

Registered Number 08118944

CROSSFIT GALVANISED LIMITED

Abbreviated Accounts

30 June 2015

Abbreviated Balance Sheet as at 30 June 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
Fixed assets			
Tangible assets	2	2,363	4,085
		<u>2,363</u>	<u>4,085</u>
Current assets			
Debtors		2,171	2,398
Cash at bank and in hand		2,110	86
		<u>4,281</u>	<u>2,484</u>
Creditors: amounts falling due within one year		<u>(2,673)</u>	<u>(2,099)</u>
Net current assets (liabilities)		<u>1,608</u>	<u>385</u>
Total assets less current liabilities		<u>3,971</u>	<u>4,470</u>
Total net assets (liabilities)		<u>3,971</u>	<u>4,470</u>
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		3,970	4,469
Shareholders' funds		<u>3,971</u>	<u>4,470</u>

- 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 23 March 2016

And signed on their behalf by:

Timothy Hall, Director

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

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

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.

Tangible assets depreciation policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Gym equipment 25% straight line

Furniture and fittings 25% straight line

2 Tangible fixed assets

	£
Cost	
At 1 July 2014	6,888
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 30 June 2015	<u>6,888</u>
Depreciation	
At 1 July 2014	2,803
Charge for the year	1,722
On disposals	-
At 30 June 2015	<u>4,525</u>
Net book values	
At 30 June 2015	<u><u>2,363</u></u>
At 30 June 2014	<u><u>4,085</u></u>

3 Called Up Share Capital

Allotted, called up and fully paid:

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

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the Companies Act 2006.