

**THE 1800 WOMEN'S WORKOUT LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 2 JUNE 2016 TO 30 JUNE 2017**

The 1800 Women's Workout Ltd
Unaudited Financial Statements
For the Period 2 June 2016 to 30 June 2017

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The 1800 Women's Workout Ltd
Balance Sheet
As at 30 June 2017

Registered number: 10211621

		Period to 30 June 2017	
	Notes	£	£
FIXED ASSETS			
Tangible Assets	4		8,397
			<u>8,397</u>
CURRENT ASSETS			
Debtors	5	388	
Cash at bank and in hand		<u>3,046</u>	
		3,434	
Creditors: Amounts Falling Due Within One Year	6	<u>(18,986)</u>	
NET CURRENT ASSETS (LIABILITIES)			<u>(15,552)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(7,155)</u>
PROVISIONS FOR LIABILITIES			
Deferred Taxation			<u>(1,660)</u>
NET ASSETS			<u>(8,815)</u>
CAPITAL AND RESERVES			
Called up share capital	7		9,000
Profit and Loss Account			<u>(17,815)</u>
SHAREHOLDERS' FUNDS			<u>(8,815)</u>

The 1800 Women's Workout Ltd
Balance Sheet (continued)
As at 30 June 2017

For the period ending 30 June 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges her 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 applicable to companies subject to the small companies' regime.
- The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Mrs Melanie Mammone

29 June 2018

The notes on pages 3 to 6 form part of these financial statements.

The 1800 Women's Workout Ltd
Notes to the Financial Statements
For the Period 2 June 2016 to 30 June 2017

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

1.2. Going Concern Disclosure

The directors have not identified any material uncertainties related to events or conditions that may cast significant doubt about the company's ability to continue as a going concern.

1.3. Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

Sale of goods

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

Rendering of services

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

1.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures & Fittings	33.33% on cost
Computer Equipment	33.33% on cost

The 1800 Women's Workout Ltd
Notes to the Financial Statements (continued)
For the Period 2 June 2016 to 30 June 2017

1.5. Taxation

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from profit as reported in the statement of comprehensive income because of items of income or expense that are taxable or deductible in other year and items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable timing differences. Deferred tax assets are generally recognised for all deductible temporary differences to the extent that it is probable that taxable profits will be available against which those deductible timing differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period. Deferred tax liabilities are presented within provisions for liabilities and deferred tax assets within debtors. The measurement of deferred tax liabilities and asset reflects the tax consequences that would follow from the manner in which the Company expects, at the end of the reporting period, to recover or settle the carrying amount of its assets and liabilities.

Current or deferred tax for the year is recognised in profit or loss, except when they related to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

2. Average Number of Employees

Average number of employees, including directors, during the year was as follows:

	Period to 30 June 2017
Office and administration	5
	<u>5</u>

4. Tangible Assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
As at 2 June 2016	-	-	-
Additions	12,311	285	12,596
As at 30 June 2017	<u>12,311</u>	<u>285</u>	<u>12,596</u>
Depreciation			
As at 2 June 2016	-	-	-
Provided during the period	4,104	95	4,199
As at 30 June 2017	<u>4,104</u>	<u>95</u>	<u>4,199</u>
Net Book Value			
As at 30 June 2017	<u>8,207</u>	<u>190</u>	<u>8,397</u>
As at 2 June 2016	<u>-</u>	<u>-</u>	<u>-</u>

The 1800 Women's Workout Ltd
Notes to the Financial Statements (continued)
For the Period 2 June 2016 to 30 June 2017

5. Debtors

	Period to 30 June 2017
	£
Due within one year	
Prepayments and accrued income	388
	<u>388</u>

6. Creditors: Amounts Falling Due Within One Year

	Period to 30 June 2017
	£
Other taxes and social security	520
Net wages	4,296
Accruals and deferred income	14,055
Director's loan account	115
	<u>18,986</u>

7. Share Capital

	Period to 30 June 2017
	£
Allotted, Called up and fully paid	9,000

	Value	Number	Period to 30 June 2017
	£		£
Allotted, called up and fully paid			
Ordinary shares	1,000	9000	9,000

	Nominal value	Number	Amount
	£		£
Shares issued during the period:			
Ordinary shares	1,000	9000	9,000

8. Related Party Transactions

Miss Melanie Mammone

Director

Included in other creditors is a directors loan balance of £114.85

The 1800 Women's Workout Ltd
Notes to the Financial Statements (continued)
For the Period 2 June 2016 to 30 June 2017

9. Ultimate Controlling Party

The company's ultimate controlling party is Miss M Mammone by virtue of her ownership of 100% of the issued share capital in the company.

10. Transition to FRS 102

The company has adopted FRS102 in the period ended 30th June 2017

11. General Information

The 1800 Women's Workout Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 10211621. The registered office is 53 Whitchurch Road, Shrewsbury, Shropshire, SY1 4DT.

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.