

**Registered Number 06729460**

**ACTIVATE PILATES LIMITED**

**Abbreviated Accounts**

**31 December 2015**

## Abbreviated Balance Sheet as at 31 December 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
<b>Fixed assets</b>			
Tangible assets	2	3,144	3,455
		<u>3,144</u>	<u>3,455</u>
<b>Current assets</b>			
Debtors		8,783	8,245
Cash at bank and in hand		5,222	19,524
		<u>14,005</u>	<u>27,769</u>
<b>Creditors: amounts falling due within one year</b>		(15,255)	(28,765)
<b>Net current assets (liabilities)</b>		<u>(1,250)</u>	<u>(996)</u>
<b>Total assets less current liabilities</b>		<u>1,894</u>	<u>2,459</u>
<b>Provisions for liabilities</b>		(700)	(700)
<b>Total net assets (liabilities)</b>		<u>1,194</u>	<u>1,759</u>
<b>Capital and reserves</b>			
Called up share capital		100	100
Profit and loss account		1,094	1,659
<b>Shareholders' funds</b>		<u>1,194</u>	<u>1,759</u>

- For the year ending 31 December 2015 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 8 August 2016

And signed on their behalf by:

**S J Cresswell, Director**

**Notes to the Abbreviated Accounts for the period ended 31 December 2015****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**

Turnover represents the value inclusive of value added tax but net of discounts, of goods provided to customers and work carried out in respect of services provided to customers.

**Tangible assets depreciation policy****Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Equipment 25% straight line

**Other accounting policies****Deferred taxation**

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

**Leasing and hire purchase commitments**

"Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term."

**2 Tangible fixed assets**

£

**Cost**

At 1 January 2015	24,174
Additions	1,539
Disposals	-

Revaluations	-
Transfers	-
At 31 December 2015	<u>25,713</u>
<b>Depreciation</b>	
At 1 January 2015	20,719
Charge for the year	1,850
On disposals	-
At 31 December 2015	<u>22,569</u>
<b>Net book values</b>	
At 31 December 2015	<u>3,144</u>
At 31 December 2014	<u>3,455</u>

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