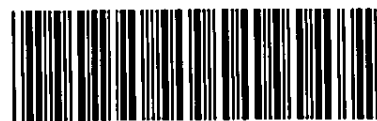


Company Registration No. 06318309 (England and Wales)

BODY 2 FIT LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 JULY 2009

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BODY 2 FIT LIMITED

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BODY 2 FIT LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 JULY 2009

	Notes	2009 £	£	2008 £	£
Fixed assets					
Intangible assets	2		14,400		16,200
Tangible assets	2		24,287		31,571
			<u>38,687</u>		<u>47,771</u>
Current assets					
Debtors		8,614		8,141	
Cash at bank and in hand		14,464		5,091	
		<u>23,078</u>		<u>13,232</u>	
Creditors: amounts falling due within one year		<u>(42,063)</u>		<u>(30,616)</u>	
Net current liabilities			<u>(18,985)</u>		<u>(17,384)</u>
Total assets less current liabilities			19,702		30,387
Creditors: amounts falling due after more than one year			(15,502)		(23,551)
Provisions for liabilities			<u>(2,977)</u>		<u>(4,213)</u>
			<u>1,223</u>		<u>2,623</u>
Capital and reserves					
Called up share capital	3		100		100
Profit and loss account			1,123		2,523
Shareholders' funds			<u>1,223</u>		<u>2,623</u>

BODY 2 FIT LIMITED

ABBREVIATED BALANCE SHEET (CONTINUED)

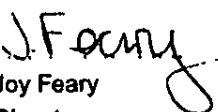
AS AT 31 JULY 2009

For the financial year ended 31 July 2009 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 27/4/10


Joy Feary
Director

Company Registration No. 06318309

BODY 2 FIT LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 JULY 2009

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 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% straight line
Fixtures, fittings & equipment	- 25% straight line

2 Fixed assets

	Intangible assets £	Tangible assets £	Total £
Cost			
At 1 August 2008	18,000	40,191	58,191
Additions	-	1,507	1,507
At 31 July 2009	18,000	41,698	59,698
Depreciation			
At 1 August 2008	1,800	8,620	10,420
Charge for the year	1,800	8,791	10,591
At 31 July 2009	3,600	17,411	21,011
Net book value			
At 31 July 2009	14,400	24,287	38,687
At 31 July 2008	16,200	31,571	47,771

BODY 2 FIT LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2009

3	Share capital	2009	2008
		£	£
	Authorised		
	100 Ordinary shares of £1 each	100	100
		<u> </u>	<u> </u>
	Allotted, called up and fully paid		
	100 Ordinary shares of £1 each	100	100
		<u> </u>	<u> </u>

4 Transactions with directors

The directors are party to a joint personal guarantee of £32,000 over the bank loan as disclosed in note 8

5 Ultimate parent company

The company is controlled by the directors, J Feary and R White, by virtue of their shareholdings