

REGISTERED NUMBER
4212708
England and Wales

THE PHYSIO & PILATES CENTRE LTD

ABBREVIATED ACCOUNTS

FOR THE PERIOD

FROM 1 APRIL 2004
TO 31 MARCH 2005

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ABBREVIATED BALANCE SHEET - 31 MARCH 2005

	Notes	2005 £	2004 £
Fixed assets	2		
Intangible assets		4200	4800
Tangible assets		4920	2802
Investments		<u>0</u>	<u>0</u>
		9120	7602
Current assets			
Stocks		<u>0</u>	<u>0</u>
Debtors	3	<u>0</u>	<u>0</u>
Cash at bank and in hand		9551	13378
		<u>9551</u>	<u>13378</u>
Creditors: amounts falling due within one year	4	<u>7700</u>	<u>19399</u>
Net current assets		<u>1851</u>	<u>-6021</u>
Total assets less current liabilities		10971	1581
Creditors: amounts falling due after more than one year	4	<u>0</u>	<u>0</u>
Net assets		<u>10971</u>	<u>1581</u>
Capital and reserves			
Called up share capital	5	1	1
Share premium account		0	0
Revaluation reserve		0	0
Profit and loss account		<u>10970</u>	<u>1580</u>
Shareholders' funds		<u>10971</u>	<u>1581</u>

For the financial period ended 31 March 2005 the company was entitled to exemption from audit under section 249A(1) Companies Act 1985 and no notice has been deposited under section 249B(2). The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 221 and preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the period and of its profit or loss for the financial period in accordance with the requirements of section 226 and which otherwise comply with the requirements of the Companies Act 1985, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions relating to small companies within Part V11 of the Companies Act 1985.

Signed on behalf of
the board of directors


Julia Mary Di Domenico
Director

Approved by the board:

17 June 2005

NOTES TO THE ACCOUNTS - 31 MARCH 2005

1 Accounting policies**Basis of Accounting**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

Turnover

Turnover represents the net invoiced value of fees excluding Vat.

Tangible Fixed Assets

Depreciation is provided, after taking account of any grants receivable, at the following annual rates in order to write off each asset over its estimated useful life:

Plant & machinery, etc	-	25% wdv
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Stocks

Stocks and work in progress are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items. Cost includes all direct expenditure and an appropriate proportion of fixed and variable overheads.

Deferred Taxation

Provision is made at current rates for taxation deferred in respect of all materials timing differences except to the extent that, in the opinion of the directors, there is reasonable probability that the liability will not arise in the foreseeable future.

Leased Assets

Rentals applicable to operating leases, where substantially all of the benefits and risks of ownership remain with the lessor, are charged against profit as incurred.

Assets held under finance leases and hire purchase contracts are capitalised and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability. The interest element of rental obligations is charged to profit and loss account over the period of the lease at a constant proportion of the outstanding balance of capital repayments.

Pension Costs

Contributions in respect of the company's defined contribution pension scheme are charged to the profit and loss account for the period in which they are payable to the scheme.

NOTES TO THE ACCOUNTS - 31 MARCH 2005

2 Fixed assets

	Intangible assets £	Tangible fixed assets £	Investments £	Total £
Cost or valuation				
At 31 MARCH 2004	6000	5415	0	11415
Additions	0	3758	0	3758
Revaluation	0	0	0	0
Disposals	0	0	0	0
At 31 MARCH 2005	<u>6000</u>	<u>9173</u>	<u>0</u>	<u>15173</u>
Depreciation				
At 31 MARCH 2004	1200	2613	0	3813
On disposals	0	0	0	0
Charge for the period	600	1640	0	2240
At 31 MARCH 2005	<u>1800</u>	<u>4253</u>	<u>0</u>	<u>6053</u>
Net book values				
At 31 MARCH 2004	<u>4800</u>	<u>2802</u>	<u>0</u>	<u>7602</u>
At 31 MARCH 2005	<u>4200</u>	<u>4920</u>	<u>0</u>	<u>9120</u>

3 Debtors

Debtors include an amount of £ 0 (2004 - £0)
falling due after more than one year.

4 Creditors

Creditors include the following;

	2005 £	2004 £
Bank loans not wholly repayable within five years		
- repayable within five years	0	0
- repayable after five years	<u>0</u>	<u>0</u>
	0	0
Bank overdraft	<u>0</u>	<u>0</u>
	<u>0</u>	<u>0</u>

NOTES TO THE ACCOUNTS - 31 MARCH 2005

5 Called up share capital

		2005 £	2004 £
Authorised -	100 ordinary shares of £1 each	<u>100</u>	<u>100</u>
Allotted, called up and fully paid	1 ordinary shares of £1 each	<u>1</u>	<u>1</u>

6 Related party transactions

There were no related party transactions during the period.