

Company Registration No 06318309 (England and Wales)

BODY 2 FIT LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 JULY 2011

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BODY 2 FIT LIMITED

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BODY 2 FIT LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 JULY 2011

	Notes	£	2011 £	£	2010 £
Fixed assets					
Intangible assets	2		10,800		12,600
Tangible assets	2		6,086		15,671
			<u>16,886</u>		<u>28,271</u>
Current assets					
Debtors		20,153		12,567	
Cash at bank and in hand		<u>16,025</u>		<u>13,084</u>	
		36,178		25,651	
Creditors: amounts falling due within one year		<u>51,753</u>		<u>50,036</u>	
Net current liabilities			<u>(15,575)</u>		<u>(24,385)</u>
Total assets less current liabilities			1,311		3,886
Creditors: amounts falling due after more than one year			(700)		(7,836)
Provisions for liabilities			-		(1,520)
			<u>611</u>		<u>(5,470)</u>
Capital and reserves					
Called up share capital	3		100		100
Profit and loss account			511		(5,570)
Shareholders' funds			<u>611</u>		<u>(5,470)</u>

BODY 2 FIT LIMITED

ABBREVIATED BALANCE SHEET (CONTINUED)

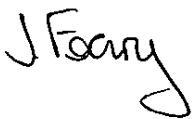
AS AT 31 JULY 2011

For the financial year ended 31 July 2011 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 30 April 2012



Joy Feary
Director

Company Registration No. 06318309

BODY 2 FIT LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 JULY 2011

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

1.4 Goodwill

Acquired goodwill is written off in equal annual instalments over its estimated useful economic life of 10 years

1.5 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

Computer equipment	33.3% per annum of cost
Fixtures, fittings and equipment	20% per annum of cost

2 Fixed assets

	Intangible assets £	Tangible assets £	Total £
Cost			
At 1 August 2010	18,000	42,270	60,270
Additions	-	434	434
At 31 July 2011	18,000	42,704	60,704
Depreciation			
At 1 August 2010	5,400	26,599	31,999
Charge for the year	1,800	10,019	11,819
At 31 July 2011	7,200	36,618	43,818
Net book value			
At 31 July 2011	10,800	6,086	16,886
At 31 July 2010	12,600	15,671	28,271

BODY 2 FIT LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 JULY 2011

3 Share capital	2011	2010
	£	£
Authorised		
100 Ordinary shares of £1 each	<u>100</u>	<u>100</u>
Allotted, called up and fully paid		
100 Ordinary shares of £1 each	<u>100</u>	<u>100</u>