

**FITNESS REGIME LTD
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

FITNESS REGIME LTD
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

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FITNESS REGIME LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2022

Director	Mr U NASEEM
Company Number	12522708 (England and Wales)
Registered Office	UNIT 7A GROUND FLOOR OSBORNE MILL OLDHAM OL9 6QQ

FITNESS REGIME LTD
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2022

	2022	2021
	£	£
Fixed assets	3,094	4,125
Current assets	291,375	150,035
Creditors: amounts falling due within one year	(252,859)	(142,458)
Net current assets	38,516	7,577
Total assets less current liabilities	41,610	11,702
Accruals and deferred income	(1,090)	(840)
Net assets	40,520	10,862
Capital and reserves	40,520	10,862

NOTES TO THE ACCOUNTS

1 Statutory information

Fitness Regime Ltd is a private company, limited by shares, registered in England and Wales, registration number 12522708. The registered office is UNIT 7A GROUND FLOOR, OSBORNE MILL, OLDHAM, OL9 6QQ.

2 Average number of employees

During the year the average number of employees was 4 (2021: 3).

For the year ending 31 March 2022 the company was entitled to exemption from audit 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 director acknowledges his 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 micro-entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Approved by the board on 14 December 2022

Mr UNASEEM
Director

Company Registration No. 12522708

