Registered Number 06691959

IDEAL FITNESS LIMITED

Micro-entity Accounts

30 September 2022

Micro-entity Balance Sheet as at 30 September 2022

	Notes	*2022*	*2021*
		£	£
Fixed Assets		3,954	4,748
Current Assets		44,364	29,387
Creditors: amounts falling due within one year		(110,836)	(100,467)
Net current assets (liabilities)		(66,472)	(71,080)
Total assets less current liabilities		(62,518)	(66,332)
Total net assets (liabilities)		(62,518)	(66,332)
Capital and reserves		(62,518)	(66,332)

- For the year ending 30 September 2022 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 9 January 2023

And signed on their behalf by:
MR S HENDERSON, Director

Notes to the Micro-entity Accounts for the period ended 30 September 2022

1 Employees

	2022	*2021*
Average number of employees during the period	1	1

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.