

Company registration number: 07297867

Fitness4Less (Southwark) Ltd

Unaudited abridged financial statements

29 April 2017

FRIDAY



A6B5XWBK

A12

21/07/2017

#269

COMPANIES HOUSE

Statement of consent to prepare abridged financial statements

All of the members of Fitness4Less (Southwark) Ltd have consented to the preparation of the abridged statement of financial position for the current year ending 29 April 2017 in accordance with Section 444(2A) of the Companies Act 2006.

Fitness4Less (Southwark) Ltd

Contents

	Page
Directors and other information	2
Abridged statement of financial position	3 - 4
Statement of changes in equity	5
Notes to the financial statements	6 - 9

Fitness4Less (Southwark) Ltd

Directors and other information

Director	Matthew Crofter Harris
Company number	07297867
Registered office	East Court Jubilee Road Finchampstead Wokingham RG40 3SD
Accountants	Bradbury Stell Unit 2 Beverley Court 26 Elmtree Road Teddington TW11 8ST

Fitness4Less (Southwark) Ltd

**Abridged statement of financial position
29 April 2017**

	Note	2017		2016	
		£	£	£	£
Current assets					
Debtors	1,491,222	1,491,222		1,697,557	
	<u>1,491,222</u>			<u>1,697,557</u>	
Creditors: amounts falling due within one year	(1,145,441)			(1,350,902)	
Net current assets		<u>345,781</u>			<u>346,655</u>
Total assets less current liabilities		<u>345,781</u>			<u>346,655</u>
Net assets		<u><u>345,781</u></u>			<u><u>346,655</u></u>
Capital and reserves					
Called up share capital		1			1
Profit and loss account		345,780			346,654
Shareholders funds		<u><u>345,781</u></u>			<u><u>346,655</u></u>

For the year ending 29 April 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The shareholders have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The director acknowledges their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In accordance with section 444 of the Companies Act 2006, the statement of comprehensive income has not been delivered.

The notes on pages 6 to 9 form part of these financial statements.

Fitness4Less (Southwark) Ltd

Abridged statement of financial position (continued)
29 April 2017

These financial statements were approved by the board of directors and authorised for issue on 30 June 2017, and are signed on behalf of the board by:

A handwritten signature in black ink, consisting of several vertical strokes followed by a horizontal line and a small flourish.

Matthew Crofter Harris
Director

Company registration number: 07297867

The notes on pages 6 to 9 form part of these financial statements.

Fitness4Less (Southwark) Ltd

**Statement of changes in equity
Year ended 29 April 2017**

	Called up share capital £	Profit and loss account £	Total £
At 30 April 2015	1	637,877	637,878
Loss for the year		(291,223)	(291,223)
Total comprehensive income for the year	-	(291,223)	(291,223)
At 29 April 2016 and 30 April 2016	1	346,654	346,655
Loss for the year		(874)	(874)
Total comprehensive income for the year	-	(874)	(874)
At 29 April 2017	1	345,780	345,781

Fitness4Less (Southwark) Ltd

Notes to the financial statements Year ended 29 April 2017

1. General information

The company is a private company limited by shares, registered in England and Wales. The address of the registered office is East Court Jubilee Road, Finchampstead, Wokingham, RG40 3SD.

2. Statement of compliance

These financial statements have been prepared in compliance with the provisions of FRS 102, Section 1A, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There was loss in the year 2017. The company continues to receive financial support from its parent company and other group companies.

Having considered all these factors the Board is satisfied that these accounts should be prepared on going concern basis.

Transition to FRS 102

The entity transitioned from previous UK GAAP to FRS 102 as at 30 April 2015. Details of how FRS 102 has affected the reported financial position and financial performance is given in note 7.

Turnover

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer, usually on despatch of the goods; the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Taxation

The taxation expense represents the aggregate amount of current and deferred tax recognised in the reporting period. Tax is recognised in the statement of comprehensive income, except to the extent that it relates to items recognised in other comprehensive income or directly in capital and reserves. In this case, tax is recognised in other comprehensive income or directly in capital and reserves, respectively.

Current tax is recognised on taxable profit for the current and past periods. Current tax is measured at the amounts of tax expected to pay or recover using the tax rates and laws that have been enacted or substantively enacted at the reporting date.

Deferred tax is recognised in respect of all timing differences at the reporting date. Unrelieved tax losses and other deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date that are expected to apply to the reversal of the timing difference.

Fitness4Less (Southwark) Ltd

Notes to the financial statements (continued)
Year ended 29 April 2017

Tangible assets

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in capital and reserves, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in capital and reserves in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in capital and reserves in respect of that asset, the excess shall be recognised in profit or loss.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

If there is an indication that there has been a significant change in depreciation rate, useful life or residual value of tangible assets, the depreciation is revised prospectively to reflect the new estimates.

Impairment

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

When it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that are largely independent of the cash inflows from other assets or groups of assets.

Fitness4Less (Southwark) Ltd

Notes to the financial statements (continued)

Year ended 29 April 2017

Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Tangible assets

	£
Cost	
At 30 April 2016 and 29 April 2017	-
Depreciation	
At 30 April 2016 and 29 April 2017	-
Carrying amount	
At 29 April 2017	-
At 29 April 2016	-

Fitness4Less (Southwark) Ltd

Notes to the financial statements (continued) Year ended 29 April 2017

5. Related party transactions

During the year the company entered into the following transactions with related parties:

	Transaction value		Balance owed by/(owed to)	
	2017	2016	2017	2016
	£	£	£	£
THC B Realisation Limited	-	-	44,722	44,722
F4L Holdings Ltd	-	-	6,295	6,295
Health & Leisure Refurbishment Limited	2,368	-	-	(2,638)

The company has taken advantage of the exemption available in FRS 8 "Related party disclosure" whereby it has not disclosed transactions with the ultimate parent company or any wholly owned subsidiary undertaking of the group.

6. Controlling party

The company is controlled by MH Healthclubs Limited, a company registered in England and Wales, it's immediate parent company. The ultimate parent company is Fitness4Less Group Limited, a company registered in England and Wales. The ultimate controlling party is M C Harris, by virtue of his 100% shareholding in Fitness4Less Group Limited.

7. Transition to FRS 102

These are the first financial statements that comply with FRS 102. The company transitioned to FRS 102 on 30 April 2015.

Reconciliation of equity

No transitional adjustments were required.

Reconciliation of profit or loss for the year

No transitional adjustments were required.