REGISTERED NUMBER: 08257548 (England and Wales)

EVOLVE PERSONAL TRAINING LIMITED

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 OCTOBER 2016

Bland Baker
Chartered Accountants
21 Lodge Lane
Grays
Essex
RM17 5RY

CONTENTS OF THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2016

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	4

EVOLVE PERSONAL TRAINING LIMITED

COMPANY INFORMATION
FOR THE YEAR ENDED 31 OCTOBER 2016

DIRECTOR:	N J Daniel
REGISTERED OFFICE:	21 Lodge Lane Grays Essex RM17 5RY
REGISTERED NUMBER:	08257548 (England and Wales)
ACCOUNTANTS:	Bland Baker Chartered Accountants 21 Lodge Lane Grays Essex RM17 5RY

ABBREVIATED BALANCE SHEET
31 OCTOBER 2016

	Notes	2016 £	£	2015 £	£
FIXED ASSETS					
Tangible assets	2		54		81
CURRENT ASSETS					
Debtors		9,872		5,902	
Cash at bank		-		619	
		9,872		6,521	
CREDITORS					
Amounts falling due within one year		9,336		6,485	
NET CURRENT ASSETS			536		36
TOTAL ASSETS LESS CURRENT LIABILITIES			590		117
CAPITAL AND RESERVES					
Called up share capital	3		1		1
Profit and loss account			589		116
SHAREHOLDERS' FUNDS			590		117

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) 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

continued...

ABBREVIATED BALANCE SHEET - continued
31 OCTOBER 2016

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 director on 14 July 2017 and were signed by:

N J Daniel - Director

The notes form part of these abbreviated accounts

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2016

1. ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover
Turnover represents net invoiced sales of services, 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.

Computer equipment - 33% on reducing balance

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 November 2015 and 31 October 2016	269
DEPRECIATION	
At 1 November 2015	188
Charge for year	27
At 31 October 2016	215
NET BOOK VALUE	
At 31 October 2016	54
At 31 October 2015	81

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2016 £	2015 £
1	Ordinary	£1.00	1	1

continued...

4. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to a director subsisted during the years ended 31 October 2016 and 31 October 2015:

	2016	2015
	£	£
N J Daniel		
Balance outstanding at start of year	5,902	8,098
Amounts advanced	37,280	33,203
Amounts repaid	(35,222)	(35,399)
Balance outstanding at end of year	7,960	5,902

The loan is unsecured, repayable on demand and interest is charged at 3% whilst overdrawn. Interest for the year totalled £281.

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.