REGISTERED NUMBER: SC511363 (Scotland)

Abbreviated Accounts For The Period 22 July 2015 to 31 July 2016

for

AG Fitness Training Limited

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For The Period 22 July 2015 to 31 July 2016

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AG Fitness Training Limited

Company Information
For The Period 22 July 2015 to 31 July 2016

DIRECTOR:	A I Graydon
REGISTERED OFFICE:	Block 2,Unit 1 Oakbank Industrial Estate Garscube Road Glasgow G20 7LU
REGISTERED NUMBER:	SC511363 (Scotland)
ACCOUNTANTS:	Robb Ferguson Chartered Accountants Regent Court 70 West Regent Street Glasgow G2 2QZ

Abbreviated Balance Sheet
31 July 2016

	Notes	£	£
FIXED ASSETS			
Tangible assets	2		**41,290**
CURRENT ASSETS			
Debtors		**13,567**	
Cash at bank		**1,877**	
		15,444	
CREDITORS			
Amounts falling due within one year		**64,636**	
NET CURRENT LIABILITIES			**(49,192)**
TOTAL ASSETS LESS CURRENT LIABILITIES			**(7,902)**
CAPITAL AND RESERVES			
Called up share capital	3		**1**
Profit and loss account			**(7,903)**
SHAREHOLDERS' FUNDS			**(7,902)**

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

(b) 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.

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 11 April 2017 and were signed by:

A I Graydon - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
For The Period 22 July 2015 to 31 July 2016

1. **ACCOUNTING POLICIES**

Basis of preparing the financial statements
In accordance with his responsibility as director, the director has considered the appropriateness of the going concern basis for the preparation of the financial statement.

The company meets its day to day working capital requirements through loans from the director. the director confirms that further sums will be advanced as necessary and no repayments will be made until the company is in an adequate position to do so. On this basis, the director considers it appropriate to prepare the financial statement on a going concern basis. the financial statements do not include any adjustments that might result from withdrawal of the loans.

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.

Short leasehold	- over the period of lease
Fixed plant and equipment	- 20% on reducing balance

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events that result in an obligation to pay more tax in the future, or a right to pay less tax in the future, have occured at the balance sheet date. Timing differences are differences between the company's taxable profits and its results stated in the financial statements that arise from the inclusion of gains and losses in tax assessments from those in which they are recogfinancialhe finanacial statements. Deferred tax assets are recognised to the extent they are recoverable and where future taxable profits are anticipated.

Deferred tax is measured at the average tax rates that are expected to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantially enacted by the balance sheet date. Deferred tax is measured on a non-discounted basis.

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	42,005
At 31 July 2016	42,005
DEPRECIATION	
Charge for period	715
At 31 July 2016	715
NET BOOK VALUE	
At 31 July 2016	41,290

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3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	£
1	Ordinary shares	£1	1

1 Ordinary shares share of £1 was allotted and fully paid for cash at par during the period.

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.