

Company No 5729710

LADY & MAN FITNESS LIMITED
ABBREVIATED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31/12/2010

THURSDAY



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15/09/2011

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COMPANIES HOUSE

LADY & MAN FITNESS LIMITED

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LADY & MAN FITNESS LIMITED
ABBREVIATED BALANCE SHEET AS AT 31/12/2010

	Notes	2010		2009	
		£	£	£	£
<u>CALLED UP SHARE CAPITAL NOT PAID</u>			0,00		0,00
<u>FIXED ASSETS</u>					
Intangible Assets	2	9 888,63		8 885,00	
Tangible Assets	3	<u>18 866,37</u>		<u>3 655,07</u>	
			28 754,99		12 540,07
<u>CURRENT ASSETS</u>					
Stocks		0,00		0,00	
Debtors		15 512,86		10 916,16	
Cash at bank and in hand		<u>1 641,96</u>		<u>3 125,25</u>	
		17 154,82		14 041,42	
<u>PREPAYMENTS AND ACCRUED INCOME</u>		0,00		0,00	
<u>CREDITORS</u>					
Amounts falling due within one year		<u>-22 695,47</u>		<u>-680,76</u>	
<u>NET CURRENT ASSETS</u>			-5 540,65		13 360,66
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>			23 214,35		25 900,73
<u>CREDITORS</u>					
Amounts falling due after more than one year			0,00		0,00
<u>PROVISIONS FOR LIABILITIES AND CHARGES</u>			-2 797,48		-5 792,82
<u>NET ASSETS</u>			<u>20 416,87</u>		<u>20 107,90</u>
<u>CAPITAL AND RESERVES</u>					
Called up share capital	4		0,86		0,89
Loss previous year			0,00		0,00
Other reserves			19 391,90		11 412,77
Profit and loss account			<u>1 024,12</u>		<u>8 694,24</u>
Shareholders' funds			<u>20 416,87</u>		<u>20 107,90</u>

For the year ending 31/12/2010 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies

Directors' responsibilities

The members have not required the company to obtain an audit of its accounts for the year in question an accordance with section 476,

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 of directors on 13.09.11 (date)

and

signed on their behalf by  (Mr Thomas Dinkel - DIRECTOR)

THE UNIVERSITY OF CHICAGO
DEPARTMENT OF CHEMISTRY

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LADY & MAN FITNESS LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31/12/2010

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 April 2008).

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 31/12/2010 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 preceding financial years this could lead to differences according to a change of exchange rates between the present and preceding accounting reference dates. Where such differences occur they are explicitly 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 intangible and 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
Software	16,67 % reducing balance
Bicycles	12,50 - 16,67 % reducing balance
Computers	33,33 % reducing balance
Equipment	20,00 % reducing balance

2 INTANGIBLE FIXED ASSETS

	<u>Total</u> £
<u>Cost</u>	
At 31/12/2009	8 885,00
Change in value due to different exchange rates 31/12/2009 - 31/12/2010	-316,00
	<u>8 569,00</u>
Acquisitions 2010	1 357,33
Disposals 2010	0,00
Transfers 2010	0,00
	<u>1 357,33</u>
<u>Depreciation</u>	
At 31/12/2009	0,00
Change in value due to different exchange rates 31/12/2009 - 31/12/2010	0,00
	<u>0,00</u>
Charge for year 2010	37,70
Cumulated as at 31/12/2010	<u>37,70</u>

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CHICAGO, ILLINOIS 60637

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1. The first step is to identify the key components of the system. This involves understanding the hardware, software, and data involved. The next step is to define the scope of the project, which includes determining the goals, objectives, and constraints. This is followed by a detailed analysis of the system, including a review of the existing architecture and a assessment of the current state. The final step is to develop a plan for the implementation, which includes a timeline, resource allocation, and a risk management strategy.

[illegible]

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

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1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

[illegible]

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1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971) using a Shimadzu 1601 UV-Visible Spectrophotometer.

1. The first group of people who are not in the labor force are those who are not in the labor force because they are not in the labor force.

1. *Chlorophyll a* (Chl *a*)

Net Book Value

At 31/12/2009	8 885,00
Change in value due to different exchange rates	
31/12/2009 - 31/12/2010	<u>-316,00</u>
	<u>8 569,00</u>
At 31/12/2010	<u>9 888,63</u>

3 TANGIBLE FIXED ASSETS**Total**

£

Cost

At 31/12/2009	3 655,07
Change in value due to different exchange rates	
31/12/2009 - 31/12/2010	<u>-129,99</u>
	<u>3 525,07</u>

Acquisitions 2010

17 320,49

Disposals 2010

0,00

Transfers 2010

0,00

17 320,49**Depreciation**

At 31/12/2009	3 744,75
Change in value due to different exchange rates	
31/12/2009 - 31/12/2010	<u>-133,18</u>
	<u>3 611,57</u>

Charge for year 20101 979,20**Cumulated as at 31/12/2010**5 590,77**Net Book Value**

At 31/12/2009	3 655,07
Change in value due to different exchange rates	
31/12/2009 - 31/12/2010	<u>-129,99</u>
	<u>3 525,07</u>
At 31/12/2010	<u>18 866,37</u>

4 SHARE CAPITAL2010

£

2009

£

Allotted, called up and fully paid
1 ordinary shares of € 1 00 each

0,860,89