

Company registration number: 07297867

Fitness4Less (Southwark) Ltd

Unaudited filleted abridged financial statements

29 April 2021

Fitness4Less (Southwark) Ltd

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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

Report to the director on the preparation of the

unaudited statutory financial statements of Fitness4Less (Southwark) Ltd

Year ended 29 April 2021

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Fitness4Less (Southwark) Ltd for the year ended 29 April 2021 which comprise the abridged statement of financial position and related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants , we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/en/member/professional-standards/rules-standards/acca-rulebook.html>.

Our work has been undertaken in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at http://www.accaglobal.com/content/dam/ACCA_Global/Technical/fact/technical-factsheet-163.pdf.

Bradbury Stell

Unit 2 Beverley Court

26 Elmtree Road

Teddington

TW11 8ST

31 December 2021

Fitness4Less (Southwark) Ltd**Abridged statement of financial position****29 April 2021**

	Note	2021		2020	
		£	£	£	£
Current assets					
Debtors		459,575		322,282	
		<u>459,575</u>		<u>322,282</u>	
Creditors: amounts falling due within one year		(366,415)		(229,109)	
		<u></u>		<u></u>	
Net current assets			93,160		93,173
			<u>93,160</u>		<u>93,173</u>
Total assets less current liabilities					
			<u>93,160</u>		<u>93,173</u>
Net assets			<u>93,160</u>		<u>93,173</u>
			<u></u>		<u></u>
Capital and reserves					
Called up share capital			1		1
Profit and loss account			93,159		93,172
			<u>93,160</u>		<u>93,173</u>
Shareholders funds			<u>93,160</u>		<u>93,173</u>
			<u></u>		<u></u>

For the year ending 29 April 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members 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 Section 1A of 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 income and retained earnings has not been delivered.

All of the members have consented to the preparation of the abridged statement of financial position for the current year ending 29 April 2021 in accordance with Section 444(2A) of the Companies Act 2006.

These financial statements were approved by the board of directors and authorised for issue on 31 December 2021 , and are signed on behalf of the board by:

Matthew Crofter Harris

Director

Company registration number: 07297867

Fitness4Less (Southwark) Ltd

Notes to the financial statements

Year ended 29 April 2021

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'. The Triennial review 2017 amendments to the standard have been early adopted.

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.

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.

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. Related party transactions

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.

5. 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.

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.