

**Registered Number SC262583**

**ACADEMY OF FITNESS LTD.**

**Abbreviated Accounts**

**31 January 2013**

## Abbreviated Balance Sheet as at 31 January 2013

	<i>Notes</i>	<i>2013</i>	<i>2012</i>
		£	£
<b>Fixed assets</b>			
Tangible assets	2	7,398	2,566
		<u>7,398</u>	<u>2,566</u>
<b>Current assets</b>			
Debtors		11,660	4,740
Cash at bank and in hand		4,414	3,151
		<u>16,074</u>	<u>7,891</u>
<b>Creditors: amounts falling due within one year</b>		<u>(3,913)</u>	<u>(2,752)</u>
<b>Net current assets (liabilities)</b>		<u>12,161</u>	<u>5,139</u>
<b>Total assets less current liabilities</b>		<u>19,559</u>	<u>7,705</u>
<b>Total net assets (liabilities)</b>		<u>19,559</u>	<u>7,705</u>
<b>Capital and reserves</b>			
Called up share capital	3	1	1
Profit and loss account		19,558	7,704
<b>Shareholders' funds</b>		<u>19,559</u>	<u>7,705</u>

- For the year ending 31 January 2013 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 29 November 2013

And signed on their behalf by:

**P H Harvey, Director**

**Notes to the Abbreviated Accounts for the period ended 31 January 2013****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 net invoiced sales of goods, excluding value added tax.

**Tangible assets depreciation policy**

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

Plant & machinery - 33% on reducing balance & 25% on reducing balance

**2 Tangible fixed assets**

	£
<b>Cost</b>	
At 1 February 2012	4,171
Additions	7,572
Disposals	-
Revaluations	-
Transfers	-
At 31 January 2013	<u>11,743</u>
<b>Depreciation</b>	
At 1 February 2012	1,605
Charge for the year	2,740
On disposals	-
At 31 January 2013	<u>4,345</u>
<b>Net book values</b>	
At 31 January 2013	<u>7,398</u>
At 31 January 2012	<u>2,566</u>

**3 Called Up Share Capital**

Allotted, called up and fully paid:

	2013	2012
	£	£
1 Ordinary shares of £1 each	1	1

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