

**Abbreviated Unaudited Accounts
for the Year Ended 31 March 2016
for
FULL LIFE FITNESS LIMITED**

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for the Year Ended 31 March 2016**

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FULL LIFE FITNESS LIMITED

**Company Information
for the Year Ended 31 March 2016**

DIRECTOR: J D Robson

SECRETARY:

REGISTERED OFFICE: Suite 3B
Drake House
Drake Lane
Dursley
Gloucestershire
GL11 4HH

REGISTERED NUMBER: 08953753 (England and Wales)

ACCOUNTANTS: Wotton Accountancy Associates Limited
Stag House
The Chipping
Wotton under Edge
Gloucestershire
GL12 7AD

FULL LIFE FITNESS LIMITED (REGISTERED NUMBER: 08953753)

**Abbreviated Balance Sheet
31 March 2016**

	Notes	2016 £	£	2015 £	£
FIXED ASSETS					
Tangible assets	2		4,020		3,313
CURRENT ASSETS					
Cash at bank		964		420	
CREDITORS					
Amounts falling due within one year		<u>4,936</u>		<u>3,251</u>	
NET CURRENT LIABILITIES			<u>(3,972)</u>		<u>(2,831)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>48</u>		<u>482</u>
CAPITAL AND RESERVES					
Called up share capital	3		10		10
Profit and loss account			<u>38</u>		<u>472</u>
SHAREHOLDERS' FUNDS			<u>48</u>		<u>482</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his 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)

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 director on 5 May 2016 and were signed by:

J D Robson - Director

The notes form part of these abbreviated accounts

**Notes to the Abbreviated Accounts
for the Year Ended 31 March 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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on reducing balance

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

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. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2015	4,417
Additions	<u>2,048</u>
At 31 March 2016	<u>6,465</u>
DEPRECIATION	
At 1 April 2015	1,104
Charge for year	<u>1,341</u>
At 31 March 2016	<u>2,445</u>
NET BOOK VALUE	
At 31 March 2016	<u>4,020</u>
At 31 March 2015	<u>3,313</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2016	2015
			£	£
10	Ordinary	£1	<u>10</u>	<u>10</u>

FULL LIFE FITNESS LIMITED

**Report of the Accountants to the Director of
Full Life Fitness Limited**

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to three) have been prepared.

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31 March 2016 set out on pages nil to nil and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.

Wotton Accountancy Associates Limited
Stag House
The Chipping
Wotton under Edge
Gloucestershire
GL12 7AD

5 May 2016

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.