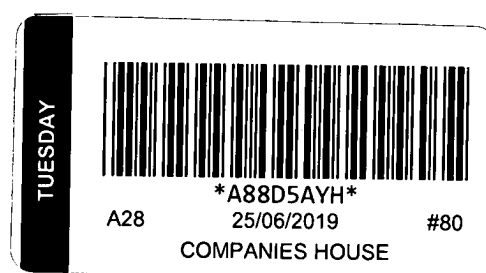


Company Registration Number 07901927 (England and Wales)

THE FITNESS MOOVEMENT LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2019
PAGES FOR FILING WITH REGISTRAR



THE FITNESS MOOVEMENT LIMITED

BALANCE SHEET

AS AT 31 JANUARY 2019

	2019		2018	
	£	£	£	£
Fixed assets		2,328		4,071
Current assets	63,637		89,156	
Prepayments and accrued income	-		4,245	
Creditors: amounts falling due within one year	(56,796)		(63,011)	
Net current assets		6,841		30,390
Total assets less current liabilities		9,169		34,461
Creditors: amounts falling due after more than one year		-		(470)
Net assets		9,169		33,991
Capital and reserves		9,169		33,991

Notes to the financial statements

1 Director's benefits: advances, credit and guarantees

The directors were provided with interest free loans during the year with no formal terms of repayment.

At the balance sheet date £4,662 (2018: £(13,737)) was due from the company to the directors.

The total of advances made to the directors during the year were £2,001.

The total amount of repayments made to the company by the directors were £20,400.

2 Employees

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

	2019 Number	2018 Number
Employees	3	5

3 Secured creditors

Creditors falling due within one year include £Nil (2018: £2,520) of bank loans which are secured by personal guarantee provided by the director.

Creditors falling due after more than one year of £Nil (2018: £470) are bank loans which are secured by personal guarantee provided by the director.

THE FITNESS MOOVEMENT LIMITED

BALANCE SHEET (CONTINUED)

AS AT 31 JANUARY 2019

The Fitness Moovement Limited is a private company limited by shares incorporated in England and Wales. The registered office is Suite 3 Middlesex House, Rutherford Close, Stevenage, Hertfordshire, SG1 2EF.

For the year ended 31 January 2019 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 financial statements were approved by the board of directors and authorised for issue on 21-6-19 and are signed on its behalf by:



.....
T Dureh
Director

Company Registration Number 07901927