

Company Registration Number 07190727 (England and Wales)

**BACK IN SHAPE LIMITED**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2019**  
**PAGES FOR FILING WITH REGISTRAR**

## BACK IN SHAPE LIMITED

### BALANCE SHEET

AS AT 31 MARCH 2019

	2019		2018	
	£	£	£	£
Fixed assets		10,553		13,191
Current assets	33,401		31,787	
Creditors: amounts falling due within one year	(41,740)		(36,180)	
Net current liabilities		(8,339)		(4,393)
Total assets less current liabilities		2,214		8,798
Net assets		2,214		8,798
Capital and reserves		2,214		8,798

#### Notes to the financial statements

**1 Employees**

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

	2019 Number	2018 Number
Employees	3	2

## **BACK IN SHAPE LIMITED**

### **BALANCE SHEET (CONTINUED)**

**AS AT 31 MARCH 2019**

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Back in Shape Limited is a private company limited by shares incorporated in England and Wales. The registered office is c/o Arthur G Mead Ltd, Fitzrovia House, 153-157 Cleveland Street, London, W1T 6QW.

For the year ended 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge their 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.

The financial statements were approved by the board of directors and authorised for issue on 14 November 2019 and are signed on its behalf by:

Mrs Karen Padgett

**Director**

**Company Registration Number 07190727**

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.