

**REGISTERED NUMBER: 07679955 (England and Wales)**

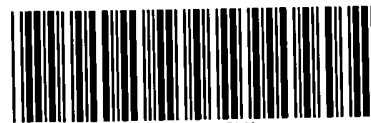
**AMENDED ACCOUNTS**

Abbreviated Unaudited Accounts for the Year Ended 30 June 2015

for

24/7 Fitness Ltd

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for the Year Ended 30 June 2015

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24/7 Fitness Ltd

Company Information  
for the Year Ended 30 June 2015

**DIRECTORS:**

Ms S J Chivers  
Mr G K Lockwood

**REGISTERED OFFICE:**

R5b South Promenade Building  
Gunwharf Quays  
Portsmouth  
Hampshire  
PO1 3TP

**REGISTERED NUMBER:**

07679955 (England and Wales)

**ACCOUNTANTS:**

JARACS Limited  
24 Suffolk Road  
Lowestoft  
Suffolk  
NR32 1DZ

24/7 Fitness Ltd (Registered number: 07679955)

Abbreviated Balance Sheet

30 June 2015

	Notes	30.6.15 £	30.6.14 £
<b>FIXED ASSETS</b>			
Tangible assets	2	126,248	118,593
<b>CURRENT ASSETS</b>			
Stocks		1,503	1,750
Debtors		322,059	118,034
Cash at bank and in hand		<u>21,751</u>	<u>11,737</u>
		345,313	131,521
<b>CREDITORS</b>			
Amounts falling due within one year		<u>177,014</u>	<u>114,311</u>
<b>NET CURRENT ASSETS</b>		<u>168,299</u>	<u>17,210</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		294,547	135,803
<b>CREDITORS</b>			
Amounts falling due after more than one year		<u>8,533</u>	<u>64,285</u>
<b>NET ASSETS</b>		<u>286,014</u>	<u>71,518</u>
<b>CAPITAL AND RESERVES</b>			
Called up share capital	3	100	100
Revaluation reserve		150,000	150,000
Profit and loss account		<u>135,914</u>	<u>(78,582)</u>
<b>SHAREHOLDERS' FUNDS</b>		<u>286,014</u>	<u>71,518</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2015.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2015 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- 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.

The notes form part of these abbreviated accounts

24/7 Fitness Ltd (Registered number: 07679955)

Abbreviated Balance Sheet - continued  
30 June 2015

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 Board of Directors on 30 March 2017 and were signed on its behalf by:



Ms S J Chivers - Director

The notes form part of these abbreviated accounts

## 24/7 Fitness Ltd

### Notes to the Abbreviated Accounts for the Year Ended 30 June 2015

#### 1. ACCOUNTING POLICIES

##### **Accounting convention**

The financial statements have been prepared under the historical cost convention as modified by the revaluation of certain assets 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.

Land and buildings	- 10% on cost
Plant and machinery etc	- 33% on cost and 20% on cost

##### **Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

##### **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 £
<b>COST OR VALUATION</b>	
At 1 July 2014	189,631
Additions	<u>47,580</u>
At 30 June 2015	<u>237,211</u>
<b>DEPRECIATION</b>	
At 1 July 2014	71,038
Charge for year	<u>39,925</u>
At 30 June 2015	<u>110,963</u>
<b>NET BOOK VALUE</b>	
At 30 June 2015	<u><u>126,248</u></u>
At 30 June 2014	<u><u>118,593</u></u>

#### 3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	30.6.15 £	30.6.14 £
100	Ordinary	1	<u>100</u>	<u>100</u>

24/7 Fitness Ltd

Notes to the Abbreviated Accounts - continued  
for the Year Ended 30 June 2015

**4. AMENDED ACCOUNTS**

These are amended accounts.

The contract of employment which exists with the Directors is with Twenty Four Seven Fitness Limited. Previously Directors remuneration and head office costs have been charged incorrectly to 24/7 Fitness Ltd and 24/7 Fitness Birmingham Limited.

The amended accounts show a corresponding charge for the costs in the accounts of Twenty Four Seven Fitness Limited and as a credit in both 24/7 Fitness Limited and 24/7 Fitness Birmingham Limited.

The accounts are prepared as they were at the date of the original accounts.