REGISTERED NUMBER: 10414021 (England and Wales)

Fitness Hq (Nw) Limited

Unaudited Financial Statements

for the period

6 October 2016 to 31 October 2017

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for the period 6 October 2016 to 31 October 2017

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Fitness Hq (Nw) Limited

Company Information
for the period 6 October 2016 to 31 October 2017

DIRECTOR:	Mr A J Mooney
REGISTERED OFFICE:	Irish Square Upper Denbigh Road St Asaph Denbighshire LL17 0RN
REGISTERED NUMBER:	10414021 (England and Wales)
ACCOUNTANTS:	Salisbury & Company Chartered Accountants Irish Square Upper Denbigh Road St Asaph Denbighshire LL17 0RN

Balance Sheet
31 October 2017

	Notes	£	£
FIXED ASSETS			
Tangible assets	4		4,277
CURRENT ASSETS			
Cash at bank		15,770	
CREDITORS			
Amounts falling due within one year	5	8,811	
NET CURRENT ASSETS			6,959
TOTAL ASSETS LESS CURRENT LIABILITIES			11,236
CREDITORS			
Amounts falling due after more than one year	6		16,250
NET LIABILITIES			(5,014)
CAPITAL AND RESERVES			
Called up share capital			1
Retained earnings			(5,015)
			(5,014)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 October 2017.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 October 2017 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 financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director on 21 June 2018 and were signed by:

Mr A J Mooney - Director

The notes form part of these financial statements

Notes to the Financial Statements
for the period 6 October 2016 to 31 October 2017

1. STATUTORY INFORMATION

Fitness Hq (Nw) Limited is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover
Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.
Plant and machinery etc - 10% on reducing balance

Taxation
Taxation for the period comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

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

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the period end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the period was 1 .

continued...

4. **TANGIBLE FIXED ASSETS**

	Plant and machinery etc
	£
COST	
Additions	4,775
At 31 October 2017	4,775
DEPRECIATION	
Charge for period	498
At 31 October 2017	498
NET BOOK VALUE	
At 31 October 2017	4,277

5. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	£
Bank loans and overdrafts	5,001
Other creditors	3,810
	8,811

6. **CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	£
Bank loans	16,250

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.