

**REGISTERED NUMBER            04212708**

**THE PHYSIO & PILATES CENTRE LTD**

**ABBREVIATED ACCOUNTS**

**31 March 2011**

**MICHAEL JAMES KENYON**  
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**THE PHYSIO & PILATES CENTRE LTD**  
**Abbreviated Balance Sheet**  
**as at 31 March 2011**

**Registered Number 04212708**

|                                                               | <b>Notes</b> | <b>2011</b>  | <b>2010</b>  |
|---------------------------------------------------------------|--------------|--------------|--------------|
|                                                               |              | <b>£</b>     | <b>£</b>     |
| <b>Fixed assets</b>                                           |              |              |              |
| Intangible assets                                             | 2            | 600          | 1200         |
| Tangible assets                                               | 3            | 5947         | 7263         |
| Investments                                                   |              | 0            | 0            |
| <b>Total fixed assets</b>                                     |              | <b>6547</b>  | <b>8463</b>  |
| <b>Current assets</b>                                         |              |              |              |
| Stocks                                                        |              | 0            | 0            |
| Debtors                                                       | 4            | 1762         | 1725         |
| Investments held as current assets                            |              | 0            | 0            |
| Cash at bank and in hand                                      |              | 5668         | 9483         |
| <b>Creditors. amounts falling due within one year</b>         |              | <b>7430</b>  | <b>11208</b> |
|                                                               |              | <b>11418</b> | <b>18571</b> |
| <b>Net current liabilities</b>                                |              | <b>-3988</b> | <b>-7363</b> |
| <b>Total assets less current liabilities</b>                  |              | <b>2559</b>  | <b>1100</b>  |
| <b>Creditors amounts falling due after more than one year</b> | 5            | 0            | 0            |
| Provisions for liabilities                                    |              | 0            | 0            |
| <b>Total net assets (liabilities)</b>                         |              | <b>2559</b>  | <b>1100</b>  |
| <b>Capital and reserves</b>                                   |              |              |              |
| Called up share capital                                       | 6            | 1            | 1            |
| Share premium account                                         |              | 0            | 0            |
| Revaluation reserve                                           |              | 0            | 0            |
| Other reserves                                                |              | 0            | 0            |
| Profit and loss account                                       |              | 2558         | 1099         |
| <b>Shareholders funds</b>                                     |              | <b>2559</b>  | <b>1100</b>  |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006

Members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime

Approved by the board on 22 June 2011

And signed on their behalf by

  
 Julia Mary Jackson

**1 Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective 6 April 2008

**Turnover**

Turnover represents the net invoiced value of fees excluding any applicable Vat

**Depreciation**

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

|                        |         |
|------------------------|---------|
| Plant & machinery, etc | 25% wdv |
|------------------------|---------|

**Deferred Taxation**

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse

**THE PHYSIO & PILATES CENTRE LTD**  
**Notes to the abbreviated accounts - continued**  
**For the year ended 31 March 2011**

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**04212708**

|          |                                                            |              |             |
|----------|------------------------------------------------------------|--------------|-------------|
| <b>2</b> | <b>Intangible fixed assets</b>                             | <b>£</b>     |             |
|          | <b>Cost</b>                                                |              |             |
|          | At 1 APRIL 2010                                            | 6000         |             |
|          | Additions                                                  | 0            |             |
|          | Disposals                                                  | 0            |             |
|          | At 31 March 2011                                           | <u>6000</u>  |             |
|          | <b>Amortisation</b>                                        |              |             |
|          | At 1 APRIL 2010                                            | 4800         |             |
|          | Provided during the year                                   | 600          |             |
|          | On disposals                                               | 0            |             |
|          | At 31 March 2011                                           | <u>5400</u>  |             |
|          | <b>Net book value</b>                                      |              |             |
|          | At 31 MARCH 2010                                           | <u>1200</u>  |             |
|          | At 31 March 2011                                           | <u>600</u>   |             |
| <b>3</b> | <b>Tangible fixed assets</b>                               |              |             |
|          | <b>Cost</b>                                                |              |             |
|          | At 1 APRIL 2010                                            | 21896        |             |
|          | Additions                                                  | 666          |             |
|          | Revaluations                                               | 0            |             |
|          | Disposals                                                  | 0            |             |
|          | At 31 March 2011                                           | <u>22562</u> |             |
|          | <b>Depreciation</b>                                        |              |             |
|          | At 1 APRIL 2010                                            | 14633        |             |
|          | Provided during the year                                   | 1982         |             |
|          | On disposals                                               | 0            |             |
|          | At 31 March 2011                                           | <u>16615</u> |             |
|          | <b>Net book value</b>                                      |              |             |
|          | At 1 APRIL 2010                                            | <u>7263</u>  |             |
|          | At 31 March 2011                                           | <u>5947</u>  |             |
| <b>4</b> | <b>Debtors</b>                                             | <b>2011</b>  | <b>2010</b> |
|          |                                                            | <b>£</b>     | <b>£</b>    |
|          | Debtors include                                            |              |             |
|          | Amounts due after more than one year                       | <u>0</u>     | <u>0</u>    |
| <b>5</b> | <b>Loans</b>                                               | <b>2011</b>  | <b>2010</b> |
|          |                                                            | <b>£</b>     | <b>£</b>    |
|          | Creditors include                                          |              |             |
|          | Amounts falling due for payment after more than five years | <u>0</u>     | <u>0</u>    |
|          | Secured bank loans                                         | <u>0</u>     | <u>0</u>    |

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| <b>6</b> | <b>Share capital</b>               | <b>Nominal<br/>value</b> | <b>2011<br/>Number</b> | <b>2011<br/>£</b>   | <b>2010<br/>£</b> |
|----------|------------------------------------|--------------------------|------------------------|---------------------|-------------------|
|          | Allotted, called up and fully paid |                          |                        |                     |                   |
|          | Ordinary shares                    | £1 each                  | 1                      | 1                   | 1                 |
|          | B Ordinary shares                  | £1 each                  | 0                      | 0                   | 0                 |
|          |                                    |                          |                        | 1                   | 1                 |
|          | Preference shares                  | £1 each                  | 0                      | 0                   | 0                 |
|          |                                    |                          |                        | 1                   | 1                 |
|          |                                    |                          |                        | <u>1</u>            | <u>1</u>          |
|          | Shares issued during the period    | <b>Nominal<br/>value</b> | <b>Number</b>          | <b>Amount<br/>£</b> |                   |
|          | Ordinary shares                    | £1 each                  | 0                      | 0                   |                   |
|          | B Ordinary shares                  | £1 each                  | 0                      | 0                   |                   |
|          |                                    |                          |                        | 0                   |                   |
|          | Preference shares                  | £1 each                  | 0                      | 0                   |                   |
|          |                                    |                          |                        | 0                   |                   |
|          |                                    |                          |                        | <u>0</u>            |                   |