

Company No 5729710

LADY & MAN FITNESS LIMITED
ABBREVIATED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31/12/2009

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LADY & MAN FITNESS LIMITED

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LADY & MAN FITNESS LIMITED
ABBREVIATED BALANCE SHEET AS AT 31/12/2009

	<u>Notes</u>	<u>2009</u>	<u>2008</u>
		£	£
<u>CALLED UP SHARE CAPITAL NOT PAID</u>		0,00	0,00
<u>FIXED ASSETS</u>			
Intangible Assets	2	8 885,00	9 670,00
Tangible Assets	3	<u>3 655,07</u>	<u>3 771,65</u>
		12 540,07	13 441,65
<u>CURRENT ASSETS</u>			
Stocks		0,00	0,00
Debtors		10 916,16	1 588,24
Cash at bank and in hand		<u>3 125,25</u>	<u>4 225,03</u>
		14 041,42	5 813,27
<u>PREPAYMENTS AND ACCRUED INCOME</u>		0,00	0,00
<u>CREDITORS</u>			
Amounts falling due within one year		<u>-680,76</u>	<u>-771,34</u>
<u>NET CURRENT ASSETS</u>		13 360,66	5 041,93
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		25 900,73	18 483,58
<u>CREDITORS</u>			
Amounts falling due after more than one year		0,00	0,00
<u>PROVISIONS FOR LIABILITIES AND CHARGES</u>		<u>-5 792,82</u>	<u>-4 582,40</u>
<u>NET ASSETS</u>		<u>20 107,90</u>	<u>13 901,18</u>
<u>CAPITAL AND RESERVES</u>			
Called up share capital	4	0,89	0,97
Loss previous year		0,00	0,00
Other reserves		11 412,77	5 377,79
Profit and loss account		<u>8 694,24</u>	<u>8 522,42</u>
Shareholders' funds		<u>20 107,90</u>	<u>13 901,18</u>

For the year ending 31/12/2009 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 in 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 26.12.2010 (date)

and

signed on their behalf by

Thomas Dinkel
Stella Dinkel

(Mrs Stella Dinkel - DIRECTOR)

LADY & MAN FITNESS LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31/12/2009

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 31/12/2009 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
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 31/12/2008	9 670,00
Change in value due to different exchange rates 31/12/2008 - 31/12/2009	-785,00
	<u>8 885,00</u>
Acquisitions 2009	0,00
Disposals 2009	0,00
Transfers 2009	0,00
	<u>0,00</u>
<u>Depreciation</u>	
At 31/12/2008	0,00
Change in value due to different exchange rates 31/12/2008 - 31/12/2009	0,00
	<u>0,00</u>
Charge for year 2009	0,00
Cumulated as at 31/12/2009	<u>0,00</u>

<u>Net Book Value</u>		
At 31/12/2008		9 670,00
Change in value due to different exchange rates 31/12/2008 - 31/12/2009		<u>-785,00</u>
		<u>8 885,00</u>
At 31/12/2009		<u>8 885,00</u>
3 <u>TANGIBLE FIXED ASSETS</u>		Total
		£
<u>Cost</u>		
At 31/12/2008		3 771,65
Change in value due to different exchange rates 31/12/2008 - 31/12/2009		<u>-306,18</u>
		<u>3 465,47</u>
Acquisitions 2009		1 705,08
Disposals 2009		0,00
Transfers 2009		<u>0,00</u>
		<u>1 705,08</u>
<u>Depreciation</u>		
At 31/12/2008		2 426,23
Change in value due to different exchange rates 31/12/2008 - 31/12/2009		<u>-196,96</u>
		<u>2 229,27</u>
Charge for year 2009		<u>1 515,48</u>
Cumulated as at 31/12/2009		<u>3 744,75</u>
<u>Net Book Value</u>		
At 31/12/2008		3 771,65
Change in value due to different exchange rates 31/12/2008 - 31/12/2009		<u>-306,18</u>
		<u>3 465,47</u>
At 31/12/2009		<u>3 655,07</u>
4 <u>SHARE CAPITAL</u>	<u>2009</u>	<u>2008</u>
	£	£
Authorised		
12500 ordinary shares of €1 00 each	<u>11 106,25</u>	<u>12 087,50</u>
Allotted, called up and fully paid		
1 ordinary shares of € 1 00 each	<u>0,89</u>	<u>0,97</u>