

Registered Number 08869779

ES PERSONAL TRAINING LTD

Abbreviated Accounts

31 October 2014

Abbreviated Balance Sheet as at 31 October 2014

	<i>Notes</i>	<i>2014</i>
		£
Called up share capital not paid		-
Fixed assets		
Intangible assets		-
Tangible assets		-
Investments		-
		<u>-</u>
		<u>-</u>
Current assets		
Stocks		-
Debtors		-
Investments		-
Cash at bank and in hand		1,255
		<u>1,255</u>
Prepayments and accrued income		-
Creditors: amounts falling due within one year		(1,230)
Net current assets (liabilities)		<u>25</u>
Total assets less current liabilities		<u>25</u>
Creditors: amounts falling due after more than one year		0
Provisions for liabilities		0
Accruals and deferred income		0
Total net assets (liabilities)		<u><u>25</u></u>
Capital and reserves		
Called up share capital		1
Share premium account		0
Revaluation reserve		0
Other reserves		0
Profit and loss account		24
Shareholders' funds		<u><u>25</u></u>

- For the year ending 31 October 2014 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 17 December 2014

And signed on their behalf by:

Emma Swinscoe, Director

Notes to the Abbreviated Accounts for the period ended 31 October 2014

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 the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers

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