

VO2 FIT LIMITED
ABBREVIATED UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2016

VO2 FIT LIMITED
ABBREVIATED BALANCE SHEET
AS AT 31 MARCH 2016

	Notes	2016 £	2015 £
Fixed assets			
Tangible assets	<u>2</u>	2,946	3,683
Current assets			
Debtors		656	-
Cash at bank and in hand		934	3,564
		<u>1,590</u>	<u>3,564</u>
Creditors: amounts falling due within one year		(4,366)	(5,911)
Net current liabilities		<u>(2,776)</u>	<u>(2,347)</u>
Net assets		<u>170</u>	<u>1,336</u>
Capital and reserves			
Called up share capital	<u>3</u>	100	100
Profit and loss account		70	1,236
Total shareholders' funds		<u>170</u>	<u>1,336</u>

For the year ending 31 March 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Approved by the board on 23 September 2016

Mr C Newton
Director

Company Registration No. 6525035

VO2 FIT LIMITED
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2016

1 Accounting policies

Basis of preparation

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

Turnover

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

Tangible fixed assets policy

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

Plant & machinery	20%
Motor vehicles	20%

2 Tangible fixed assets

	Plant & machinery	Motor vehicles	Total
	£	£	£
Cost			
At 1 April 2015	13,020	9,738	22,758
At 31 March 2016	13,020	9,738	22,758
Depreciation			
At 1 April 2015	10,816	8,259	19,075
Charge for the year	441	296	737
At 31 March 2016	11,257	8,555	19,812
Net book value			
At 31 March 2016	1,763	1,183	2,946
At 31 March 2015	2,204	1,479	3,683

3 Share capital

	2016	2015
	£	£
Allotted, called up and fully paid:		
100 Ordinary shares of £1 each	100	100

