

Company registration number 06318309 (England and Wales)

BODY 2 FIT LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2022
PAGES FOR FILING WITH REGISTRAR

BODY 2 FIT LIMITED

BALANCE SHEET

AS AT 31 JULY 2022

	2022		2021	
	£	£	£	£
Fixed assets		677		2,129
Current assets	46,978		37,399	
Creditors: amounts falling due within one year	(25,993)		(17,924)	
Net current assets		20,985		19,475
Total assets less current liabilities		21,662		21,604
Creditors: amounts falling due after more than one year		(12,215)		(18,000)
Net assets		9,447		3,604
Capital and reserves		9,447		3,604

Notes to the financial statements

1 Employees

The average number of persons, including directors, employed by the company during the year was as follows:

	2022 Number	2021 Number
Employees	3	4

Body 2 Fit Limited is a private company limited by shares incorporated in England and Wales. The registered office is Total Fitness Teesside, Middlesbrough Road, Thornaby, Stockton on Tees, TS17 7BN.

For the year ended 31 July 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

These financial statements have been prepared in accordance with the micro-entity provisions and in accordance with FRS 105 'The Financial Reporting Standard applicable to the Micro-entities Regime' and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

(e) the company has relied on the specified exemption as a micro company contained in section 352 Companies Act 2014; the company has done so on the grounds that it is entitled to the benefit of that exemption as a small company and I confirm that the abridged financial statements have been properly prepared in accordance with section 353 Companies Act 2014.

BODY 2 FIT LIMITED

BALANCE SHEET (CONTINUED)

AS AT 31 JULY 2022

The financial statements were approved and signed by the director and authorised for issue on 27 April 2023

Miss J Feary
Director

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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.