

ADAMS FITNESS LTD

**Company Registration Number:
10879444 (England and Wales)**

Unaudited micro entity accounts for the year ended 31 July 2021

Period of accounts

Start date: 01 August 2020

End date: 31 July 2021

ADAMS FITNESS LTD

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ADAMS FITNESS LTD

Company Information

for the Period Ended 31 July 2021

Registered office:

3 Sidney Close
Sidney Close
Uxbridge
GBR
UB8 2UJ

Company Registration Number:

10879444 (England and Wales)

ADAMS FITNESS LTD

Profit and Loss Account for the Period Ended 31 July 2021

	<i>2021</i> <i>£</i>	<i>2020</i> <i>£</i>
Turnover	11,037	17,245
Income from coronavirus (COVID-19) business support grants	0	0
Other Income	0	0
Cost of Materials	(0)	(0)
Staff Costs	(6,946)	-
Other charges	(7,437)	-
Profit or (Loss) for Period	(3,346)	17,245

ADAMS FITNESS LTD

Balance sheet

As at 31 July 2021

	<i>2021</i> £	<i>2020</i> £
Called up share capital not paid:	0	0
Current assets:	1,076	530
Creditors: amounts falling due within one year:	(33)	(33)
Net current assets (liabilities):	1,043	497
Total assets less current liabilities:	1,043	497
Creditors: amounts falling due after more than one year:	(6,403)	(2,509)
Provision for liabilities:	(0)	(0)
Accruals and deferred income:	(0)	(0)
Total net assets (liabilities):	(5,360)	(2,012)
Capital and reserves:	(5,360)	(2,012)

ADAMS FITNESS LTD

Balance sheet continued

For the year ending 31 July 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions of the small companies regime applicable to micro-entities.

This report was approved by the board of directors on 30 April 2022

And Signed On Behalf Of The Board By:

Name: Adam Mohammed

Status: Director

The notes form part of these financial statements

ADAMS FITNESS LTD

Footnotes to the Financial Statements

for the Period Ended 31 July 2021

1. Employee Information

Average number of employees: 1

ADAMS FITNESS LTD

Footnotes to the Financial Statements

for the Period Ended 31 July 2021

2. Off balance sheet disclosure

No

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.