

REGISTERED NUMBER 06739226 (England and Wales)

**ABBREVIATED UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 30 NOVEMBER 2010
FOR
A & B FITNESS LIMITED**

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FOR THE YEAR ENDED 30 NOVEMBER 2010**

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A & B FITNESS LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 30 NOVEMBER 2010

DIRECTORS

Mr B W Jones
Miss A M Acreman

REGISTERED OFFICE

13-14 Gelliwastad Road
Pontypridd
Rhondda Cynon Taf
CF37 2BW

REGISTERED NUMBER

06739226 (England and Wales)

ACCOUNTANTS

Sullivans Chartered Accountants
13-14 Gelliwastad Road
Pontypridd
Rhondda Cynon Taf
CF37 2BW

A & B FITNESS LIMITED (REGISTERED NUMBER: 06739226)

**ABBREVIATED BALANCE SHEET
30 NOVEMBER 2010**

	Notes	30/11/10 £	£	30/11/09 £	£
FIXED ASSETS					
Intangible assets	2		15 859		21 145
Tangible assets	3		33 606		39,912
			<u>49,465</u>		<u>61,057</u>
CURRENT ASSETS					
Debtors		22,210		18,366	
Cash at bank and in hand		8 093		15 657	
		<u>30 303</u>		<u>34 023</u>	
CREDITORS					
Amounts falling due within one year		70,542		66,140	
		<u>70,542</u>		<u>66,140</u>	
NET CURRENT LIABILITIES			(40 239)		(32 117)
TOTAL ASSETS LESS CURRENT LIABILITIES			9 226		28,940
PROVISIONS FOR LIABILITIES			6 065		7,085
NET ASSETS			<u>3,161</u>		<u>21 855</u>
CAPITAL AND RESERVES					
Called up share capital	4		1 000		1 000
Profit and loss account			2 161		20 855
			<u>3,161</u>		<u>21 855</u>
SHAREHOLDERS' FUNDS			<u>3,161</u>		<u>21 855</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2010

The members have not required the company to obtain an audit of its financial statements for the year ended 30 November 2010 in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company

The notes form part of these abbreviated accounts

A & B FITNESS LIMITED (REGISTERED NUMBER: 06739226)

ABBREVIATED BALANCE SHEET - continued
30 NOVEMBER 2010

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The financial statements were approved by the Board of Directors on 30 June 2011 and were signed on its behalf by

A handwritten signature in black ink, appearing to be 'B W Jones', with a long horizontal stroke extending to the right.

Mr B W Jones - Director

The notes form part of these abbreviated accounts

A & B FITNESS LIMITED (REGISTERED NUMBER: 06739226)

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 NOVEMBER 2010**

1 ACCOUNTING POLICIES

Basis of preparing the financial statements

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

Therefore the financial statements have been prepared on a going concern basis

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Exemption from preparing a cash flow statement

Exemption has been taken from preparing a cash flow statement on the grounds that the company qualifies as a small company

Turnover

Turnover represents net invoiced sales of services, excluding value added tax

Franchise rights

Franchise rights, being the amount paid in connection with the acquisition of a franchise in 2008 are being amortised over its estimated useful economic life of five years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life

Short leasehold	- 10% on cost
Fixtures and fittings	- 20% on reducing balance

Deferred tax

Deferred tax is recognised, without discounting, in respect of all timing differences between the treatment of certain items for taxation and accounting purposes, which have arisen but not reversed by the balance sheet date, except as required by the FRSSE

Deferred tax is measured at the rates that are expected to apply when the timing differences are expected to reverse based on the tax rates and law enacted at the balance sheet date

2 INTANGIBLE FIXED ASSETS

	Total £
COST	
At 1 December 2009	
and 30 November 2010	26,431
AMORTISATION	
At 1 December 2009	5,286
Charge for year	5,286
At 30 November 2010	10,572
NET BOOK VALUE	
At 30 November 2010	15,859
At 30 November 2009	21,145

A & B FITNESS LIMITED (REGISTERED NUMBER: 06739226)

**NOTES TO THE ABBREVIATED ACCOUNTS - continued
FOR THE YEAR ENDED 30 NOVEMBER 2010**

3 TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 December 2009	49 110
Additions	1 309
	<hr/>
At 30 November 2010	50 419
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DEPRECIATION	
At 1 December 2009	9,198
Charge for year	7,615
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At 30 November 2010	16,813
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NET BOOK VALUE	
At 30 November 2010	33 606
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At 30 November 2009	39 912
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4 CALLED UP SHARE CAPITAL

Allotted issued and fully paid Number Class	Nominal value £1	30/11/10 £	30/11/09 £
1,000 Ordinary		1,000	1,000
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