SPROGS YOUTH FITNESS LIMITED

Company Registration Number:
SC345490 (Scotland)

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st August 2010

End date: 31st July 2011

SUBMITTED

SPROGS YOUTH FITNESS LIMITED

Company Information
for the Period Ended 31st July 2011

Director:	Andrew Weir Catherine Weir
Registered office:	Energie Fitness Shokk Youth Gym Kingscourt Douglas Road Dundee DD4 7SN GBR
Company Registration Number:	SC345490 (Scotland)

SPROGS YOUTH FITNESS LIMITED

Abbreviated Balance sheet
As at 31st July 2011

	Notes	2011 £	2010 £
Fixed assets			
Intangible assets:	2	**11,250**	12,750
Tangible assets:	3	**9,357**	10,731
Total fixed assets:		**20,607**	23,481
Current assets			
Debtors:		**1,398**	259
Cash at bank and in hand:		**1,200**	67
Total current assets:		**2,598**	326
Creditors			
Creditors: amounts falling due within one year	4	**48,750**	36,915
Net current assets (liabilities):		**(46,152)**	(36,589)
Total assets less current liabilities:		**(25,545)**	(13,108)
Creditors: amounts falling due after more than one year:	5	**89,223**	85,096
Total net assets (liabilities):		**(114,768)**	(98,204)

The notes form part of these financial statements

SPROGS YOUTH FITNESS LIMITED

Abbreviated Balance sheet
As at 31st July 2011
continued

	Notes	2011 £	2010 £
Capital and reserves			
Called up share capital:	6	**100**	100
Profit and Loss account:		**(114,868)**	(98,304)
Total shareholders funds:		**(114,768)**	(98,204)

For the year ending 31 July 2011 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 and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 25 April 2012

SIGNED ON BEHALF OF THE BOARD BY:

Name: Catherine Weir
Status: Director

The notes form part of these financial statements

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

1. Accounting policies

Basis of measurement and preparation of accounts

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Turnover policy

The Turnover shown in the Profit and Loss account represents the value of all goods sold during the period, less returns received, at selling price exclusive of value added tax. Sales are recognised at the point at which the company has fulfilled its contractual obligations and the risks and rewards attaching to the product , such as obsolescence, have been transferred to the customer.

Tangible fixed assets depreciation policy

Depreciation is calculated so as to write off the cost of an asset, net of anticipated disposal proceeds, over the useful economic life of that asset as follows: Gym Equipment -10% Straight Line Office & Computer Equipment - 15% Reducing Balance

Intangible fixed assets amortisation policy

Amortisation is calculated so as to write off the cost of an asset, net of anticipated disposal proceeds, over the estimated useful economic life of that asset as follows: Franchise Fee - 10% straight line

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts
for the Period Ended 31st July 2011

2. Intangible assets

	Total
Cost	**£**
At 01st August 2010:	15,000
	15,000
Amortisation	**£**
At 01st August 2010:	2,250
Provided during the period:	1,500
At 31st July 2011:	**3,750**
Net book value	**£**
At 31st July 2011:	**11,250**
At 31st July 2010:	**12,750**

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts
for the Period Ended 31st July 2011

3. Tangible assets

	Total
Cost	**£**
At 01st August 2010:	13,372
At 31st July 2011:	13,372
Depreciation	
At 01st August 2010:	2,641
Charge for year:	1,374
At 31st July 2011:	4,015
Net book value	
At 31st July 2011:	9,357
At 31st July 2010:	10,731

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts
for the Period Ended 31st July 2011

4. Creditors: amounts falling due within one year

	2011 £	2010 £
Bank loans and overdrafts:	31,710	30,999
Trade creditors:	6,137	1,806
Taxation and social security:	5,804	3,874
Accruals and deferred income:	1,392	-
Other creditors:	3,707	236
Total:	**48,750**	**36,915**

The Bank Current Account overdraft and RBS Loan Account of £31,710 are secured by the company

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts
for the Period Ended 31st July 2011

5. Creditors: amounts falling due after more than one year

	2011 £	2010 £
Bank loans and overdrafts:	23,118	27,328
Other creditors:	66,105	57,768
Total:	**89,223**	**85,096**

The RBS Loan of £21,118 is secured by the company

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts
for the Period Ended 31st July 2011

6. Called up share capital

Allotted, called up and paid

Previous period			2010
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	100	1.00	**100**
Total share capital:			**100**

Current period			2011
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	100	1.00	**100**
Total share capital:			**100**

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

7. Related party disclosures

Name of the ultimate controlling party during the period:	Andrew Weir
Name of related party:	Triodam Ltd
Relationship:	Andrew Weir is a Director & Shareholder of Triodam Ltd
Description of the transaction:	The company rents premises from Triodam Ltd. Rent payable during the period was £3,000

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.