

Registered Number 06537149

PRO-FITNESS MARTLESHAM LIMITED

Abbreviated Accounts

31 March 2013

Abbreviated Balance Sheet as at 31 March 2013

	Notes	2013 £	2012 £
Fixed assets			
Tangible assets	2	782	1,043
		<u>782</u>	<u>1,043</u>
Current assets			
Cash at bank and in hand		22,608	18,714
		<u>22,608</u>	<u>18,714</u>
Creditors: amounts falling due within one year		(4,373)	(3,858)
Net current assets (liabilities)		<u>18,235</u>	<u>14,856</u>
Total assets less current liabilities		<u>19,017</u>	<u>15,899</u>
Creditors: amounts falling due after more than one year		(10,429)	(12,083)
Total net assets (liabilities)		<u>8,588</u>	<u>3,816</u>
Capital and reserves			
Called up share capital		50	50
Profit and loss account		8,538	3,766
Shareholders' funds		<u>8,588</u>	<u>3,816</u>

- For the year ending 31 March 2013 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 22 October 2013

And signed on their behalf by:

Darren J Barnes, Director

Notes to the Abbreviated Accounts for the period ended 31 March 2013**1 Accounting Policies****Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy

All the turnover is derived from fitness coaching in the UK

Tangible assets depreciation policy

Fixed assets are depreciated at 25% on a reducing balance

2 Tangible fixed assets

	£
Cost	
At 1 April 2012	3,293
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 March 2013	<u>3,293</u>
Depreciation	
At 1 April 2012	2,250
Charge for the year	261
On disposals	-
At 31 March 2013	<u>2,511</u>
Net book values	
At 31 March 2013	<u><u>782</u></u>
At 31 March 2012	<u><u>1,043</u></u>

The fixed assets comprise a membership data terminal

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