

Registered Number 04800607

ENERGIZE DANCE & FITNESS LIMITED

Abbreviated Accounts

30 June 2008

ENERGIZE DANCE & FITNESS LIMITED

Registered Number 04800607

Balance Sheet as at 30 June 2008

	Notes	2008 £	£	2007 £	£
Fixed assets					
Tangible	2		36,690		38,110
Total fixed assets			36,690		38,110
Current assets					
Stocks		8,000		8,000	
Debtors		2,247		1,636	
Cash at bank and in hand		7,046		3,913	
Total current assets		<u>17,293</u>		<u>13,549</u>	
Creditors: amounts falling due within one year		(20,914)		(21,354)	
Net current assets			(3,621)		(7,805)
Total assets less current liabilities			<u>33,069</u>		<u>30,305</u>
Creditors: amounts falling due after one year			(24,074)		(26,687)
Total net Assets (liabilities)			8,995		3,618
Capital and reserves					
Called up share capital			2		2
Profit and loss account			8,993		3,616
Shareholders funds			<u>8,995</u>		<u>3,618</u>

- a. For the year ending 30 June 2008 the company was entitled to exemption under section 249A(1) of the Companies Act 1985.
- b. The members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 221; and
 - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. The accounts have been prepared in accordance with the special provisions in Part VII of the Companies Act 1985 relating to small companies

Approved by the board on 28 April 2009

And signed on their behalf by:

S. Reece-Buck, Director

This document was delivered using electronic communications and authenticated in accordance with section 707B(2) of the Companies Act 1985.

Notes to the abbreviated accounts

For the year ending 30 June 2008

1 Accounting policies

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

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 net invoiced sales of goods/services excluding value added tax

Depreciation

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

Fixtures and Fittings 15.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At 30 June 2007	44,835
additions	6,241
disposals	
revaluations	
transfers	
At 30 June 2008	<u>51,076</u>
Depreciation	
At 30 June 2007	6,725
Charge for year	7,661
on disposals	
At 30 June 2008	<u>14,386</u>
Net Book Value	
At 30 June 2007	38,110
At 30 June 2008	<u>36,690</u>

3 Transactions with directors

The company was under the joint control of Mr S.Reece-Buck and Mrs K. Reece-Buck throughout the year.

4 Related party disclosures

No transaction with related parties were undertaken such as required to be disclosed under the Financial Reporting Standards for Smaller Entities.