

Abbreviated Unaudited Accounts
for the Period 28 July 2015 to 30 June 2016
for
24/7 Fitness Group Ltd

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for the Period 28 July 2015 to 30 June 2016

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DIRECTORS: Ms S J Chivers
Mr G K Lockwood

SECRETARY: Ms S J Chivers

REGISTERED OFFICE: R5b South Promenade Building
Gunwharf Quays
Portsmouth
Hampshire
PO1 3TP

REGISTERED NUMBER: 09705577 (England and Wales)

ACCOUNTANTS: JARACS Limited
24 Suffolk Road
Lowestoft
Suffolk
NR32 1DZ

Abbreviated Balance Sheet
30 June 2016

	Notes	£	£
FIXED ASSETS			
Intangible assets	2		46,699
Tangible assets	3		<u>159,074</u>
			205,773
CURRENT ASSETS			
Debtors		155,558	
Cash at bank		<u>10,205</u>	
		165,763	
CREDITORS			
Amounts falling due within one year		<u>375,955</u>	
NET CURRENT LIABILITIES			<u>(210,192)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			(4,419)
CREDITORS			
Amounts falling due after more than one year			<u>29,395</u>
NET LIABILITIES			<u>(33,814)</u>
CAPITAL AND RESERVES			
Called up share capital	4		100
Profit and loss account			<u>(33,914)</u>
SHAREHOLDERS' FUNDS			<u>(33,814)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 June 2016.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 June 2016 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

24/7 Fitness Group Ltd (Registered number: 09705577)

Abbreviated Balance Sheet - continued

30 June 2016

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 31 March 2017 and were signed on its behalf by:

Ms S J Chivers - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Period 28 July 2015 to 30 June 2016

1. **ACCOUNTING POLICIES**

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax.

Goodwill

Goodwill, being the amount paid in connection with the acquisition of a business in 2015, is being amortised evenly over its estimated useful life of ten years.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

Land and buildings	- 10% on cost
Plant and machinery etc	- 33% on cost and 20% on cost

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Hire purchase and leasing commitments

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. **INTANGIBLE FIXED ASSETS**

	Total £
COST	
Additions	50,000
At 30 June 2016	<u>50,000</u>
AMORTISATION	
Amortisation for period	3,301
At 30 June 2016	<u>3,301</u>
NET BOOK VALUE	
At 30 June 2016	<u>46,699</u>

Notes to the Abbreviated Accounts - continued
for the Period 28 July 2015 to 30 June 2016

3. **TANGIBLE FIXED ASSETS**

	Total £
COST	
Additions	<u>169,823</u>
At 30 June 2016	<u>169,823</u>
DEPRECIATION	
Charge for period	<u>10,749</u>
At 30 June 2016	<u>10,749</u>
NET BOOK VALUE	
At 30 June 2016	<u><u>159,074</u></u>

4. **CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	£
100	Ordinary	1	<u><u>100</u></u>

100 Ordinary shares of 1 each were allotted and fully paid for cash at par during the period.

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.