COMPANY REGISTRATION NUMBER 09275090

1 FORMULA FITNESS LTD

ABBREVIATED ACCOUNTS

31 October 2016

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 2016

	Note	2016 £	£	2015 £
FIXED ASSETS	2			
Tangible assets			**6,548**	3,849
CURRENT ASSETS				
Debtors		-		97
Cash at bank and in hand		**1,224**		1,223
		1,224		1,320
CREDITORS: Amounts falling due within one year		**64,380**		32,180
NET CURRENT LIABILITIES			**(63,156)**	(30,860)
TOTAL ASSETS LESS CURRENT LIABILITIES			**(56,608)**	(27,011)
CAPITAL AND RESERVES				
Called up equity share capital	3		**100**	100
Profit and loss account			**(56,708)**	(27,111)
DEFICIT			**(56,608)**	(27,011)

For the year ended 31 October 2016 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 year 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 11 July 2017 , 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

YEAR ENDED 31 OCTOBER 2016

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 year.

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:

Plant & Machinery-25% Reducing balance

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	
At 1 November 2015	**5,132**
Additions	**4,882**
At 31 October 2016	**10,014**
DEPRECIATION	
At 1 November 2015	**1,283**
Charge for year	**2,183**
At 31 October 2016	**3,466**
NET BOOK VALUE	
At 31 October 2016	**6,548**
At 31 October 2015	3,849

3. SHARE CAPITAL

Allotted, called up and fully paid:

	2016		2015	
	No.	**£**	No.	£
Ordinary shares of £ 1 each	**100**	**100**	100	100

1 FORMULA FITNESS LTD
ACCOUNTANTS' REPORT TO THE DIRECTORS OF 1 FORMULA FITNESS LTD
YEAR ENDED 31 OCTOBER 2016

As described on the balance sheet, the directors of the company are responsible for the preparation of the abbreviated accounts for the year ended 31 October 2016, 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
11 July 2017