Registered Number SC262583

ACADEMY OF FITNESS LTD.

Abbreviated Accounts

31 January 2011

ACADEMY OF FITNESS LTD. **Registered Number SC262583**

Balance Sheet as at 31 January 2011

	Notes	2011		2010	
		£	£	£	£
Fixed assets					
Tangible	2		693		0
Total fixed assets			693		0
Current assets					
Debtors		396		1,296	
Cash at bank and in hand		1,405		3,326	
Total current assets		1,801		4,622	
Creditors: amounts falling due within one year		(2,200)		(4,355)	
Net current assets			(399)		267
Total assets less current liabilities			294		267
Total net Assets (liabilities)			294		267
Capital and reserves					
Called up share capital			1		1
Profit and loss account			293		266
Shareholders funds			294		267

a. For the year ending 31 January 2011 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
c. The directors acknowledge their responsibility for:
    i. ensuring the company keeps accounting records which comply with Section 386; and
    ii. 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 is applicable to the company.
d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 26 October 2011

And signed on their behalf by:
Paul Harvey , Director

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 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 January 2011

1 **Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

Turnover

Turnover represents net invoiced sales of goods, excluding 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 and Machinery	33.00%	Reducing Balance

2 **Tangible fixed assets**

Cost	£
At 31 January 2010	0
additions	1,034
disposals	
revaluations	
transfers	
At 31 January 2011	1,034
Depreciation	
At 31 January 2010	0
Charge for year	341
on disposals	
At 31 January 2011	341
Net Book Value	
At 31 January 2010	0
At 31 January 2011	693