

Registered Number 06690487

AA FITNESS (LINCOLN) LIMITED

Abbreviated Accounts

30 September 2009

Balance Sheet as at 30 September 2009

	Notes	2009	
		£	£
Fixed assets			
Intangible	2	10,530	
Tangible	3	<u>18,932</u>	-
Total fixed assets		29,462	
Current assets			
Stocks		280	
Debtors		2,818	
Cash at bank and in hand		5,556	
Total current assets		<u>8,654</u>	-
Creditors: amounts falling due within one year		(54,212)	
Net current assets		(45,558)	
Total assets less current liabilities		<u>(16,096)</u>	-
Total net Assets (liabilities)		(16,096)	
Capital and reserves			
Called up share capital	4	2	
Profit and loss account		<u>(16,098)</u>	-
Shareholders funds		<u>(16,096)</u>	-

- a. For the year ending 30 September 2009 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- 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 responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; and
 - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- 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 02 June 2010

And signed on their behalf by:

A D Mathias, 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 30 September
2009

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

Turnover

Turnover represents the total invoice value of services provided during the year and derives from the provision of services falling within the company's ordinary activities.

Depreciation

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

Fixtures and Fittings 10.00% Straight Line

2 Intangible fixed assets

Cost Or Valuation	£
Additions	11,700
At 30 September 2009	<u>11,700</u>
Depreciation	
Charge for year	1,170
At 30 September 2009	<u>1,170</u>
Net Book Value	
At 30 September 2009	<u>10,530</u>

Patents are valued at cost less accumulated amortisation.
Amortisation is calculated to write off the cost in equal instalments over their estimated useful life of 10 years.

3 Tangible fixed assets

Cost	£
At	
additions	20,000
disposals	
revaluations	
transfers	
At 30 September 2009	<u>20,000</u>
Depreciation	
At	

Charge for year on disposals	1,068
At 30 September 2009	<u>1,068</u>

Net Book Value At At 30 September 2009	<u>18,932</u>
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4 Share capital

	2009
	£
Authorised share capital:	
100 Ordinary of £1.00 each	100
Allotted, called up and fully paid:	
2 Ordinary of £1.00 each	2