

COMPANY REGISTRATION NUMBER 09275090

1 FORMULA FITNESS LTD

ABBREVIATED ACCOUNTS

31 October 2015

AVONDALE BUSINESS SERVICES

Accountants and Tax Advisers

Avondale House

262 Uxbridge Road

Hatch End

Middlesex

HA5 4HS

1 FORMULA FITNESS LTD
ABBREVIATED BALANCE SHEET
31 October 2015

	Note	31 Oct 15	
		£	£
FIXED ASSETS	2		
Tangible assets			3,849
CURRENT ASSETS			
Debtors		97	
Cash at bank and in hand		1,223	
		1,320	
CREDITORS: Amounts falling due within one year		32,180	
NET CURRENT LIABILITIES			(30,860)
TOTAL ASSETS LESS CURRENT LIABILITIES			(27,011)
CAPITAL AND RESERVES			
Called up equity share capital	3		100
Profit and loss account		(27,111)	
DEFICIT		(27,011)	

For the period from 22 October 2014 to 31 October 2015 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the period in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These abbreviated accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

These abbreviated accounts were approved by the directors and authorised for issue on 12 July 2016 , and are signed on their behalf by:

Mr N Lewis Mrs K Lewis

Company Registration Number: 09275090

1 FORMULA FITNESS LTD

NOTES TO THE ABBREVIATED ACCOUNTS

PERIOD FROM 22 OCTOBER 2014 TO 31 OCTOBER 2015

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Changes in accounting policies

In preparing the financial statements for the current year, the company has adopted the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

The turnover shown in the profit and loss account represents amounts invoiced during the period.

Fixed assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment-25% Reducing balance

Operating lease agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

Financial instruments

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities.

Where the contractual obligations of financial instruments (including share capital) are equivalent to a similar debt instrument, those financial instruments are classed as financial liabilities. Financial liabilities are presented as such in the balance sheet. Finance costs and gains or losses relating to financial liabilities are included in the profit and loss account. Finance costs are calculated so as to produce a constant rate of return on the outstanding liability.

Where the contractual terms of share capital do not have any terms meeting the definition of a financial liability then this is classed as an equity instrument. Dividends and distributions relating to equity instruments are debited direct to equity.

2. FIXED ASSETS

Tangible Assets

	£
COST	
Additions	5,132

At 31 October 2015	5,132

DEPRECIATION	
Charge for period	1,283

At 31 October 2015	1,283

NET BOOK VALUE	
At 31 October 2015	3,849

At 21 October 2014	—

3. SHARE CAPITAL

Allotted, called up and fully paid:

	No.	£	
Ordinary shares of £ 1 each		100	100
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1 FORMULA FITNESS LTD

ACCOUNTANTS' REPORT TO THE DIRECTORS OF 1 FORMULA FITNESS LTD

PERIOD FROM 22 OCTOBER 2014 TO 31 OCTOBER 2015

As described on the balance sheet, the directors of the company are responsible for the preparation of the abbreviated accounts for the period ended 31 October 2015, which comprise the Balance Sheet and the related notes.

You consider that the company is exempt from an audit under the Companies Act 2006.

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

AVONDALE BUSINESS SERVICES Accountants and Tax Advisers

Avondale House 262 Uxbridge Road Hatch End Middlesex HA5 4HS

12 July 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.