

Registered Number 04535083

S T FITNESS LIMITED

Abbreviated Accounts

30 September 2013

Abbreviated Balance Sheet as at 30 September 2013

	Notes	2013	2012
		£	£
Fixed assets			
Tangible assets	2	14,672	12,941
		<u>14,672</u>	<u>12,941</u>
Current assets			
Stocks		547	765
Debtors		596	-
Cash at bank and in hand		3,744	1,560
		<u>4,887</u>	<u>2,325</u>
Creditors: amounts falling due within one year		<u>(259)</u>	<u>(460)</u>
Net current assets (liabilities)		<u>4,628</u>	<u>1,865</u>
Total assets less current liabilities		<u>19,300</u>	<u>14,806</u>
Total net assets (liabilities)		<u>19,300</u>	<u>14,806</u>
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		19,299	14,805
Shareholders' funds		<u>19,300</u>	<u>14,806</u>

- For the year ending 30 September 2013 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 6 June 2014

And signed on their behalf by:
Scott Thomas, Director

Notes to the Abbreviated Accounts for the period ended 30 September 2013

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

All turnover is recorded net of Value Added Tax

Tangible assets depreciation policy

Plant and Machinery - 15% reducing balance

Fixtures and Fittings - 15% reducing balance

2 Tangible fixed assets

	£
Cost	
At 1 October 2012	62,052
Additions	4,320
Disposals	-
Revaluations	-
Transfers	-
At 30 September 2013	<u>66,372</u>
Depreciation	
At 1 October 2012	49,111
Charge for the year	2,589
On disposals	-
At 30 September 2013	<u>51,700</u>
Net book values	
At 30 September 2013	<u>14,672</u>
At 30 September 2012	<u>12,941</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2013	2012
	£	£
1 Ordinary share of £1 each	1	1

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