

Registered number: 07101315

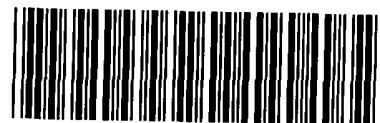
5K Fitness Ltd

Unaudited

Abbreviated accounts

For the year ended 31 May 2016

TUESDAY



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COMPANIES HOUSE

5K Fitness Ltd

The following reproduces the text of the Chartered accountants' report in respect of the company's annual financial statements, from which the abbreviated accounts (set out on pages 2 to 4) have been prepared.

Chartered accountants' report to the director on the preparation of the unaudited statutory financial statements of 5K Fitness Ltd for the year ended 31 May 2016

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of 5K Fitness Ltd for the year ended 31 May 2016 which comprise the Profit and loss account, the Balance sheet and the related notes from the company's accounting records and from information and explanations you have given to us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at:
www.icaew.com/en/members/regulations-standards-and-guidance/.

This report is made solely to the director of 5K Fitness Ltd in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the financial statements of 5K Fitness Ltd and state those matters that we have agreed to state to the director of 5K Fitness Ltd in this report in accordance with ICAEW Technical Release TECH07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than 5K Fitness Ltd and its director for our work or for this report.

It is your duty to ensure that 5K Fitness Ltd has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the company's assets, liabilities, financial position and profit of 5K Fitness Limited after profit. You consider that 5K Fitness Ltd is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or review of the financial statements of 5K Fitness Ltd. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Kreston Reeves LLP

Chartered Accountants

37 St Margaret's Street
Canterbury
Kent
CT1 2TU

Date: 27 February 2017

5K Fitness Ltd
Registered number: 07101315

Abbreviated balance sheet
As at 31 May 2016

	Note	£	2016 £	£	2015 £
Fixed assets					
Tangible assets	2		219,990		49,140
Current assets					
Debtors		74,564		128,400	
Cash at bank and in hand		14,954		50,478	
		<u>89,518</u>		<u>178,878</u>	
Creditors: amounts falling due within one year		<u>(174,289)</u>		<u>(113,700)</u>	
Net current (liabilities)/assets			<u>(84,771)</u>		65,178
Total assets less current liabilities			<u>135,219</u>		<u>114,318</u>
Creditors: amounts falling due after more than one year			<u>(26,776)</u>		-
Net assets			<u><u>108,443</u></u>		<u><u>114,318</u></u>
Capital and reserves					
Called up share capital	3		100		100
Profit and loss account			<u>108,343</u>		<u>114,218</u>
Shareholders' funds			<u><u>108,443</u></u>		<u><u>114,318</u></u>

The director considers that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 31 May 2016 and of its profit for the year in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts, which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006, were approved and authorised for issue by the board and were signed on its behalf on 27 February 2017

P Singh
Director

The notes on pages 3 to 4 form part of these financial statements.

**Notes to the abbreviated accounts
For the year ended 31 May 2016**

1. Accounting policies

1.1 Basis of preparation of financial statements

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1.2 Cash flow

The company, being a subsidiary undertaking where 90% or more of the voting rights are controlled within the group whose consolidated financial statements are publicly available, is exempt from the requirement to draw up a cash flow statement in accordance with FRS 1.

1.3 Turnover

Turnover comprises revenue recognised by the company in respect of goods and services supplied during the year, exclusive of Value Added Tax and trade discounts. Income in respect of gym subscriptions are recognised over the membership period.

1.4 Tangible fixed assets and depreciation

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

Fixtures and fittings	-	20% reducing balance
Office equipment	-	20% reducing balance

1.5 Operating leases

Rentals under operating leases are charged to the Profit and loss account on a straight line basis over the lease term.

Benefits received and receivable as an incentive to sign an operating lease are recognised on a straight line basis over the period until the date the rent is expected to be adjusted to the prevailing market rate.

5K Fitness Ltd

Notes to the abbreviated accounts For the year ended 31 May 2016

2. Tangible fixed assets

	£
Cost	
At 1 June 2015	100,032
Additions	225,848
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At 31 May 2016	325,880
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Depreciation	
At 1 June 2015	50,892
Charge for the year	54,998
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At 31 May 2016	105,890
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Net book value	
At 31 May 2016	219,990
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At 31 May 2015	49,140
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3. Share capital

	2016 £	2015 £
Allotted, called up and fully paid		
100 Ordinary shares of £1 each	100	100
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4. Related party transactions

At 31 May 2016, the amount owed by Mr P Singh, a director of the company is in the sum of £Nil (2015: £19,352).

At 31 May 2016, the amount owed by Mr K Singh, a shareholder of the company is in the sum of £Nil (2015: £19,352).

5. Ultimate parent undertaking and controlling party

The company is a wholly owned subsidiary of Trugym Limited, a company incorporated in England and Wales.

The director considers there to be no ultimate controlling party.