

**REGISTERED NUMBER: 04580477 (England and Wales)**

**Total Fitness Services Limited**  
**Unaudited Financial Statements**  
**for the Period 1 December 2017 to 31 December 2018**

Aggarwal & Co Limited  
Chartered Accountants  
5 London Road  
Rainham  
Gillingham  
Kent  
ME8 7RG

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**Total Fitness Services Limited (Registered number: 04580477)**

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for the Period 1 December 2017 to 31 December 2018**

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**Total Fitness Services Limited**  
**Company**  
**Information**  
**for the Period 1 December 2017 to 31 December 2018**

**DIRECTOR:** Mrs L M Sprosen

**REGISTERED OFFICE:** Unit 9 Cricketts Farm Business Park  
Borough Green Road  
Ightham  
Sevenoaks  
Kent  
TN15 9JB

**REGISTERED NUMBER:** 04580477 (England and Wales)

**ACCOUNTANTS:** Aggarwal & Co Limited  
Chartered Accountants  
5 London Road  
Rainham  
Gillingham  
Kent  
ME8 7RG



**Total Fitness Services Limited (Registered number: 04580477)****Statement of Financial Position  
31 December  
2018**

	Notes	2018 £	£	2017 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		32,928		35,830
<b>CURRENT ASSETS</b>					
Debtors	5	155,924		272,201	
Cash at bank and in hand		<u>123,006</u>		<u>203,966</u>	
		278,930		476,167	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<u>159,621</u>		<u>333,516</u>	
<b>NET CURRENT ASSETS</b>			<u>119,309</u>		<u>142,651</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			152,237		178,481
<b>CREDITORS</b>					
Amounts falling due after more than one year	7		(12,760)		(16,740)
<b>PROVISIONS FOR LIABILITIES</b>	9		<u>(4,248)</u>		<u>(3,752)</u>
<b>NET ASSETS</b>			<u>135,229</u>		<u>157,989</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			2		2
Retained earnings			<u>135,227</u>		<u>157,987</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>135,229</u>		<u>157,989</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 December 2018.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 December 2018 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of
- (b) Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.





**Total Fitness Services Limited (Registered number: 04580477)**

**Statement of Financial Position - continued  
31 December  
2018**

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Statement of Income and Retained Earnings has not been delivered.

The financial statements were approved by the director on 6 September 2019 and were signed by:

Mrs L M Sprosen - Director



**Total Fitness Services Limited (Registered number: 04580477)**

**Notes to the Financial Statements  
for the Period 1 December 2017 to 31 December 2018**

**1. STATUTORY INFORMATION**

Total Fitness Services Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

The presentation currency of the financial statements is the Pound Sterling (£).

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income recognition**

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each asset over its estimated useful life.

Plant and machinery etc - 33% on cost, 25% on reducing balance and 15% on reducing balance

**Financial instruments**

The Company enters into basic financial instruments that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable, loans to and from banks, other third parties and related parties.

Basic financial instruments are recognised at amortised cost, with changes recognised in profit or loss.

**Taxation**

Taxation for the period comprises current and deferred tax. Tax is recognised in the Statement of Income and Retained Earnings, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted by the statement of financial position date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the statement of financial position date.

**Pension costs and other post-retirement benefits**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

**3. EMPLOYEES AND DIRECTORS**



**Total Fitness Services Limited (Registered number: 04580477)****Notes to the Financial Statements - continued  
for the Period 1 December 2017 to 31 December 2018**

<b>4. TANGIBLE FIXED ASSETS</b>		
		Plant and machinery etc £
<b>COST</b>		
At 1 December 2017		50,128
Additions		12,576
Disposals		<u>(1,231)</u>
At 31 December 2018		<u>61,473</u>
<b>DEPRECIATION</b>		
At 1 December 2017		14,298
Charge for period		15,478
Eliminated on disposal		<u>(1,231)</u>
At 31 December 2018		<u>28,545</u>
<b>NET BOOK VALUE</b>		
At 31 December 2018		<u>32,928</u>
At 30 November 2017		<u>35,830</u>
<b>5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		
	2018	2017
	£	£
Trade debtors	134,898	259,271
Other debtors	<u>21,026</u>	<u>12,930</u>
	<u>155,924</u>	<u>272,201</u>
<b>6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		
	2018	2017
	£	£
Bank loans and overdrafts	-	6,745
Hire purchase contracts	6,006	3,976
Trade creditors	28,692	26,781
Taxation and social security	92,952	195,616
Other creditors	<u>31,971</u>	<u>100,398</u>
	<u>159,621</u>	<u>333,516</u>
<b>7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR</b>		
	2018	2017
	£	£
Bank loans	-	6,078
Hire purchase contracts	<u>12,760</u>	<u>10,662</u>
	<u>12,760</u>	<u>16,740</u>



**Total Fitness Services Limited (Registered number: 04580477)****Notes to the Financial Statements - continued  
for the Period 1 December 2017 to 31 December 2018****8. SECURED DEBTS**

The following secured debts are included within creditors:

	2018	2017
	£	£
Hire purchase contracts	<u>18,766</u>	<u>14,638</u>

**9. PROVISIONS FOR LIABILITIES**

	2018	2017
	£	£
Deferred tax	<u>4,248</u>	<u>3,752</u>
		Deferred tax
		£
Balance at 1 December 2017		3,752
Charge to Statement of Comprehensive Income during period		<u>496</u>
Balance at 31 December 2018		<u>4,248</u>

**10. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES**

The following advances and credits to a director subsisted during the period ended 31 December 2018 and the year ended 30 November 2017:

	2018	2017
	£	£
<b>Mrs L M Sprosen</b>		
Balance outstanding at start of period	-	-
Amounts advanced	29,317	-
Amounts repaid	(29,317)	-
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of period	<u>-</u>	<u>-</u>





