

Registered number
08148878

Heros Gym Ltd
Abbreviated Accounts
31 July 2013

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COMPANIES HOUSE

Heros Gym Ltd

Report to the directors on the preparation of the unaudited abbreviated accounts of Heros Gym Ltd for the period ended 31 July 2013

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the abbreviated accounts of Heros Gym Ltd for the period ended 31 July 2013 which comprise of the balance sheet and the related notes from the company's accounting records and from information and explanations you have given us

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at [http //rulebook accaglobal com/](http://rulebook.accaglobal.com/)

Our work has been undertaken in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at [http //www accaglobal com/factsheet163](http://www.accaglobal.com/factsheet163)



Neil Minns & Co Ltd
Chartered Certified Accountants
St Ann's House
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PE30 1LT

20 February 2014

Heros Gym Ltd**Registered number:** 08148878**Abbreviated Balance Sheet
as at 31 July 2013**

	Notes	2013 £
Fixed assets		
Tangible assets	2	52,225
Current assets		
Stocks	2,500	
Debtors	9,046	
Cash at bank and in hand	24,805	
	<u>36,351</u>	
Creditors: amounts falling due within one year	(80,281)	
Net current liabilities		<u>(43,930)</u>
Total assets less current liabilities		<u>8,295</u>
Provisions for liabilities		(1,646)
Net assets		<u>6,649</u>
Capital and reserves		
Called up share capital	3	100
Profit and loss account		6,549
Shareholders' funds		<u>6,649</u>

The directors are 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 directors acknowledge their 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



Mr B Tansley
Director

Approved by the board on 20 February 2014

Heros Gym Ltd
Notes to the Abbreviated Accounts
for the period ended 31 July 2013

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

Leasehold property improvements	Straight line over duration of the lease
Gym equipment	15% reducing balance
Fixtures and Fittings	20% reducing balance

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

Heros Gym Ltd
Notes to the Abbreviated Accounts
for the period ended 31 July 2013

2 Tangible fixed assets	£
Cost	
Additions	56,871
At 31 July 2013	<u>56,871</u>
Depreciation	
Charge for the period	4,646
At 31 July 2013	<u>4,646</u>
Net book value	
At 31 July 2013	<u>52,225</u>

3 Share capital	Nominal value	2013 Number	2013 £
Allotted, called up and fully paid Ordinary shares	£1 each	-	<u>100</u>
	Nominal value	Number	Amount £
Shares issued during the period Ordinary shares	£1 each	-	<u>100</u>