

**24/7 FITNESS NORWICH LTD  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2019**

Jaracs Limited

24 Suffolk Road  
Lowestoft  
Suffolk  
NR32 1DZ

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24/7 Fitness Norwich Ltd  
Financial Statements  
For The Year Ended 30 June 2019

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**24/7 Fitness Norwich Ltd**  
**Balance Sheet**  
**As at 30 June 2019**

Registered number: 09050715

	Notes	2019		2018	
		£	£	£	£
<b>FIXED ASSETS</b>					
Tangible Assets	<a href="#">3</a>		118,791		161,611
			118,791		161,611
<b>CURRENT ASSETS</b>					
Debtors	<a href="#">4</a>	262,967		160,518	
		262,967		160,518	
<b>Creditors: Amounts Falling Due Within One Year</b>	<a href="#">5</a>	(355,908 )		(139,009 )	
<b>NET CURRENT ASSETS (LIABILITIES)</b>			(92,941 )		21,509
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			25,850		183,120
<b>Creditors: Amounts Falling Due After More Than One Year</b>	<a href="#">6</a>		-		(61,553 )
<b>NET ASSETS</b>			25,850		121,567
<b>CAPITAL AND RESERVES</b>					
Called up share capital	<a href="#">8</a>		100		100
Profit and Loss Account			25,750		121,467
<b>SHAREHOLDERS' FUNDS</b>			25,850		121,567

**24/7 Fitness Norwich Ltd  
Balance Sheet (continued)  
As at 30 June 2019**

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For the year ending 30 June 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Directors' responsibilities**

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges 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 company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

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**Mrs Sarah Chivers**

Director

31st March 2020

The notes on pages 3 to 5 form part of these financial statements.

**24/7 Fitness Norwich Ltd**  
**Notes to the Financial Statements**  
**For The Year Ended 30 June 2019**

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**1. Accounting Policies**

**1.1. Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

**1.2. Turnover**

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

**Sale of goods**

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

**Tangible Fixed Assets and Depreciation**

**Rendering of services**

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	over 10 years
Plant & Machinery	over 5 years
Furniture & Fittings	over 5 years

1.4. **Leasing and Hire Purchase Contracts**

24/7 Fitness Norwich Ltd

**Notes to the Financial Statements (continued)**

For The Year Ended 30 June 2019

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible fixed assets. Assets acquired under finance leases are depreciated over the shorter of the lease term and their useful lives. Assets acquired under hire purchase contracts are depreciated over their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the company. Obligations under such agreements are included in the creditors net of the finance element over the periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to profit and loss account as incurred.

	2019	2018
Sales, marketing and distribution	4	5
	<u>4</u>	<u>5</u>

3. **Tangible Assets**

	Land & Property		Total
	Leasehold	Plant & Machinery	
	£	£	£
<b>Cost</b>			
As at 1 July 2018	32,433	278,143	310,576
Additions	11,961	3,619	15,580
As at 30 June 2019	<u>44,394</u>	<u>281,762</u>	<u>326,156</u>
<b>Depreciation</b>			
As at 1 July 2018	6,581	142,384	148,965
Provided during the period	4,877	53,523	58,400
As at 30 June 2019	<u>11,458</u>	<u>195,907</u>	<u>207,365</u>
<b>Net Book Value</b>			
As at 30 June 2019	<u>32,936</u>	<u>85,855</u>	<u>118,791</u>
As at 1 July 2018	<u>25,852</u>	<u>135,759</u>	<u>161,611</u>

4. **Debtors**

	2019	2018
	£	£
<b>Due within one year</b>		
Trade debtors	2,053	855
Prepayments and accrued income	819	475
Other debtors	1,899	1,196
Amounts owed by group undertakings	258,196	157,992
	<u>262,967</u>	<u>160,518</u>

**24/7 Fitness Norwich Ltd**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 30 June 2019**

**5. Creditors: Amounts Falling Due Within One Year**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Net obligations under finance lease and hire purchase contracts	53,974	34,348
Bank loans and overdrafts	4,793	2,737
Other taxes and social security	2,023	666
VAT	15,705	15,792
Accruals and deferred income	38,993	12,728
Amounts owed to parent undertaking	240,420	72,738
	<u>355,908</u>	<u>139,009</u>

**6. Creditors: Amounts Falling Due After More Than One Year**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Net obligations under finance lease and hire purchase contracts	-	61,553
	<u>-</u>	<u>61,553</u>

**7. Obligations Under Finance Leases and Hire Purchase**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
The maturity of these amounts is as follows:		
Amounts Payable:		
Within one year	53,974	34,348
Between one and five years	-	61,553
	<u>53,974</u>	<u>95,901</u>
	<u>53,974</u>	<u>95,901</u>

**8. Share Capital**

	<b>2019</b>	<b>2018</b>
Allotted, Called up and fully paid	<u>100</u>	<u>100</u>

**9. General Information**

24/7 Fitness Norwich Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 09050715. The registered office is Citibase Offices, Bridge House River Side North, Bewdley, DY12 1AB.