

**REGISTERED NUMBER: 07133124 (England and Wales)**

**ABBREVIATED UNAUDITED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2013**

**FOR**

**AB SALUTE GYM LTD**

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**FOR THE YEAR ENDED 31 MARCH 2013**

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**AB SALUTE GYM LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 MARCH 2013**

**DIRECTORS:**

C J Hall  
M D Skipp

**REGISTERED OFFICE:**

79 Wingletye Lane  
Hornchurch  
Essex  
RM11 3AT

**BUSINESS ADDRESS:**

Units 2 - 3  
Avenue Industrial Estate  
Southend Arterial Road  
Romford  
Essex  
RM3 0HS

**REGISTERED NUMBER:**

07133124 (England and Wales)

**ACCOUNTANTS:**

S J WALKER & CO  
Chartered Certified Accountants  
79 Wingletye Lane  
Hornchurch  
Essex  
RM11 3AT

**ABBREVIATED BALANCE SHEET**  
**31 MARCH 2013**

	Notes	2013 £	£	2012 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		189,478		157,985
<b>CURRENT ASSETS</b>					
Stocks		12,560		8,822	
Debtors		151,443		10,922	
Cash at bank and in hand		59,358		119,121	
		<u>223,361</u>		<u>138,865</u>	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>246,271</u>		<u>237,063</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(22,910)</u>		<u>(98,198)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>166,568</u>		<u>59,787</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		1,300		1,300
Profit and loss account			<u>165,268</u>		<u>58,487</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>166,568</u>		<u>59,787</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2013.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2013 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 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.
- (b)

**ABBREVIATED BALANCE SHEET - continued**

**31 MARCH 2013**

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 21 October 2013 and were signed on its behalf by:

C J Hall - Director

The notes form part of these abbreviated accounts

**NOTES TO THE ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2013**

**1. ACCOUNTING POLICIES**

**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).

**Turnover**

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

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

Plant and machinery etc                      - 25% on reducing balance

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Hire purchase and leasing commitments**

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

**2. TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
At 1 April 2012	205,295
Additions	62,033
At 31 March 2013	<u>267,328</u>
<b>DEPRECIATION</b>	
At 1 April 2012	47,310
Charge for year	30,540
At 31 March 2013	<u>77,850</u>
<b>NET BOOK VALUE</b>	
At 31 March 2013	<u>189,478</u>
At 31 March 2012	<u>157,985</u>

**NOTES TO THE ABBREVIATED ACCOUNTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2013**

**3. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2013 £	2012 £
1,000	Ordinary 'A' shares	£1	1,000	1,000
100	Ordinary 'B' shares	£1	100	100
100	Ordinary 'C' shares	£1	100	100
100	Ordinary 'D' shares	£1	100	100
			<u>1,300</u>	<u>1,300</u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.