grainger Industrial Estate
Southend on Sea
Essex
SS2 5DD

REGISTERED NUMBER: 06059683 (England and Wales)

ACTION FITNESS LTD

Balance Sheet
31 January 2009

	31/1/09 £	31/1/08 £
CURRENT ASSETS		
Cash in hand	100	100
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>100</u>	<u>100</u>
CAPITAL AND RESERVES		
Called up share capital 2	<u>100</u>	<u>100</u>
SHAREHOLDERS' FUNDS	<u>100</u>	<u>100</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 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.

The financial statements were approved by the director on 17. 2 09 and were signed by:



.....
K Ankin - Director

The notes form part of these abbreviated accounts

ACTION FITNESS LTD

Notes to the Financial Statements **For The Year Ended 31 January 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).

The company was dormant throughout the current year and previous period.

2. CALLED UP SHARE CAPITAL

Authorised:

Number:	Class:	Nominal value:	31/1/09 £	31/1/08 £
1,000	Ordinary	1	<u>1,000</u>	<u>1,000</u>

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31/1/09 £	31/1/08 £
100	Ordinary	1	<u>100</u>	<u>100</u>