Company No 5729710

LADY & MAN FITNESS LIMITED

ABBREVIATED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31/12/2010

LADY & MAN FITNESS LIMITED

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LADY & MAN FITNESS LIMITED

ABBREVIATED BALANCE SHEET AS AT 31/12/2010

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

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)

[illegible]

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 preceeding financial years this could lead to differences according to a change of exchange rates between the present and preceeding accounting reference dates Where such differences occur they are explicitely 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
Bycicles	12,50 - 16,67 % reducing balance
Computers	33,33 % reducing balance
Equipment	20,00 % reducing balance

2 **INTANGIBLE FIXED ASSETS**

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

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

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	-129,99
	3 525,07
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	-133,18
	3 611,57
Charge for year 2010	1 979,20
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	-129,99
	3 525,07
At 31/12/2010	18 866,37

4 SHARE CAPITAL

	2010 £	2009 £
Allotted, called up and fully paid		
1 ordinary shares of € 1 00 each	0,86	0,89