

REGISTERED NUMBER
4212708
England and Wales

THE PHYSIO & PILATES CENTRE LTD
ABBREVIATED ACCOUNTS
FOR THE PERIOD

FROM 1 APRIL 2009
TO 31 MARCH 2010

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THURSDAY



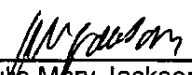
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COMPANIES HOUSE

ABBREVIATED BALANCE SHEET - 31 MARCH 2010

	Notes	2010 £	2009 £
Fixed assets	2		
Intangible assets		7263	6503
Tangible assets		1200	1800
Investments		0	0
		<u>8463</u>	<u>8303</u>
Current assets			
Stocks		0	0
Debtors	3	1725	1725
Cash at bank and in hand		9483	8860
		<u>11208</u>	<u>10585</u>
Creditors amounts falling due within one year	4	<u>18571</u>	<u>15324</u>
Net current assets		<u>-7363</u>	<u>-4739</u>
Total assets less current liabilities		1100	3564
Creditors amounts falling due after more than one year	4	0	0
Net assets		<u>1100</u>	<u>3564</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>1099</u>	<u>3563</u>
Shareholders' funds		<u>1100</u>	<u>3564</u>

For the financial period ended 31 March 2010 the directors consider that the company is entitled to exemption from audit under section 477(2) Companies Act 2006. The members have not required the company to obtain an audit under section 476. The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Companies Act 2006 and preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its profit or loss for the financial period 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.

These abbreviated accounts have been prepared in accordance with the special provisions relating to small companies within the Companies Act 2006.


 Julia Mary Jackson
 Director

Approved by the board

5 July 2010

NOTES TO THE ACCOUNTS - 31 MARCH 2010

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 1 January 2007)

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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Deferred Taxation

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

NOTES TO THE ACCOUNTS - 31 MARCH 2010

2 Fixed assets

	Intangible assets £	Tangible fixed assets £	Investments £	Total £
Cost or valuation				
At 31 MARCH 2009	6000	18715	0	24715
Additions	0	3181	0	3181
Revaluation	0	0	0	0
Disposals	0	0	0	0
At 31 MARCH 2010	<u>6000</u>	<u>21896</u>	<u>0</u>	<u>27896</u>
Depreciation				
At 31 MARCH 2009	4200	12212	0	16412
On disposals	0	0	0	0
Charge for the period	600	2421	0	3021
At 31 MARCH 2010	<u>4800</u>	<u>14633</u>	<u>0</u>	<u>19433</u>
Net book values				
At 31 MARCH 2009	<u>1800</u>	<u>6503</u>	<u>0</u>	<u>8303</u>
At 31 MARCH 2010	<u>1200</u>	<u>7263</u>	<u>0</u>	<u>8463</u>

3 Debtors

Debtors include an amount of £ 0 (2009 - £0)
falling due after more than one year

4 Creditors

Creditors include the following,

	2010 £	2009 £
Bank loans not wholly repayable within five years		
- repayable within five years	0	0
- repayable after five years	<u>0</u>	<u>0</u>
Bank overdraft	<u>0</u>	<u>0</u>
	<u>0</u>	<u>0</u>

NOTES TO THE ACCOUNTS - 31 MARCH 2010

5 Called up share capital

		2010 £	2009 £
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