Registered Number 06541571

CENTRAL FITNESS LIMITED

Abbreviated Accounts

31 March 2011

CENTRAL FITNESS LIMITED **Registered Number 06541571**

Balance Sheet as at 31 March 2011

	Notes	2011		2010	
		£	£	£	£
Fixed assets					
Tangible	2		16,888		19,869
Total fixed assets			16,888		19,869
Current assets					
Cash at bank and in hand		1,639		1,604	
Total current assets		1,639		1,604	
Creditors: amounts falling due within one year		(1,137)		(2,094)	
Net current assets			502		(490)
Total assets less current liabilities			17,390		19,379
Creditors: amounts falling due after one year			(21,000)		(21,000)
Total net Assets (liabilities)			(3,610)		(1,621)
Capital and reserves					
Called up share capital			100		100
Profit and loss account			(3,710)		(1,721)
Shareholders funds			(3,610)		(1,621)

a. For the year ending 31 March 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 22 December 2011

And signed on their behalf by:
MOHAMMED ASHFAQ RAZZAQ, 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 March 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 June 2002)

Depreciation

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

Plant and Machinery	25.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At 31 March 2010	27,500
additions	
disposals	
revaluations	
transfers	
At 31 March 2011	27,500
Depreciation	
At 31 March 2010	7,631
Charge for year	2,981
on disposals	
At 31 March 2011	10,612
Net Book Value	
At 31 March 2010	19,869
At 31 March 2011	16,888