

Registered Number 06541571

CENTRAL FITNESS LIMITED

Abbreviated Accounts

31 March 2012

CENTRAL FITNESS LIMITED

Registered Number 06541571

Balance Sheet as at 31 March 2012

	Notes	2012	2011
		£	£
Fixed assets			
Tangible	2	14,355	16,888
Total fixed assets		14,355	16,888
Current assets			
Cash at bank and in hand		1,334	1,639
Total current assets		1,334	1,639
Creditors: amounts falling due within one year		(1,022)	(1,137)
Net current assets		312	502
Total assets less current liabilities		14,667	17,390
Creditors: amounts falling due after one year		(18,500)	(21,000)
Total net Assets (liabilities)		(3,833)	(3,610)
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(3,933)	(3,710)
Shareholders funds		(3,833)	(3,610)

- a. For the year ending 31 March 2012 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 31 December 2012

And signed on their behalf by:

MOHAMMED A 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 2012

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 15.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At 31 March 2011	27,500
additions	
disposals	
revaluations	
transfers	
At 31 March 2012	<u>27,500</u>
Depreciation	
At 31 March 2011	10,612
Charge for year	2,533
on disposals	
At 31 March 2012	<u>13,145</u>
Net Book Value	
At 31 March 2011	16,888
At 31 March 2012	<u>14,355</u>