

Registered number: 06992329

Cross Fit London Ltd

Abbreviated accounts

for the year ended 31 August 2014

Cross Fit London Ltd

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Cross Fit London Ltd

Abbreviated balance sheet

as at 31 August 2014

	Notes	2014	2013
	£	£	£
Fixed Assets			
Tangible assets		53,644	68,236
Current Asset			
Cash at bank and in hand	153,438	55,202	
Debtors	21,465	2,800	
	174,903	58,002	
Creditors: amounts falling due within one year	8 (41,883)	(25,008)	
Net current assets		133,020	32,994
Total assets less current liabilities		186,664	101,230
Net assets		186,664	101,230
Capital and reserves			
Share Capital		10,000	10,000
Profit and loss account		176,664	91,230
Shareholders' funds		186,664	101,230

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

Cross Fit London Ltd

Registered number: 06992329

Abbreviated balance sheet (continued)

Directors' statements required by Sections 475(2) and (3)
for the year ended 31 August 2014

In approving these abbreviated accounts as directors of the company we hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006 ;
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 August 2014 ; and
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps accounting records which comply with Section 386 ; and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in
 - (2) accordance with the requirements of Sections 394 and 395 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities (effective April 2008) relating to small companies.

The abbreviated accounts were approved by the Board on 29 May 2015 and signed on its behalf by
Steven Shrago
Director

Cross Fit London Ltd

Notes to the abbreviated financial statements

for the year ended 31 August 2014

1 Accounting policies

1.1

Basis of preparation

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of certain fixed assets, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1.2

Turnover

Turnover represents value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

1.3

Tangible fixed assets and depreciation

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

Motor vehicles	25% straight line
Equipment, fixtures and fittings	25% straight line

1.4

Stocks

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

5 Tangible fixed assets

	Plant and machinery etc £	Motor vehicles £	Total £
Cost			
At 1 September 2013	99,093	-	99,093
Additions	24,163	-	24,163
Disposals	(23,792)	-	(23,792)
At 31 August 2014	99,464	-	99,464
Depreciation			
At 1 September 2013	30,857	-	30,857
Charge for the year	23,537	-	23,537
On disposals	(8,574)	-	(8,574)
At 31 August 2014	45,820	-	45,820
Net book value			
At 31 August 2014	53,644	-	53,644
At 31 August 2013	68,236	-	68,236

9 Share capital	2014 No	2013 No	2014 £	2013 £
Allotted, called up and fully paid:				
Ordinary shares of £ 1 each	10000	10000	10,000	10,000

12 Controlling interest

The controlling and ultimate controlling party are the shareholders of the company.

13 Going concern

The directors have reviewed the twelve months ahead and have considered the company's financial position and note no material uncertainties that may cast significant doubt about the ability of it to continue as a going concern.

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.