

Registered number
09038926

Training Points Fitness and Therapies Limited

Filleted Accounts

31 March 2019



Training Points Fitness and Therapies Limited
Registered number: 09038926
Balance Sheet
as at 31 March 2019

	Notes	2019 £	2018 £
Current assets			
Debtors	2	4,505	3,965
Cash at bank and in hand		4,021	5,178
		<u>8,526</u>	<u>9,143</u>
Creditors: amounts falling due within one year	3	(2,834)	(6,799)
Net current assets		<u>5,692</u>	<u>2,344</u>
Net assets		<u>5,692</u>	<u>2,344</u>
Capital and reserves			
Called up share capital		2	2
Profit and loss account		5,690	2,342
Shareholders' funds		<u>5,692</u>	<u>2,344</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.



Mathilde Theill Petersen
Director

Approved by the board on 26 February 2020

Training Points Fitness and Therapies Limited
Notes to the Accounts
for the period from 1 June 2018 to 31 March 2019

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes.

Debtors

Short term debtors are measured at transaction price, less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price. Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. 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. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

2 Debtors	2019	2018
	£	£
Other debtors	4,505	3,965
	<hr/>	<hr/>
3 Creditors: amounts falling due within one year	2019	2018
	£	£
Taxation and social security costs	1,334	549
Other creditors	1,500	6,250
	<hr/>	<hr/>
	2,834	6,799
	<hr/>	<hr/>

Training Points Fitness and Therapies Limited
Notes to the Accounts
for the period from 1 June 2018 to 31 March 2019

4 Controlling party

The company is controlled by the directors who together hold 100% of the issued share capital.

5 Other information

Training Points Fitness and Therapies Limited is a private company limited by shares and incorporated in England. Its registered office is:

12 Pilots View
Chatham
Kent
ME4 6BF