

Abbreviated Unaudited Accounts for the Year Ended 30 June 2016

for

Muscle Factory Gym Ltd

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for the Year Ended 30 June 2016**

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Muscle Factory Gym Ltd

**Company Information
for the Year Ended 30 June 2016**

DIRECTORS:

Miss S Juresiute
A Gudzinskas

REGISTERED OFFICE:

11 Palewell Close
Orpington
Kent
BR5 3BX

REGISTERED NUMBER:

08099672 (England and Wales)

ACCOUNTANTS:

Incisive Accounting Limited
Netwise House
24 Old Jamaica Road
Bermondsey
London
SE16 4AW

**Abbreviated Balance Sheet
30 June 2016**

	Notes	30/6/16 £	£	30/6/15 £	£
FIXED ASSETS					
Tangible assets	2		25,767		28,600
CURRENT ASSETS					
Debtors		12,000		12,000	
Cash at bank and in hand		<u>1,795</u>		<u>2,015</u>	
		13,795		14,015	
CREDITORS					
Amounts falling due within one year		<u>86,215</u>		<u>44,572</u>	
NET CURRENT LIABILITIES			<u>(72,420)</u>		<u>(30,557)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(46,653)</u>		<u>(1,957)</u>
CAPITAL AND RESERVES					
Called up share capital	3		1,000		1,000
Profit and loss account			<u>(47,653)</u>		<u>(2,957)</u>
SHAREHOLDERS' FUNDS			<u>(46,653)</u>		<u>(1,957)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 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 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.
- (b)

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 28 March 2017 and were signed on its behalf by:

Miss S Juresiute - Director

A Gudzinskas - Director

**Notes to the Abbreviated Accounts
for the Year Ended 30 June 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.

Plant and machinery	- 20% on cost
Fixtures and fittings	- 25% on cost
Computer equipment	- 33% on cost

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.

Going concern

The company has prepared its accounts on the going concern basis as it will continue to be supported by its directors.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 July 2015	48,025
Additions	8,987
At 30 June 2016	<u>57,012</u>
DEPRECIATION	
At 1 July 2015	19,425
Charge for year	11,820
At 30 June 2016	<u>31,245</u>
NET BOOK VALUE	
At 30 June 2016	<u>25,767</u>
At 30 June 2015	<u>28,600</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	30/6/16 £	30/6/15 £
1,000	Ordinary A	£1	<u>1,000</u>	<u>1,000</u>

**Notes to the Abbreviated Accounts - continued
for the Year Ended 30 June 2016**

4. ULTIMATE CONTROLLING PARTY

The company is controlled by the directors who own the entire issued 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.