Registered Number 06992329

CROSSFIT LONDON LTD

Abbreviated Accounts

31 August 2011

CROSSFIT LONDON LTD | Registered Number 06992329

Balance Sheet as at 31 August 2011

	Notes	2011		2010	
		£	£	£	£
Fixed assets					
Tangible	2		25,816		11,503
Total fixed assets			25,816		11,503
Current assets					
Debtors		3,089		13,524	
Cash at bank and in hand		30,605		1,421	
Total current assets		33,694		14,945	
Creditors: amounts falling due within one year		(6,413)		(8,000)	
Net current assets			27,281		6,945
Total assets less current liabilities			53,097		18,448
Accruals and deferred income			(6,436)		
Total net Assets (liabilities)			46,661		18,448
Capital and reserves					
Called up share capital			10,000		10,000
Profit and loss account			36,661		8,448
Shareholders funds			46,661		18,448

a. For the year ending 31 August 2011 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
c. The directors acknowledge their responsibility for:

    i. ensuring the company keeps accounting records which comply with Section 386; and
    ii. preparing accounts 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 financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.

d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 28 May 2012

And signed on their behalf by:
Andrew Stemler, Director

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 1068 of the Companies Act 2006.

CROSSFIT LONDON LTD **Registered Number 06992329**

Notes to the abbreviated accounts

For the year ending 31 August 2011

1 **Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

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.

Depreciation

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

Plant and Machinery 25.00% Straight Line

2 **Tangible fixed assets**

Cost	**£**
At 31 August 2010	11,503
additions	19,158
disposals	
revaluations	
transfers	
At 31 August 2011	30,661
Depreciation	
At 31 August 2010	
Charge for year	4,845
on disposals	
At 31 August 2011	4,845
Net Book Value	
At 31 August 2010	11,503
At 31 August 2011	25,816