

Abbreviated Accounts for the Period 20 July 2015 to 31 July 2016

for

Hybrid 7 Fitness Limited

Contents of the Abbreviated Accounts
for the Period 20 July 2015 to 31 July 2016

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	4

Hybrid 7 Fitness Limited

Company Information

for the Period 20 July 2015 to 31 July 2016

DIRECTOR: Mr B J Grove

SECRETARY: Mrs C E Grove

REGISTERED OFFICE: 33 Gooding Crescent
Stevenston
Ayrshire
Scotland
KA20 4AU

REGISTERED NUMBER: SC511137 (Scotland)

ACCOUNTANTS: SCC Accountancy & Tax
94 Paterson Avenue
Irvine
KA12 9LJ

Abbreviated Balance Sheet

31 July 2016

	Notes	£	£
FIXED ASSETS			
Tangible assets	2		19,040
CURRENT ASSETS			
Debtors		80	
Cash at bank and in hand		<u>2,630</u>	
		2,710	
CREDITORS			
Amounts falling due within one year		<u>20,435</u>	
NET CURRENT LIABILITIES			<u>(17,725)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>1,315</u>
CAPITAL AND RESERVES			
Called up share capital	3		1
Profit and loss account			<u>1,314</u>
SHAREHOLDERS' FUNDS			<u>1,315</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 July 2016.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 July 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his 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)

Hybrid 7 Fitness Limited (Registered number: SC511137)

Abbreviated Balance Sheet - continued

31 July 2016

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 director on 20 August 2016 and were signed by:

Mr B J Grove - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Period 20 July 2015 to 31 July 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 etc - 10% on cost

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.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
Additions	21,156
At 31 July 2016	<u>21,156</u>
DEPRECIATION	
Charge for period	2,116
At 31 July 2016	<u>2,116</u>
NET BOOK VALUE	
At 31 July 2016	<u>19,040</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	£
1	Ordinary	£1	<u>1</u>

1 Ordinary share of £1 was issued during the period for cash of £ 1 .

4. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES

At the 31st July 2016, the Company owed Mr Barry Grove £19,335, this loan is interest free and has no fixed repayment terms.

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.