

Company Registration Number 07190727 (England and Wales)

BACK IN SHAPE LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 30 JUNE 2020
PAGES FOR FILING WITH REGISTRAR

BACK IN SHAPE LIMITED

BALANCE SHEET

AS AT 30 JUNE 2020

	2020		2019	
	£	£	£	£
Fixed assets		11,686		10,553
Current assets	70,790		33,401	
Creditors: amounts falling due within one year	(31,560)		(41,740)	
Net current assets/(liabilities)		39,230		(8,339)
Total assets less current liabilities		50,916		2,214
Creditors: amounts falling due after more than one year		(50,000)		-
Net assets		916		2,214
Capital and reserves		916		2,214

Notes to the financial statements

1 Employees

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

	2020	2019
	Number	Number
Employees	3	3

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 Period ended 30 June 2020 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 Period 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.

BACK IN SHAPE LIMITED

BALANCE SHEET (CONTINUED)

AS AT 30 JUNE 2020

The financial statements were approved by the board of directors and authorised for issue on 19 November 2020 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.