

ABBREVIATED UNAUDITED ACCOUNTS
FOR THE PERIOD
4 NOVEMBER 2008 TO 30 NOVEMBER 2009
FOR
A & B FITNESS LIMITED

SATURDAY



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10/07/2010

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COMPANIES HOUSE

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FOR THE PERIOD 4 NOVEMBER 2008 TO 30 NOVEMBER 2009**

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A & B FITNESS LIMITED
COMPANY INFORMATION
FOR THE PERIOD 4 NOVEMBER 2008 TO 30 NOVEMBER 2009

DIRECTORS:

Mr B W Jones
Miss A M Acreman

REGISTERED OFFICE:

13-14 Gelliwastad Road
Pontypridd
Rhondda Cynon Taf
CF37 2BW

REGISTERED NUMBER:

06739226 (England and Wales)

ACCOUNTANTS:

Sullivans Chartered Accountants
13-14 Gelliwastad Road
Pontypridd
RCT
CF37 2BW

**ABBREVIATED BALANCE SHEET
30 NOVEMBER 2009**

	Notes	£	£
FIXED ASSETS			
Intangible assets	2		21,145
Tangible assets	3		39,912
			<u>61,057</u>
CURRENT ASSETS			
Debtors		18,366	
Cash at bank and in hand		15,657	
		<u>34,023</u>	
CREDITORS			
Amounts falling due within one year		66,140	
		<u></u>	
NET CURRENT LIABILITIES			<u>(32,117)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			28,940
PROVISIONS FOR LIABILITIES			<u>7,085</u>
NET ASSETS			<u><u>21,855</u></u>
CAPITAL AND RESERVES			
Called up share capital	4		1,000
Profit and loss account			20,855
			<u>21,855</u>
SHAREHOLDERS' FUNDS			<u><u>21,855</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 November 2009

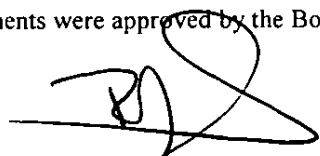
The members have not required the company to obtain an audit of its financial statements for the period ended 30 November 2009 in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 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 Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The financial statements were approved by the Board of Directors on 2 June 2010 and were signed on its behalf by



Mr B W Jones - Director

The notes form part of these abbreviated accounts

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE PERIOD 4 NOVEMBER 2008 TO 30 NOVEMBER 2009**

1 ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements are prepared on a going concern basis

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 April 2008)

Exemption from preparing a cash flow statement

Exemption has been taken from preparing a cash flow statement on the grounds that the company qualifies as a small company

Turnover

Turnover represents net invoiced sales of services, excluding value added tax

Franchise rights

Franchise rights, being the amount paid in connection with the acquisition of a franchise in 2008, are being amortised over its estimated useful economic life of five years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life

Short leasehold	- 10% on cost
Fixtures and fittings	- 20% on reducing balance

Deferred tax

Deferred tax is recognised, without discounting, in respect of all timing differences between the treatment of certain items for taxation and accounting purposes, which have arisen but not reversed by the balance sheet date, except as required by the FRSSE

Deferred tax is measured at the rates that are expected to apply when the timing differences are expected to reverse, based on the tax rates and law enacted at the balance sheet date

2 INTANGIBLE FIXED ASSETS

	Total £
COST	
Additions	26,431
At 30 November 2009	26,431
AMORTISATION	
Charge for period	5,286
At 30 November 2009	5,286
NET BOOK VALUE	
At 30 November 2009	21,145

A & B FITNESS LIMITED (REGISTERED NUMBER: 06739226)

**NOTES TO THE ABBREVIATED ACCOUNTS - continued
FOR THE PERIOD 4 NOVEMBER 2008 TO 30 NOVEMBER 2009**

3 TANGIBLE FIXED ASSETS

	Total
	£
COST	
Additions	49,110
	<hr/>
At 30 November 2009	49,110
	<hr/>
DEPRECIATION	
Charge for period	9,198
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At 30 November 2009	9,198
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NET BOOK VALUE	
At 30 November 2009	39,912
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4 CALLED UP SHARE CAPITAL

Allotted, issued and fully paid			
Number	Class	Nominal value	£
		£1	
1,000	Ordinary		1,000
			<hr/> <hr/>