SPROGS YOUTH FITNESS LIMITED

Company Registration Number:
SC345490 (Scotland)

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st August 2011

End date: 31st July 2012

SUBMITTED

SPROGS YOUTH FITNESS LIMITED

Company Information
for the Period Ended 31st July 2012

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 2012

	Notes	2012 £	2011 £
Fixed assets			
Intangible assets:	2	**9,750**	11,250
Tangible assets:	3	**7,983**	9,357
Total fixed assets:		**17,733**	20,607
Current assets			
Debtors:		**1,353**	1,398
Cash at bank and in hand:		**54**	1,200
Total current assets:		**1,407**	2,598
Creditors			
Creditors: amounts falling due within one year		**47,301**	48,750
Net current assets (liabilities):		**(45,894)**	(46,152)
Total assets less current liabilities:		**(28,161)**	(25,545)
Creditors: amounts falling due after more than one year:		**100,780**	89,223
Total net assets (liabilities):		**(128,941)**	(114,768)

The notes form part of these financial statements

SPROGS YOUTH FITNESS LIMITED

Abbreviated Balance sheet
As at 31st July 2012
continued

	Notes	2012 £	2011 £
Capital and reserves			
Called up share capital:	4	**100**	100
Profit and Loss account:		**(129,041)**	(114,868)
Total shareholders funds:		**(128,941)**	(114,768)

For the year ending 31 July 2012 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 24 April 2013

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 2012

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, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Tangible fixed assets depreciation policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful life: Fixtures & Fittings 20% Straight Line Plant & Machinery 20% Straight Line

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 2012

2. Intangible assets

	Total
Cost	**£**
At 01st August 2011:	15,000
	15,000
Amortisation	**£**
At 01st August 2011:	3,750
Provided during the period:	1,500
At 31st July 2012:	**5,250**
Net book value	**£**
At 31st July 2012:	**9,750**
At 31st July 2011:	**11,250**

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2012

3. Tangible assets

	Total
Cost	**£**
At 01st August 2011:	13,372
At 31st July 2012:	13,372
Depreciation	
At 01st August 2011:	4,015
Charge for year:	1,374
At 31st July 2012:	5,389
Net book value	
At 31st July 2012:	7,983
At 31st July 2011:	9,357

SPROGS YOUTH FITNESS LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2012

4. Called up share capital

Allotted, called up and paid

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

Current period			**2012**
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	100	1.00	**100**
Total share capital:			**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.