Registered Number SC402513

CROSSFIT GLASGOW LTD

Abbreviated Accounts

30 June 2015

CROSSFIT GLASGOW LTD **Registered Number SC402513**

Abbreviated Balance Sheet as at 30 June 2015

	Notes	*2015*	*2014*
		£	£
Fixed assets			
Tangible assets	2	19,250	24,062
		19,250	24,062
Current assets			
Stocks		380	2,950
Debtors		6,500	6,500
Cash at bank and in hand		5,173	5,976
		12,053	15,426
Creditors: amounts falling due within one year		(5,130)	(4,220)
Net current assets (liabilities)		6,923	11,206
Total assets less current liabilities		26,173	35,268
Creditors: amounts falling due after more than one year		(37,539)	(41,656)
Total net assets (liabilities)		(11,366)	(6,388)
Capital and reserves			
Called up share capital	3	10	10
Profit and loss account		(11,376)	(6,398)
Shareholders' funds		(11,366)	(6,388)

- For the year ending 30 June 2015 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.

Approved by the Board on 27 August 2015

And signed on their behalf by:
Mr I Barbour, Director

Notes to the Abbreviated Accounts for the period ended 30 June 2015

1 Accounting Policies

Basis of measurement and preparation of accounts

The financial statements have been prepared on the going concern basis which assumes that the company will continue in operation al existence for the foreseeable future. The director, being the main creditor, is confident of the long term trading prospects of the company.

Tangible assets depreciation policy

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

Plant and machinery etc - 20% on reducing balance.

2 Tangible fixed assets

	£
Cost	
At 1 July 2014	43,679
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 30 June 2015	43,679
Depreciation	
At 1 July 2014	19,617
Charge for the year	4,812
On disposals	-
At 30 June 2015	24,429
Net book values	
At 30 June 2015	19,250
At 30 June 2014	24,062

3 Called Up Share Capital

Allotted, called up and fully paid:

	2015	*2014*
	£	£
10 Ordinary shares of £1 each	10	10

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