

Registered Number 08045839

FITNESS-TOGETHER (SEGE GOODING) LIMITED

Abbreviated Accounts

30 April 2016

Abbreviated Balance Sheet as at 30 April 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
Fixed assets			
Tangible assets	2	2,545	2,256
		<u>2,545</u>	<u>2,256</u>
Current assets			
Stocks		500	500
Debtors		5,037	2,960
Cash at bank and in hand		97,241	70,147
		<u>102,778</u>	<u>73,607</u>
Prepayments and accrued income		488	258
Creditors: amounts falling due within one year		(23,407)	(23,948)
Net current assets (liabilities)		<u>79,859</u>	<u>49,917</u>
Total assets less current liabilities		<u>82,404</u>	<u>52,173</u>
Total net assets (liabilities)		<u>82,404</u>	<u>52,173</u>
Capital and reserves			
Called up share capital	3	103	1
Profit and loss account		82,301	52,172
Shareholders' funds		<u>82,404</u>	<u>52,173</u>

- For the year ending 30 April 2016 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 in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 27 January 2017

And signed on their behalf by:

SARAH LOUISE GOODING, Director

Notes to the Abbreviated Accounts for the period ended 30 April 2016

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy

The principal activity of the company in the year under review was that of diet and fitness instruction. Turnover represents net fees receivable, excluding Value-Added Tax and is attributable to the one principal activity of the company.

Tangible assets depreciation policy

Depreciation is provided on all tangible fixed assets in use at rates calculated to write-off the cost or valuation, less estimated residual value, of each asset over its expected useful life.

2 Tangible fixed assets

	£
Cost	
At 1 May 2015	4,132
Additions	1,138
Disposals	-
Revaluations	-
Transfers	-
At 30 April 2016	<u>5,270</u>
Depreciation	
At 1 May 2015	1,876
Charge for the year	849
On disposals	-
At 30 April 2016	<u>2,725</u>
Net book values	
At 30 April 2016	<u><u>2,545</u></u>
At 30 April 2015	<u><u>2,256</u></u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2016	2015
	£	£
100 A Ordinary shares of £1 each (1 share for 2015)	100	1
3 B Ordinary shares of £1 each (0 shares for 2015)	3	0

registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.