

Registered Number 05859388

1-2-1 PILATES LIMITED

Abbreviated Accounts

30 June 2016

Abbreviated Balance Sheet as at 30 June 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
Fixed assets			
Tangible assets	2	7,391	8,507
		<u>7,391</u>	<u>8,507</u>
Current assets			
Cash at bank and in hand		66	221
		<u>66</u>	<u>221</u>
Creditors: amounts falling due within one year		(21,532)	(20,163)
Net current assets (liabilities)		<u>(21,466)</u>	<u>(19,942)</u>
Total assets less current liabilities		<u>(14,075)</u>	<u>(11,435)</u>
Total net assets (liabilities)		<u>(14,075)</u>	<u>(11,435)</u>
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		(14,076)	(11,436)
Shareholders' funds		<u>(14,075)</u>	<u>(11,435)</u>

- For the year ending 30 June 2016 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- 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 on 17 March 2017

And signed on their behalf by:

A Tusch, Director

Notes to the Abbreviated Accounts for the period ended 30 June 2016**1 Accounting Policies****Basis of measurement and preparation of accounts**

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover policy

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

Tangible assets depreciation policy

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment - Between 5 and 10 years straight line

Other accounting policies**Deferred taxation**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more, or a right to pay less or to receive more, tax, with the following exceptions:

Deferred tax assets are recognised only to the extent that the directors consider that it is more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted.

Deferred tax is measured on an undiscounted basis at the tax rates that are expected to apply in the periods in which timing differences reverse, based on tax rates and laws enacted or substantively enacted at the balance sheet date.

Going concern

The accounts are prepared on a going concern basis which assumes the continued support of the company director.

2 Tangible fixed assets

	£
Cost	
At 1 July 2015	10,606
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 30 June 2016	<u>10,606</u>
Depreciation	

At 1 July 2015	2,099
Charge for the year	1,116
On disposals	-
At 30 June 2016	<u>3,215</u>
Net book values	
At 30 June 2016	<u>7,391</u>
At 30 June 2015	<u>8,507</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	<i>2016</i>	<i>2015</i>
	£	£
1 Ordinary shares of £1 each	1	1

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