

**Registered Number SC249821**

**BODY MATTERS FITNESS STUDIO LIMITED**

**Abbreviated Accounts**

**31 August 2016**

**Abbreviated Balance Sheet as at 31 August 2016**

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
<b>Fixed assets</b>			
Tangible assets	2	877	1,072
		<u>877</u>	<u>1,072</u>
<b>Current assets</b>			
Stocks		145	165
Debtors		200	-
Cash at bank and in hand		3,104	4,219
		<u>3,449</u>	<u>4,384</u>
<b>Creditors: amounts falling due within one year</b>		(166)	(837)
<b>Net current assets (liabilities)</b>		<u>3,283</u>	<u>3,547</u>
<b>Total assets less current liabilities</b>		<u>4,160</u>	<u>4,619</u>
<b>Total net assets (liabilities)</b>		<u>4,160</u>	<u>4,619</u>
<b>Capital and reserves</b>			
Called up share capital	3	2	2
Profit and loss account		4,158	4,617
<b>Shareholders' funds</b>		<u>4,160</u>	<u>4,619</u>

- For the year ending 31 August 2016 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 22 April 2017

And signed on their behalf by:

**Jack Thomson, Director**

## Notes to the Abbreviated Accounts for the period ended 31 August 2016

## 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 total invoice value, excluding value added tax, of sales made during the year

**Tangible assets depreciation policy**

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows: fixtures, fittings and equipment - 20% straight line

**Other accounting policies**

Stock is valued at the lower of cost and net realisable value

## 2 Tangible fixed assets

	£
<b>Cost</b>	
At 1 September 2015	26,661
Additions	134
Disposals	-
Revaluations	-
Transfers	-
At 31 August 2016	<u>26,795</u>
<b>Depreciation</b>	
At 1 September 2015	25,589
Charge for the year	329
On disposals	-
At 31 August 2016	<u>25,918</u>
<b>Net book values</b>	
At 31 August 2016	<u>877</u>
At 31 August 2015	<u>1,072</u>

## 3 Called Up Share Capital

Allotted, called up and fully paid:

	2016	2015
	£	£
2 Ordinary shares of £1 each	2	2

registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.