

ROCK SOLID GYM (UK) LTD
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 28 FEBRUARY 2023

ROCK SOLID GYM (UK) LTD
UNAUDITED ACCOUNTS
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ROCK SOLID GYM (UK) LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 28 FEBRUARY 2023

Director MOHAMMED HANIF ISLAM

Company Number 08420832 (England and Wales)

Registered Office RICHMOND MILLS 159
RICHMOND ROAD
BRADFORD
WEST YORKSHIRE
BD7 1DL

Accountants AK ACCOUNTANTS
562-564 MANCHESTER ROAD
BRADFORD
WEST YORKSHIRE
BD5 7LR

ROCK SOLID GYM (UK) LTD
STATEMENT OF FINANCIAL POSITION
AS AT 28 FEBRUARY 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	<u>4</u>	655	771
Current assets			
Cash at bank and in hand		149	625
Creditors: amounts falling due within one year	<u>5</u>	(7,703)	(9,655)
Net current liabilities		<u>(7,554)</u>	<u>(9,030)</u>
Net liabilities		<u>(6,899)</u>	<u>(8,259)</u>
Capital and reserves			
Profit and loss account		<u>(6,899)</u>	<u>(8,259)</u>
Shareholders' funds		<u>(6,899)</u>	<u>(8,259)</u>

For the year ending 28 February 2023 the company was entitled to exemption from audit 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 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 and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 25 October 2023 and were signed on its behalf by

MOHAMMED HANIF ISLAM
Director

Company Registration No. 08420832

ROCK SOLID GYM (UK) LTD
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 28 FEBRUARY 2023

1 Statutory information

ROCK SOLID GYM (UK) LTD is a private company, limited by shares, registered in England and Wales, registration number 08420832. The registered office is RICHMOND MILLS 159, RICHMOND ROAD, BRADFORD, WEST YORKSHIRE, BD7 1DL.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

4 Tangible fixed assets

	Fixtures & fittings £
Cost or valuation	At cost
At 1 March 2022	928
At 28 February 2023	928
Depreciation	
At 1 March 2022	157
Charge for the year	116
At 28 February 2023	273
Net book value	
At 28 February 2023	655
At 28 February 2022	771

5 Creditors: amounts falling due within one year

	2023 £	2022 £
Other creditors	-	500
Loans from directors	7,203	9,155
Accruals	500	-
	7,703	9,655

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6 Average number of employees

During the year the average number of employees was 1 (2022: 1).

