

Registered Number 06374587

CALSO HEALTH AND FITNESS CLUB LIMITED

Abbreviated Accounts

30 September 2010

CALSO HEALTH AND FITNESS CLUB LIMITED
Registered Number 06374587
Balance Sheet as at 30 September 2010

	Notes	2010		2009	
		£	£	£	£
Fixed assets					
Tangible	2		12,351		17,963
Total fixed assets			12,351		17,963
Current assets					
Debtors				3,000	
Cash at bank and in hand		4,386		2,821	
Total current assets		4,386		5,821	
Creditors: amounts falling due within one year		(15,465)		(17,190)	
Net current assets			(11,079)		(11,369)
Total assets less current liabilities			1,272		6,594
Creditors: amounts falling due after one year					(4,105)
Total net Assets (liabilities)			1,272		2,489
Capital and reserves					
Called up share capital			100		100
Profit and loss account			1,172		2,389
Shareholders funds			1,272		2,489

- a. For the year ending 30 September 2010 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 07 March 2011

And signed on their behalf by:

R Nicholas, 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.

Notes to the abbreviated accounts

For the year ending 30 September 2010

1 Accounting policies

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, excluding Value Added Tax and trade discounts.

Depreciation

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

Plant and Machinery 20.00% Straight Line

2 Tangible fixed assets

Cost	£
At 30 September 2009	29,938
additions	470
disposals	
revaluations	
transfers	
At 30 September 2010	<u>30,408</u>
Depreciation	
At 30 September 2009	11,975
Charge for year	6,082
on disposals	
At 30 September 2010	<u>18,057</u>
Net Book Value	
At 30 September 2009	17,963
At 30 September 2010	<u>12,351</u>