

Registered Number 07577310

APS FITNESS LIMITED

Abbreviated Accounts

31 March 2013

Abbreviated Balance Sheet as at 31 March 2013

	<i>Notes</i>	<i>2013</i>	<i>2012</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets	2	6,400	8,000
		<u>6,400</u>	<u>8,000</u>
Current assets			
Debtors		4,355	5,087
Cash at bank and in hand		278	8,834
		<u>4,633</u>	<u>13,921</u>
Creditors: amounts falling due within one year		<u>(4,983)</u>	<u>(4,911)</u>
Net current assets (liabilities)		<u>(350)</u>	<u>9,010</u>
Total assets less current liabilities		<u>6,050</u>	<u>17,010</u>
Creditors: amounts falling due after more than one year		<u>(25,365)</u>	<u>(28,399)</u>
Total net assets (liabilities)		<u>(19,315)</u>	<u>(11,389)</u>
Capital and reserves			
Called up share capital	3	100	100
Profit and loss account		(19,415)	(11,489)
Shareholders' funds		<u>(19,315)</u>	<u>(11,389)</u>

- For the year ending 31 March 2013 the company was entitled to exemption 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 directors acknowledge their 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.

Approved by the Board on 14 December 2013

And signed on their behalf by:

M.Lovett, Director

Notes to the Abbreviated Accounts for the period ended 31 March 2013

1 Accounting Policies

Basis of measurement and preparation of accounts

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 policy

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

Tangible assets depreciation policy

Depreciation has been provided at 25% on a reducing balance basis in order to write off the assets over their estimated useful lives.

2 Tangible fixed assets

	£
Cost	
At 1 April 2012	10,546
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 March 2013	<u>10,546</u>
Depreciation	
At 1 April 2012	2,546
Charge for the year	1,600
On disposals	-
At 31 March 2013	<u>4,146</u>
Net book values	
At 31 March 2013	<u>6,400</u>
At 31 March 2012	<u>8,000</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2013	2012
	£	£
100 Ordinary shares of £1 each	100	100

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 1072 of the Companies Act 2006.