Registered number
SC367159

Body Morph Fitness Ltd

Abbreviated Accounts

31 March 2016

Body Morph Fitness Ltd

Registered number: SC367159

Abbreviated Balance Sheet

as at 31 March 2016

	Notes		2016		2015
			£		£
Fixed assets					
Tangible assets	2		19,350		17,453
Current assets					
Debtors		1,375		1,375	
Investments held as current assets		88		-	
Cash at bank and in hand		17,924		15,142	
		19,387		16,517	
Creditors: amounts falling due within one year		(4,504)		(4,521)	
Net current assets			14,883		11,996
Total assets less current liabilities			34,233		29,449
Creditors: amounts falling due after more than one year			(3,190)		(4,376)
Net assets			31,043		25,073
Capital and reserves					
Called up share capital	3		100		100
Profit and loss account			30,943		24,973
Shareholders' funds			31,043		25,073

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Kenneth Muir

Director

Approved by the board on 30 November 2016

Body Morph Fitness Ltd

Notes to the Abbreviated Accounts

for the year ended 31 March 2016

1 Accounting policies

Basis of preparation

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

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.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixture & Fittings	18% straight line
Motor vehicles	0% straight line

Stocks

Stock is valued at the lower of cost and net realisable value.

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the profit and loss account.

Leasing and hire purchase commitments

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pensions

The company operates a defined contribution pension scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the

scheme.

2	Tangible fixed assets	£
	Cost	
	At 1 April 2015	25,900
	Additions	8,846
	At 31 March 2016	34,746
	Depreciation	
	At 1 April 2015	8,447
	Charge for the year	6,949
	At 31 March 2016	15,396
	Net book value	
	At 31 March 2016	19,350
	At 31 March 2015	17,453

3	Share capital	Nominal value	2016 Number	2016 £	2015 £
	Allotted, called up and fully paid:				
	Ordinary shares	£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.