

Company No: 5729710

**LADY & MAN FITNESS LIMITED**  
**ABBREVIATED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31/12/2007**

MONDAY



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26/01/2009

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COMPANIES HOUSE

**LADY & MAN FITNESS LIMITED**

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**LADY & MAN FITNESS LIMITED**  
**ABBREVIATED BALANCE SHEET AS AT 31/12/2007**

	<u>Notes</u>	<u>2007</u>	<u>2006/2007</u>
		£	£
<b><u>CALLED UP SHARE CAPITAL NOT PAID</u></b>		0,00	0,00
<b><u>FIXED ASSETS</u></b>			
Intangible Assets	2	7.343,00	6.787,00
Tangible Assets	3	<u>2.863,89</u>	<u>3191,00</u>
		10.206,89	9.978,00
<b><u>CURRENT ASSETS</u></b>			
Stocks		0,00	0,00
Debtors		856,58	2.866,71
Cash at bank and in hand		<u>1.717,65</u>	<u>4.253,54</u>
		2.574,23	7.120,25
<b><u>PREPAYMENTS AND ACCRUED INCOME</u></b>		0,00	0,00
<b><u>CREDITORS</u></b>			
Amounts falling due within one year		<u>-1.984,59</u>	<u>-1.376,97</u>
<b><u>NET CURRENT ASSETS</u></b>		589,64	5.743,28
<b><u>TOTAL ASSETS LESS CURRENT LIABILITIES</u></b>		10.796,53	15.721,28
<b><u>CREDITORS</u></b>			
Amounts falling due after more than one year		0,00	0,00
<b><u>PROVISIONS FOR LIABILITIES AND CHARGES</u></b>		<u>-2.683,57</u>	<u>-2.090,69</u>
<b><u>NET ASSETS</u></b>		<u>8.112,96</u>	<u>13.630,58</u>
<b><u>CAPITAL AND RESERVES</u></b>			
Called up share capital	4	0,73	0,68
Loss previous year		0,00	0,00
Other reserves		14.744,64	1.039,15
Profit and loss account		<u>-6.632,41</u>	<u>12.590,75</u>
Shareholders' funds		<u>8.112,96</u>	<u>13.630,58</u>


The director has acknowledged his responsibility for preparing accounts which give a true and fair view of the company and of its profit for the year then ended in accordance with the requirements of Section 226 of the Companies Act 1985 and which other wise comply with the requirements of this Act relating to accounts, so far as applicable to this company.

The director has acknowledged his responsibility for ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985.

The accounts are prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The director has confirmed that no notice has been deposited under Section 249B(2) of the Companies Act 1985.

The director has taken advantage of the Companies Act 1985 in not having these accounts audited under Section 249A(1) (total exemption).

20/01/2008   
**Director's Signature**

**LADY & MAN FITNESS LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 31/12/2007**

**1. ACCOUNTING POLICIES**

**Basis of accounting**

There have been no changes in accounting policies during the year. The accounts have been prepared under the historical cost convention and with the Financial Standard for Smaller Entities (FRSSE, effective January 2007).

The company has taken advantage of the exemptions in the Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small company.

**Currency**

The business of the company and its total transactions are conducted exclusively in the currency of European EURO. Therefore all relevant information available as at 31/12/2007 had to be translated into British £ applying the exchange rate circulated by the Bank of England regarding the accounting reference date. To the extent this report also includes accounts subject to reports filed with the Companies House of preceeding financial years this could lead to differences according to a change of exchange rates between the present and preceeding accountimng reference dates. Where such differences occur they are explicitelty shown in the report.

**Turnover**

Turnover comprises the value of sales excluding value added tax and trade discounts.

**Intangible and tangible fixed assets and depreciation**

Depreciation has been provided at the following rates in order to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives. The rates and methods relating to a whole calendar year generally applicable are:

Goodwill	0,00 % reducing balance
Piece of sports equipment	12,50 - 16,67 % reducing balance
Computers	33,33 % reducing balance

**2. INTANGIBLE FIXED ASSETS**

**Cost**

At 31/03/2007	6.787,00
Change in value to different exchange rates 31/03/2007 -	556,00
	<u>7.343,00</u>

<b>Acquisitions in 2007</b>	0,00
<b>Disposals in 2007</b>	0,00
<b>Transfers in 2007</b>	0,00
	<u>0,00</u>

**Depreciation**

At 31/03/2007	0,00
Change in value to different exchange rates 31/03/2007 -	0,00
	<u>0,00</u>

Charge for year 2007	0,00
Cummulated as at 31/12/2007	<u>0,00</u>

**Net Book Value**

At 31/03/2007	6.787,00
Change in value to different exchange rates 31/03/2007 -	556,00
	<u>7.343,00</u>
At 31/12/2007	<u>7.343,00</u>

**3. TANGIBLE FIXED ASSETS**

Total  
£

**Cost**

At 31/03/2007	3.167,96
Change in value to different exchange rates 31/03/2007 -	
31/12/2007	284,45
	<u>3.452,41</u>

Acquisitions in 2007

0,00

Disposals in 2007

0,00

Transfers in 2007

0,00

0,00**Depreciation**

At 31/03/2007	250,49
Change in value to different exchange rates 31/03/2007 -	
31/12/2007	22,49
	<u>272,98</u>

Charge for year 2007

588,51

Cummulated as at 31/12/2007

588,51**Net Book Value**

At 31/03/2007	3.167,96
Change in value to different exchange rates 31/03/2007 -	
31/12/2007	284,45
	<u>3.452,41</u>
At 31/12/2007	<u>2.863,89</u>

**4. SHARE CAPITAL**

2007  
£

2006/2007  
£

Authorised:

12500 ordinary shares of € 1.00 each

9.178,758.483,75

Allotted, called up and fully paid

1 ordinary shares of € 1.00 each

0,730,68