

Abbreviated Unaudited Accounts for the Year Ended 30 November 2012

for

A & B Fitness Ltd

Contents of the Abbreviated Accounts
for the Year Ended 30 November 2012

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	4
Report of the Accountants	6

A & B Fitness Ltd

Company Information
for the Year Ended 30 November 2012

DIRECTORS:

B W Jones
Miss A M Acreman

SECRETARY:

REGISTERED OFFICE:

Victoria House
Cardiff Road
Quakers Yard
Merthyr Tydfil
CF46 5DU

REGISTERED NUMBER:

06739226 (England and Wales)

ACCOUNTANTS:

Diamond Accounting Group
Enterprise House
Navigation Park
Abercynon
Mountain Ash
Rhondda Cynon Taff
CF45 4SN

Abbreviated Balance Sheet

30 November 2012

	Notes	30.11.12 £	£	30.11.11 £	£
FIXED ASSETS					
Intangible assets	2		5,287		10,573
Tangible assets	3		<u>26,823</u>		<u>30,070</u>
			32,110		40,643
CURRENT ASSETS					
Debtors	4	7,637		21,776	
Cash at bank and in hand		<u>2,863</u>		<u>6,891</u>	
		10,500		28,667	
CREDITORS					
Amounts falling due within one year		<u>56,525</u>		<u>66,859</u>	
NET CURRENT LIABILITIES			(46,025)		(38,192)
TOTAL ASSETS LESS CURRENT LIABILITIES			(13,915)		2,451
PROVISIONS FOR LIABILITIES			3,234		3,941
NET LIABILITIES			<u>(17,149)</u>		<u>(1,490)</u>
CAPITAL AND RESERVES					
Called up share capital	5		1,000		1,000
Profit and loss account			<u>(18,149)</u>		<u>(2,490)</u>
SHAREHOLDERS' FUNDS			<u>(17,149)</u>		<u>(1,490)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2012.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 November 2012 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) 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.
- (b)

A & B Fitness Ltd (Registered number: 06739226)

Abbreviated Balance Sheet - continued

30 November 2012

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 9 August 2013 and were signed on its behalf by:

B W Jones - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Year Ended 30 November 2012

1. **ACCOUNTING POLICIES**

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).

Turnover

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

Tangible fixed assets

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

Land and buildings	- 10% on cost
Plant and machinery etc	- 33% on reducing balance and 10% on reducing balance

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. **INTANGIBLE FIXED ASSETS**

	Total £
COST	
At 1 December 2011 and 30 November 2012	<u>26,431</u>
AMORTISATION	
At 1 December 2011	15,858
Amortisation for year	<u>5,286</u>
At 30 November 2012	<u>21,144</u>
NET BOOK VALUE	
At 30 November 2012	<u>5,287</u>
At 30 November 2011	<u>10,573</u>

3. **TANGIBLE FIXED ASSETS**

	Total £
COST	
At 1 December 2011 and 30 November 2012	<u>50,419</u>
DEPRECIATION	
At 1 December 2011	20,349
Charge for year	<u>3,247</u>
At 30 November 2012	<u>23,596</u>
NET BOOK VALUE	
At 30 November 2012	<u>26,823</u>
At 30 November 2011	<u>30,070</u>

Notes to the Abbreviated Accounts - continued
for the Year Ended 30 November 2012

4. **DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

The aggregate total of debtors falling due after more than one year is £ 6,000

5. **CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	30.11.12 £	30.11.11 £
1,000	Ordinary	1	<u>1,000</u>	<u>1,000</u>

A & B Fitness Ltd

Report of the Accountants to the Directors of
A & B Fitness Ltd

The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to five) have been prepared.

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 30 November 2012 set out on pages nil to nil and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.

Diamond Accounting Group
Enterprise House
Navigation Park
Abercynon
Mountain Ash
Rhondda Cynon Taff
CF45 4SN

Date:

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.