

# **TRAINING POINTS FITNESS AND THERAPIES LIMITED**

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

**Unaudited statutory accounts for the year ended 31 March 2023**

**Period of accounts**

**Start date: 1 April 2022**

**End date: 31 March 2023**

# **TRAINING POINTS FITNESS AND THERAPIES LIMITED**

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**for the Period Ended 31 March 2023**

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# TRAINING POINTS FITNESS AND THERAPIES LIMITED

## Balance sheet

As at 31 March 2023

	<i>Notes</i>	<i>2023</i>	<i>2022</i>
		<i>£</i>	<i>£</i>
<b>Current assets</b>			
Debtors:	3	3,516	7,516
Cash at bank and in hand:		19,559	16,347
<b>Total current assets:</b>		<u>23,075</u>	<u>23,863</u>
Creditors: amounts falling due within one year:	4	( 6,658 )	( 9,704 )
<b>Net current assets (liabilities):</b>		<u>16,417</u>	<u>14,159</u>
<b>Total assets less current liabilities:</b>		<u>16,417</u>	<u>14,159</u>
Creditors: amounts falling due after more than one year:	5	( 8,333 )	( 12,667 )
<b>Total net assets (liabilities):</b>		<u>8,084</u>	<u>1,492</u>
<b>Capital and reserves</b>			
Called up share capital:		2	2
Profit and loss account:		8,082	1,490
<b>Total Shareholders' funds:</b>		<u>8,084</u>	<u>1,492</u>

The notes form part of these financial statements

# **TRAINING POINTS FITNESS AND THERAPIES LIMITED**

## **Balance sheet statements**

For the year ending 31 March 2023 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 26 March 2024  
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 2023**

### **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.

# TRAINING POINTS FITNESS AND THERAPIES LIMITED

## Notes to the Financial Statements for the Period Ended 31 March 2023

### 2. Employees

	2023	2022
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 2023

### 3. Debtors

	<i>2023</i>	<i>2022</i>
	£	£
Other debtors	3,516	7,516
Total	<u>3,516</u>	<u>7,516</u>

# TRAINING POINTS FITNESS AND THERAPIES LIMITED

## Notes to the Financial Statements

for the Period Ended 31 March 2023

### 4. Creditors: amounts falling due within one year note

	<i>2023</i>	<i>2022</i>
	£	£
Bank loans and overdrafts	<b>4,000</b>	4,000
Taxation and social security	<b>2,158</b>	5,204
Other creditors	<b>500</b>	500
Total	<b><u>6,658</u></b>	<u>9,704</u>



# TRAINING POINTS FITNESS AND THERAPIES LIMITED

## Notes to the Financial Statements

for the Period Ended 31 March 2023

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

	2023	2022
	£	£
Bank loans and overdrafts	8,333	12,667
Total	<u>8,333</u>	<u>12,667</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.