

Company registration number 14613708 (England and Wales)

NOFITNESS COACHING LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2024
PAGES FOR FILING WITH REGISTRAR

NOFITNESS COACHING LIMITED

BALANCE SHEET

AS AT 31 JANUARY 2024

	2024	
	£	£
Fixed assets		449
Current assets	28,140	
Creditors: amounts falling due within one year	(6,621)	
Net current assets		21,519
Total assets less current liabilities		21,968
Net assets		21,968
Capital and reserves		21,968

Notes to the financial statements

1 Director's benefits: advances, credit and guarantees

At the period-end, the company owed the director a balance of £81, being an interest free loan, repayable on demand.

2 Employees

The average number of persons, including directors, employed by the company during the year was as follows:

	2024 Number
Employees	1

NoFitness Coaching Limited is a private company limited by shares incorporated in England and Wales. The registered office is 10 Bolt Court, 3rd Floor, London, EC4A 3DQ.

For the year ended 31 January 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The member has not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the micro-entity provisions and in accordance with FRS 105 'The Financial Reporting Standard applicable to the Micro-entities Regime' and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The director of the company has elected not to include a copy of the profit and loss account within the financial statements.

NOFITNESS COACHING LIMITED

BALANCE SHEET (CONTINUED)

AS AT 31 JANUARY 2024

The financial statements were approved and signed by the director and authorised for issue on 12 August 2024

Mr N Okoronkwo
Director

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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.