

Abbreviated Unaudited Accounts for the Year Ended 31 August 2015

for

1-2-1 Fitness Suite Limited

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for the Year Ended 31 August 2015

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1-2-1 Fitness Suite Limited

Company Information  
for the Year Ended 31 August 2015

**DIRECTORS:** D Ellis  
D J Ellis

**SECRETARY:** D J Ellis

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

**REGISTERED NUMBER:** 07352835 (England and Wales)

**ACCOUNTANTS:** Havard & Associates  
Third Floor, Scottish Mutual House  
27-29 North Street  
Hornchurch  
Essex  
RM11 1RS

Abbreviated Balance Sheet  
31 August 2015

	Notes	31.8.15 £	£	31.8.14 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		3,103		3,878
<b>CURRENT ASSETS</b>					
Debtors		6,000		-	
Cash at bank		<u>291</u>		<u>2</u>	
		6,291		2	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>7,263</u>		<u>3,766</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(972)</u>		<u>(3,764)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>2,131</u>		<u>114</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		2		2
Profit and loss account			<u>2,129</u>		<u>112</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>2,131</u>		<u>114</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2015.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2015 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)

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 10 May 2016 and were signed on its behalf by:

D Ellis - Director

Notes to the Abbreviated Accounts  
for the Year Ended 31 August 2015

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 - 20% on reducing balance  
Plant and machinery etc - 20% 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.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

	Total £
<b>COST</b>	
At 1 September 2014 and 31 August 2015	<u>6,319</u>
<b>DEPRECIATION</b>	
At 1 September 2014	2,441
Charge for year	<u>775</u>
At 31 August 2015	<u>3,216</u>
<b>NET BOOK VALUE</b>	
At 31 August 2015	<u>3,103</u>
At 31 August 2014	<u>3,878</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:			
Number:            Class:	Nominal value:	31.8.15	31.8.14
	£1	£	£
2                    Ordinary Shares		<u>2</u>	<u>2</u>

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.