

Registered Number 07857141

INSTANT FITNESS LIMITED

Micro-entity Accounts

5 January 2018

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Registered Number 07857141

Micro-entity Balance Sheet as at 5 January 2018

	<i>Notes</i>	<i>05/01/2018</i>	<i>31/12/2016</i>
		£	£
Current Assets		447	318
Creditors: amounts falling due within one year		(446)	(317)
Net current assets (liabilities)		<u>1</u>	<u>1</u>
Total assets less current liabilities		<u>1</u>	<u>1</u>
Total net assets (liabilities)		<u>1</u>	<u>1</u>
Capital and reserves		<u>1</u>	<u>1</u>

- For the year ending 5 January 2018 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 30 December 2018

And signed on their behalf by:

m caines, Director