REGISTERED NUMBER: 08081521 (England and Wales)

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 MAY 2016

FOR

A & A FITNESS LIMITED

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for the year ended 31 MAY 2016

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A & A FITNESS LIMITED

COMPANY INFORMATION
for the year ended 31 MAY 2016

DIRECTORS:	B M Allen Ms K Friel
REGISTERED OFFICE:	1 High Street Thatcham Berks RG19 3JG
REGISTERED NUMBER:	08081521 (England and Wales)
ACCOUNTANTS:	C B Heslop And Company Limited Chartered Accountants 1 High Street Thatcham Berks RG19 3JG

ABBREVIATED BALANCE SHEET
31 MAY 2016

	Notes	31.5.16 £	£	31.5.15 £	£
FIXED ASSETS					
Tangible assets	2		22,721		28,289
CURRENT ASSETS					
Debtors		8,134		8,146	
Cash at bank		3,894		2,018	
		12,028		10,164	
CREDITORS					
Amounts falling due within one year		21,671		35,942	
NET CURRENT LIABILITIES			(9,643)		(25,778)
TOTAL ASSETS LESS CURRENT LIABILITIES			13,078		2,511
CAPITAL AND RESERVES					
Called up share capital	3		1,874		1,874
Share premium			19,626		19,626
Profit and loss account			(8,422)		(18,989)
SHAREHOLDERS' FUNDS			13,078		2,511

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2016 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 12 February 2017 and were signed on its behalf by:

B M Allen - Director

The notes form part of these abbreviated accounts

NOTES TO THE ABBREVIATED ACCOUNTS
for the year ended 31 MAY 2016

1. ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover
Turnover represents net invoiced sales of goods, excluding value added tax.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fitness Equipment - 20% on reducing balance

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 June 2015 and 31 May 2016	45,322
DEPRECIATION	
At 1 June 2015	17,033
Charge for year	5,568
At 31 May 2016	22,601
NET BOOK VALUE	
At 31 May 2016	22,721
At 31 May 2015	28,289

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.5.16 £	31.5.15 £
1,874	ordinary	£1	1,874	1,874

4. ULTIMATE CONTROLLING PARTY

Mr B M Allen and Ms K Friel, directors, control the company by virtue of a combined controlling interest of 80% of the issued ordinary voting share capital.

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.