REGISTERED NUMBER: SC215323 (Scotland)

Abbreviated Unaudited Accounts for the Year Ended 31 January 2016

for

Think Fitness Limited

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Company Information
for the Year Ended 31 January 2016

DIRECTORS:	S D Oliver G Dalgleish
SECRETARY:	S D Oliver
REGISTERED OFFICE:	3 O'Connell Street Hawick Roxburghshire TD9 9HT
REGISTERED NUMBER:	SC215323 (Scotland)
ACCOUNTANTS:	Douglas Home & Co Ltd Chartered Accountants 47-49 The Square Kelso Roxburghshire TD5 7HW

Abbreviated Balance Sheet
31 January 2016

	Notes	31/1/16 £	£	31/1/15 £	£
FIXED ASSETS					
Tangible assets	2		276,719		271,002
CURRENT ASSETS					
Stocks		500		500	
Debtors		-		2,857	
Cash in hand		91		776	
		591		4,133	
CREDITORS					
Amounts falling due within one year		129,004		90,311	
NET CURRENT LIABILITIES			(128,413)		(86,178)
TOTAL ASSETS LESS CURRENT LIABILITIES			148,306		184,824
CREDITORS					
Amounts falling due after more than one year	3		(136,407)		(144,865)
PROVISIONS FOR LIABILITIES			(12,500)		(11,000)
ACCRUALS AND DEFERRED INCOME			-		(1,300)
NET (LIABILITIES)/ASSETS			(601)		27,659
CAPITAL AND RESERVES					
Called up share capital	4		5,002		5,002
Revaluation reserve			31,035		31,035
Profit and loss account			(36,638)		(8,378)
SHAREHOLDERS' FUNDS			(601)		27,659

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2016 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their 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 notes form part of these abbreviated accounts

continued...

Abbreviated Balance Sheet - continued
31 January 2016

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 3 August 2016 and were signed on its behalf by:

S D Oliver - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts for the Year Ended 31 January 2016

1. **ACCOUNTING POLICIES**

Basis of preparing the financial statements
The Company meets its day to day working capital requirements by way of financing by Mr S. D. Oliver and Mr G. Dalgleish personally. It is the intention of the directors to continue to finance the Company and the accounts have therefore been prepared on a going concern basis.

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Exemption from preparing a cash flow statement
Exemption has been taken from preparing a cash flow statement on the grounds that the company qualifies as a small company.

Turnover
Turnover is represented predominately by net members subcriptions and miscellaneous sales of goods, excluding value added tax.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

Improvements to property	- 5% on cost and not provided
Plant and machinery	- 20% on cost and Over the remaining life of the lease
Fixtures and fittings	- 20% on cost
Computer equipment	- 20% on cost

Stocks
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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

Hire purchase and leasing commitments
Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over the term of the lease to provide a realistic net book value at the end of the lease as provided by the asset supplier.

The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

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Notes to the Abbreviated Accounts - continued
for the Year Ended 31 January 2016

2. TANGIBLE FIXED ASSETS

	Total
	£
COST	
At 1 February 2015	352,601
Additions	19,788
Disposals	(12,422)
At 31 January 2016	359,967
DEPRECIATION	
At 1 February 2015	81,599
Charge for year	12,622
Eliminated on disposal	(10,973)
At 31 January 2016	83,248
NET BOOK VALUE	
At 31 January 2016	276,719
At 31 January 2015	271,002

3. CREDITORS

Creditors include the following debts falling due in more than five years:

	31/1/16	31/1/15
	£	£
Repayable by instalments	62,376	77,687

4. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31/1/16	31/1/15
			£	£
5,002	Ordinary Shares	1	5,002	5,002

5. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to directors subsisted during the years ended 31 January 2016 and 31 January 2015:

	31/1/16	31/1/15
	£	£
S D Oliver		
Balance outstanding at start of year	405	(7,906)
Amounts advanced	20,772	9,977
Amounts repaid	(40,767)	(1,666)
Balance outstanding at end of year	(19,590)	405

continued...

Notes to the Abbreviated Accounts - continued
for the Year Ended 31 January 2016

5. **DIRECTORS' ADVANCES, CREDITS AND GUARANTEES - continued**

G Dalgleish		
Balance outstanding at start of year	405	(7,907)
Amounts advanced	19,492	9,977
Amounts repaid	(39,667)	(1,665)
Balance outstanding at end of year	(19,770)	405

At 31 January 2016 the company owed the directors £39,360, (2015 - the directors owed the company £810)
This is an interest free loan.

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.