

TRAINING POINTS FITNESS AND THERAPIES LIMITED

**Company Registration Number:
09038926 (England and Wales)**

Unaudited statutory accounts for the year ended 31 March 2021

Period of accounts

Start date: 1 April 2020

End date: 31 March 2021

TRAINING POINTS FITNESS AND THERAPIES LIMITED

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for the Period Ended 31 March 2021

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Balance sheet notes

TRAINING POINTS FITNESS AND THERAPIES LIMITED

Balance sheet

As at 31 March 2021

	<i>Notes</i>	<i>2021</i>	<i>2020</i>
		£	£
Current assets			
Debtors:	3	7,516	9,026
Cash at bank and in hand:		20,077	11,772
Total current assets:		<u>27,593</u>	<u>20,798</u>
Creditors: amounts falling due within one year:	4	(3,830)	(5,964)
Net current assets (liabilities):		<u>23,763</u>	<u>14,834</u>
Total assets less current liabilities:		<u>23,763</u>	<u>14,834</u>
Creditors: amounts falling due after more than one year:	5	(20,000)	
Total net assets (liabilities):		<u>3,763</u>	<u>14,834</u>
Capital and reserves			
Called up share capital:		2	2
Profit and loss account:		3,761	14,832
Total Shareholders' funds:		<u>3,763</u>	<u>14,834</u>

The notes form part of these financial statements

TRAINING POINTS FITNESS AND THERAPIES LIMITED

Balance sheet statements

For the year ending 31 March 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen not to file a copy of the company's profit and loss account.

**This report was approved by the board of directors on 30 March 2022
and signed on behalf of the board by:**

Name: Mathilde Theill Petersen
Status: Director

The notes form part of these financial statements

TRAINING POINTS FITNESS AND THERAPIES LIMITED

Notes to the Financial Statements

for the Period Ended 31 March 2021

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

Turnover policy

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

Other accounting policies

Debtors Short term debtors are measured at transaction price (which is usually the invoice 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 (which is usually the invoice 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.

TRAINING POINTS FITNESS AND THERAPIES LIMITED

Notes to the Financial Statements

for the Period Ended 31 March 2021

2. Employees

	<i>2021</i>	<i>2020</i>
Average number of employees during the period	2	2

TRAINING POINTS FITNESS AND THERAPIES LIMITED

Notes to the Financial Statements

for the Period Ended 31 March 2021

3. Debtors

	<i>2021</i>	<i>2020</i>
	£	£
Other debtors	7,516	9,026
Total	<u>7,516</u>	<u>9,026</u>

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Notes to the Financial Statements

for the Period Ended 31 March 2021

4. Creditors: amounts falling due within one year note

	<i>2021</i>	<i>2020</i>
	£	£
Taxation and social security	3,330	3,964
Other creditors	500	2,000
Total	<u>3,830</u>	<u>5,964</u>

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Notes to the Financial Statements

for the Period Ended 31 March 2021

5. Creditors: amounts falling due after more than one year note

	<i>2021</i>
	£
Bank loans and overdrafts	20,000
Total	<u>20,000</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.