

**Registered Number 07297867**

**FITNESS4LESS (SOUTHWARK) LIMITED**

**Abbreviated Accounts**

**29 April 2016**

**Abbreviated Balance Sheet as at 29 April 2016**

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		<i>£</i>	<i>£</i>
<b>Fixed assets</b>			
Tangible assets	2	-	167,997
		<u>-</u>	<u>167,997</u>
<b>Current assets</b>			
Stocks		-	1,587
Debtors		1,706,541	1,885,006
		<u>1,706,541</u>	<u>1,886,593</u>
<b>Creditors: amounts falling due within one year</b>		(1,326,948)	(1,410,225)
<b>Net current assets (liabilities)</b>		<u>379,593</u>	<u>476,368</u>
<b>Total assets less current liabilities</b>		<u>379,593</u>	<u>644,365</u>
<b>Creditors: amounts falling due after more than one year</b>		-	(6,488)
<b>Total net assets (liabilities)</b>		<u>379,593</u>	<u>637,877</u>
<b>Capital and reserves</b>			
Called up share capital		1	1
Profit and loss account		379,592	637,876
<b>Shareholders' funds</b>		<u>379,593</u>	<u>637,877</u>

- For the year ending 29 April 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 4 April 2017

And signed on their behalf by:

**M C Harris, Director**

## Notes to the Abbreviated Accounts for the period ended 29 April 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 is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

## 2 Tangible fixed assets

	£
<b>Cost</b>	
At 1 May 2015	856,206
Additions	-
Disposals	(856,206)
Revaluations	-
Transfers	-
At 29 April 2016	<u>0</u>
<b>Depreciation</b>	
At 1 May 2015	688,209
Charge for the year	120,253
On disposals	(808,462)
At 29 April 2016	<u>0</u>
<b>Net book values</b>	
At 29 April 2016	<u>0</u>
At 30 April 2015	<u>167,997</u>

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