

Registered Number

7679955

24/7 FITNESS LIMITED

ABBREVIATED UNAUDITED ACCOUNTS

PERIOD ENDING 30th JUNE 2012

SATURDAY

COMPANIES HOUSE



A24R7F7V

A34

23/03/2013

#274

24/7 FITNESS LIMITED
ABBREVIATED BALANCE SHEET 30 JUNE 2012

	Notes	2012 £	2012 £
Fixed Assets			
Tangible Assets	2		171,091
Current Assets			
Stock		630	
Debtors	3	25,457	
Cash at Bank		62,150	
			88,237
Creditors			
Amounts falling due within one year			
Accruals & Other Creditors		17,022	
Loans		24,000	
			41,022
Net current assets			218,306
Creditors			
Amounts falling due after more than one year			
Loans	4	64,285	
Total assets less current liabilities			154,021
Capital and reserves			
Called up share capit	5	100	
Profit and Loss		3,921	
Revaluation Reserve		150,000	
Shareholders funds			154,021

2477 FITNESS LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE PERIOD ENDING 30TH JUNE 2012

These accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime
For the year ending 31 December 2011 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 report in accordance with section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for:

- a) ensuring that the company keeps proper accounting records which comply with Section 386 and
- b) preparing accounts 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 Section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company

S. J. Chivers

Sarah Chivers
Director
Approved by the board on 21/03/13

24/7 FITNESS LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE PERIOD ENDING 30TH JUNE 2012

1 ACCOUNTING POLICIES

Accounting convention

The accounts have been prepared in accordance with the Companies Act 2006

The financial statements have been prepared under the historical convention as modified by the revaluation of certain fixed assets and in accordance with all applicable accounting standards

Turnover

Turnover represents the invoiced value of goods and services supplied by the company, net of value added tax

Depreciation

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

Plant & Machinery	17% straightline
Buildings	10% straightline

Deferred Tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

Valuation information and policy

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

Fixed asset surpluses arising from revaluations of plant and machinery are taken direct to the revaluation reserve

24/7 FITNESS LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE PERIOD ENDING 30TH JUNE 2012

2. TANGIBLE FIXED ASSETS

	Plant & Machinery	Buildings	Total
Cost or Valuation			
Opening Balance 23/6/11	0	0	0
Additions	16,178	7,475	23,653
Revaluations	150,000	0	150,000
Disposals	0	0	0
Closing Balance 30/06/12	166,178	7,475	173,653
Depreciation			
Opening Balance 23/6/11	0	0	0
Additions	2,126	436	2,562
Charge for yr	0	0	0
Disposals	0	0	0
Closing Balance 30/06/12	2,126	436	2,562
Net Book Value 30/06/12	164,052	7,039	171,091

Plant & machinery were revalued during the period on the basis of open market value for existing use
The historical cost of the plant & machinery included at valuation at 30/6/12 of £164,052 was £14,052

4 Debtors

Debtors include £Nil falling due after more than one year

4 LOANS

Creditors include **2012**
£

Amounts falling due for payment after more than five years -

The loan balance is due to Twenty Four Seven Fitness Ltd

S Chivers is director and shareholder of 24/7 Fitness Ltd and Twenty Four Seven Fitness Ltd

5 CALLED UP SHARE CAPITAL	2012 No	2012 £
Authorised		
Ordinary shares £1 each	100	100
Allotted, called up and fully paid	100	100
Ordinary shares £1 each		