

Registered Number 04800607

ENERGIZE DANCE & FITNESS LIMITED

Abbreviated Accounts

31 May 2011

ENERGIZE DANCE & FITNESS LIMITED

Registered Number 04800607

Balance Sheet as at 31 May 2011

	Notes	2011	2010
		£	£
Fixed assets			
Tangible	2	16,246	23,125
Total fixed assets		16,246	23,125
Current assets			
Stocks		8,000	8,000
Debtors			3,595
Cash at bank and in hand		6,335	5,719
Total current assets		14,335	17,314
Creditors: amounts falling due within one year		(5,372)	(6,776)
Net current assets		8,963	10,538
Total assets less current liabilities		25,209	33,663
Creditors: amounts falling due after one year		(14,564)	(18,283)
Total net Assets (liabilities)		10,645	15,380
Capital and reserves			
Called up share capital		2	2
Profit and loss account		10,643	15,378
Shareholders funds		10,645	15,380

- a. For the year ending 31 May 2011 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 27 February 2012

And signed on their behalf by:

S 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 2011

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 January 2005)

Stocks Stock is valued at the lower of cost and net realisable value.

Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Depreciation

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

Plant and Machinery 15.00% Straight Line

2 Tangible fixed assets

Cost	£
At 31 May 2010	53,395
additions	1,331
disposals	
revaluations	
transfers	
At 31 May 2011	<u>54,726</u>
Depreciation	
At 31 May 2010	30,270
Charge for year	8,210
on disposals	
At 31 May 2011	<u>38,480</u>
Net Book Value	
At 31 May 2010	23,125
At 31 May 2011	<u>16,246</u>