

Company Registration No 08488780 (England and Wales)

**XERCISE4LESS (NOTTINGHAM) LIMITED**

**ABBREVIATED ACCOUNTS**

**FOR THE PERIOD ENDED 31 JULY 2013**

TUESDAY



\*A36SWKLD\*

A05

29/04/2014

#177

COMPANIES HOUSE

# **XERCISE4LESS (NOTTINGHAM) LIMITED**

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# XERCISE4LESS (NOTTINGHAM) LIMITED

## ABBREVIATED BALANCE SHEET

AS AT 31 JULY 2013

	Notes	2013 £	£
<b>Fixed assets</b>			
Tangible assets	2		127,482
<b>Current assets</b>			
Debtors		287,942	
Cash at bank and in hand		715	
		<u>288,657</u>	
<b>Creditors: amounts falling due within one year</b>		<u>(316,344)</u>	
<b>Net current liabilities</b>			<u>(27,687)</u>
<b>Total assets less current liabilities</b>			99,795
<b>Creditors amounts falling due after more than one year</b>			<u>(160,183)</u>
			<u>(60,388)</u>
<b>Capital and reserves</b>			
Called up share capital	3		1
Profit and loss account			<u>(60,389)</u>
<b>Shareholders' funds</b>			<u>(60,388)</u>

For the financial period ended 31 July 2013 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies

### Director's responsibilities

- The member has not required the company to obtain an audit of its financial statements for the period in question in accordance with section 476,
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

These abbreviated financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Approved by the Board and authorised for issue on 28 April 2014



J C Wright  
Director

Company Registration No 08488780

# XERCISE4LESS (NOTTINGHAM) LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE PERIOD ENDED 31 JULY 2013

### 1 Accounting policies

#### 1.1 Accounting convention

The financial statements are prepared under the historical cost convention

#### 1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated)

#### 1.3 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts supplied in the principal activities of the company and non-refundable fees received during the year. Membership fees paid in advance of the outflow of economic benefits have been deferred and are recognised in the period in which the services are provided.

#### 1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings Leasehold	over term of the lease
Fixtures, fittings & equipment	typically 10 years straight line

#### 1.5 Long term contracts

Amounts recoverable on long term contracts, which are included in debtors, are stated at the net sales value of the work done after provision for contingencies and anticipated future losses on contracts, less amounts received as progress payments on account. Excess progress payments are included in creditors as payments on account.

#### 1.6 Deferred taxation

Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted.

### 2 Fixed assets

	Tangible assets £
<b>Cost</b>	
At 15 April 2013	-
Additions	127,482
At 31 July 2013	<u>127,482</u>

# **XERCISE4LESS (NOTTINGHAM) LIMITED**

## **NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)**

***FOR THE PERIOD ENDED 31 JULY 2013***

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<b>3</b>	<b>Share capital</b>	<b>2013</b>
		<b>£</b>
	Allotted, called up and fully paid	
	1 Ordinary Share of £1 each	<b>1</b>
		<hr/> <hr/>