

Registered Number 04800607

ENERGIZE DANCE & FITNESS LIMITED

Abbreviated Accounts

31 May 2009

ENERGIZE DANCE & FITNESS LIMITED

Registered Number 04800607

Balance Sheet as at 31 May 2009

	Notes	2009 £	£	2008 £	£
Fixed assets					
Tangible	2		<u>30,250</u>		<u>36,690</u>
Total fixed assets			30,250		36,690
Current assets					
Stocks		8,000		8,000	
Debtors		1,200		2,247	
Cash at bank and in hand		6,899		7,046	
Total current assets		<u>16,099</u>		<u>17,293</u>	
Creditors: amounts falling due within one year		(7,923)		(20,914)	
Net current assets			8,176		(3,621)
Total assets less current liabilities			<u>38,426</u>		<u>33,069</u>
Creditors: amounts falling due after one year			(21,900)		(24,074)
Total net Assets (liabilities)			16,526		8,995
Capital and reserves					
Called up share capital			2		2
Profit and loss account			<u>16,524</u>		<u>8,993</u>
Shareholders funds			<u>16,526</u>		<u>8,995</u>

- a. For the year ending 31 May 2009 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; 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 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 25 February 2010

And signed on their behalf by:

K. Reece-Buck, Director

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 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 May 2009

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)

Turnover

Turnover represents net invoiced sales of goods 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% Straight Line

2 Tangible fixed assets

Cost	£
At 30 June 2008	51,076
additions	1,436
disposals	
revaluations	
transfers	
At 31 May 2009	<u>52,512</u>
Depreciation	
At 30 June 2008	14,386
Charge for year	7,876
on disposals	
At 31 May 2009	<u>22,262</u>
Net Book Value	
At 30 June 2008	36,690
At 31 May 2009	<u>30,250</u>

3 Related party disclosures

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