

REGISTERED NUMBER: 07796344 (England and Wales)

ABRIDGED UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 OCTOBER 2019

FOR

PARAMOUNT PERSONAL TRAINING LIMITED

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FOR THE YEAR ENDED 31 OCTOBER 2019**

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PARAMOUNT PERSONAL TRAINING LIMITED

**COMPANY INFORMATION
FOR THE YEAR ENDED 31 OCTOBER 2019**

DIRECTOR: Mr L Scelsi

REGISTERED OFFICE: 2 Mountside
Stanmore
Middlesex
HA7 2DT

REGISTERED NUMBER: 07796344 (England and Wales)

ACCOUNTANTS: Mountsides Limited
Chartered Accountants
2 Mountside
Stanmore
Middlesex
HA7 2DT

ABRIDGED BALANCE SHEET
31 OCTOBER 2019

	Notes	2019 £	2018 £
FIXED ASSETS			
Tangible assets	5	6,999	5,864
CURRENT ASSETS			
Debtors		7,985	4,000
Cash at bank		12,308	10,748
		<u>20,293</u>	<u>14,748</u>
CREDITORS			
Amounts falling due within one year		(23,120)	(18,284)
NET CURRENT LIABILITIES		<u>(2,827)</u>	<u>(3,536)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		4,172	2,328
PROVISIONS FOR LIABILITIES		<u>(1,330)</u>	<u>(1,126)</u>
NET ASSETS		<u>2,842</u>	<u>1,202</u>
CAPITAL AND RESERVES			
Called up share capital	6	100	100
Retained earnings		2,742	1,102
SHAREHOLDERS' FUNDS		<u>2,842</u>	<u>1,202</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 2019 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 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.
- (b)

ABRIDGED BALANCE SHEET - continued
31 OCTOBER 2019

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

All the members have consented to the preparation of an abridged Income Statement and an abridged Balance Sheet for the year ended 31 October 2019 in accordance with Section 444(2A) of the Companies Act 2006.

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 19 December 2019 and were signed by:

Mr L Scelsi - Director

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2019**

1. STATUTORY INFORMATION

Paramount Personal Training 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.

The presentation currency of the financial statements is the Pound Sterling (£).

2. STATEMENT OF COMPLIANCE

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

3. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

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 - 15% on cost

TAXATION

Taxation for the year 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 year 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.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

4. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 3 (2018 - 2).

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 OCTOBER 2019

5. TANGIBLE FIXED ASSETS

	Totals £
COST	
At 1 November 2018	10,514
Additions	<u>3,190</u>
At 31 October 2019	<u>13,704</u>
DEPRECIATION	
At 1 November 2018	4,650
Charge for year	<u>2,055</u>
At 31 October 2019	<u>6,705</u>
NET BOOK VALUE	
At 31 October 2019	<u>6,999</u>
At 31 October 2018	<u>5,864</u>

6. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:				
Number:	Class:	Nominal value:	2019 £	2018 £
100	Ordinary	£1.00	<u><u>100</u></u>	<u><u>100</u></u>

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.