

**JAMES STEWART PERSONAL TRAINING LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2018**

James Stewart Personal Training Limited
Unaudited Financial Statements
For The Year Ended 30 June 2018

Contents

	Page
Balance Sheet	1—2
Notes to the Financial Statements	3—4

James Stewart Personal Training Limited
Balance Sheet
As at 30 June 2018

Registered number: 10251124

		2018		2017	
	Notes	£	£	£	£
CURRENT ASSETS					
Debtors	3	2,626		-	
Cash at bank and in hand		39		1,472	
		2,665		1,472	
Creditors: Amounts Falling Due Within One Year					
	4	(1,716)		(1,800)	
NET CURRENT ASSETS (LIABILITIES)					
			949		(328)
TOTAL ASSETS LESS CURRENT LIABILITIES					
			949		(328)
NET ASSETS					
			949		(328)
CAPITAL AND RESERVES					
Called up share capital	5		1		1
Profit and Loss Account			948		(329)
SHAREHOLDERS' FUNDS					
			949		(328)

James Stewart Personal Training Limited
Balance Sheet (continued)
As at 30 June 2018

For the year ending 30 June 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's 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 his 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

**Mr James
Stewart**

29/03/2019

The notes on pages 3 to 4 form part of these financial statements.

James Stewart Personal Training Limited
Notes to the Financial Statements
For The Year Ended 30 June 2018

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.

1.3. Taxation

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses where the outcome of a contract cannot be determined. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

Average number of employees, including directors, during the year was as follows:

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable timing differences. Deferred tax assets are generally recognised for all deductible temporary differences to the extent that it is probable that taxable profits will be available against which those deductible timing differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period. Deferred tax liabilities are presented within provisions for liabilities and deferred tax assets within debtors. The measurement of deferred tax liabilities and asset reflects the tax consequences that would follow from the manner in which the Company expects, at the end of the reporting period, to recover or settle the carrying amount of its assets and liabilities.

Current or deferred tax for the year is recognised in profit or loss, except when they related to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

James Stewart Personal Training Limited
Notes to the Financial Statements (continued)
For The Year Ended 30 June 2018

3. Debtors

	2018	2017
	£	£
Due within one year		
Trade debtors	2,626	-
	<u>2,626</u>	<u>-</u>

4. Creditors: Amounts Falling Due Within One Year

	2018	2017
	£	£
Trade creditors	300	-
Corporation tax	1,416	-
Other creditors	-	1,800
	<u>1,716</u>	<u>1,800</u>

5. Share Capital

	2018	2017
Allotted, Called up and fully paid	<u>1</u>	<u>1</u>

6. General Information

James Stewart Personal Training Limited is a private company, limited by shares, incorporated in England & Wales, registered number 10251124. The registered office is 7 Sedum Grove, Kirkby, Liverpool, L33 1SX.