Smart-Fit Training Limited
FILLETED FINANCIAL STATEMENTS
YEAR ENDED 31 OCTOBER 2019

Company Registration Number - 08748607

NEON NUMBERS LIMITED

Smart-Fit Training Limited
COMPANY NUMBER - 08748607

Balance sheet as at 31 October 2019

	Notes	2019 £	2019 £	2018 £	2018 £
FIXED ASSETS					
Investments	4		15		-
Current assets					
Debtors	5	17,535		-	
Cash at bank and in hand		56		299	
		17,591		299	
Current liabilities					
Creditors - Amounts falling due within one year	6	26,711		2,628	
NET CURRENT LIABILITIES			(9,120)		(2,329)
Total assets less current liabilities			(9,105)		(2,329)
CAPITAL AND RESERVES					
Called up share capital	7		1		1
Profit and Loss account			(9,106)		(2,330)
Shareholders' funds			(9,105)		(2,329)

These financial statements have been prepared in accordance with the provisions of FRS102 Section 1A of the Companies Act 2006 relating to small companies. In accordance with section 444 of the Companies Act 2006, the directors' report and the profit and loss account have not been delivered.
For the financial year ended 31 October 2019, the company was entitled to exemption from audit under section 477 of the Companies Act 2006; and no notice has been deposited under section 476.
The members have not required the company to obtain an audit.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

Approved by the board of directors on25 June 2020
and signed on their behalf by:

Mrs Madeleine Bovey

The notes on pages 2 to 3 form an integral part of these accounts.

Smart-Fit Training Limited

Notes to the Financial Statements

For the year ended 31 October 2019

1. **General Information**

Smart-Fit Training Limited is a Private Company, limited by shares, domiciled in England and Wales, registration number 08748607.

The company's registered office is 259 Copnor Road, Copnor, Portsmouth, Hampshire PO3 5EE.

2. **Accounting policies**

Basis of accounting
The financial statements have been prepared under the historical cost convention in accordance with the accounting policies set out below. These financial statements have been prepared in accordance with FRS102, section 1A - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Revenue recognition
Turnover is measured at the fair value of the consideration received or receivable and represents goods supplied or services rendered, stated net of Value Added Tax. Turnover is reduced for estimated customer returns, rebates and other similar allowances. Turnover from the sale of goods is recognised when goods are delivered and legal title has passed.

Financial Instruments
Basic financial instruments are recognised at amortised cost, except for investments in non-convertible preference and non-puttable ordinary shares which are measured at fair value, with changes recognised in profit or loss. Derivative financial instruments are initially recorded at cost and thereafter at fair value with changes recognised in profit or loss.

3. **Employees**

The average number of persons employed by the company (including directors) during the year was 1 (2018 - 1).

4. **Fixed assets - investments**

	Unlisted Investments £
Cost	
Additions	15
and 31 October 2019	

Subsidiary undertaking
The company's investment in its subsidiary company represents 15% of the total shares in Gym Factory Truro Limited.

	2019	2018
	£	£
5. **Debtors**		
Due within one year:		
Other debtors	17,535	-

Smart-Fit Training Limited

Notes to the Financial Statements

For the year ended 31 October 2019

	2019	2018
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	£	£

6. **Creditors**

Amounts falling due within one year:		
Director's Current Accounts	26,061	2,028
Other creditors	650	600
	26,711	2,628

7. **Called up share capital**

There was no change in share capital during the year.

Allotted, called up and fully paid		
shares of £1 eachOrdinary	1	1

8. **Control**

M Bovey, a director, controls the company by virtue of a majority shareholding.

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.