

**Registered Number 07352835**

**1-2-1 Fitness Suite Limited**

**Abbreviated Accounts**

**31 August 2012**

**1-2-1 Fitness Suite Limited**

**Registered Number 07352835**

**Company Information**

**Registered Office:**

Third Floor, Scottish Mutual House  
27-29 North Street  
Hornchurch  
Essex  
RM11 1RS

**Reporting Accountants:**

Havard & Associates

Third Floor, Scottish Mutual House  
27-29 North Street  
Hornchurch  
Essex  
RM11 1RS

1-2-1 Fitness Suite Limited

Registered Number 07352835

Balance Sheet as at 31 August 2012

	Notes	2012	2011
		£	£
<b>Fixed assets</b>			
Tangible	2	559	655
		<u>559</u>	<u>655</u>
<b>Current assets</b>			
Cash at bank and in hand		0	3
Total current assets		<u>0</u>	<u>3</u>
<b>Creditors: amounts falling due within one year</b>		(8,785)	(8,543)
<b>Net current assets (liabilities)</b>		(8,785)	(8,540)
<b>Total assets less current liabilities</b>		<u>(8,226)</u>	<u>(7,885)</u>
<b>Total net assets (liabilities)</b>		<u>(8,226)</u>	<u>(7,885)</u>
<b>Capital and reserves</b>			
Called up share capital	3	2	2
Profit and loss account		(8,228)	(7,887)
<b>Shareholders funds</b>		<u>(8,226)</u>	<u>(7,885)</u>

a. For the year ending 31 August 2012 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- c. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 17 April 2013

And signed on their behalf by:

**D Ellis, Director**

**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 1068 of the Companies Act 2006.**

## Notes to the Abbreviated Accounts

For the year ending 31 August 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 goods, excluding value added tax.

**Deferred tax**

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

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Short leasehold	20% on reducing balance
Computer equipment	20% on reducing balance

2 **Tangible fixed assets**

		<b>Total</b>
<b>Cost</b>		<b>£</b>
At 01 September 2011	-	<u>819</u>
At 31 August 2012	-	<u>819</u>
<b>Depreciation</b>		
At 01 September 2011		164
Charge for year	-	<u>96</u>
At 31 August 2012	-	<u>260</u>
<b>Net Book Value</b>		
At 31 August 2012		559
At 31 August 2011	-	<u>655</u>

3 **Share capital**

<b>2012</b>	<b>2011</b>
<b>£</b>	<b>£</b>

**Allotted, called up and fully paid:**

2 Ordinary Shares shares of £1 each

2

2