The Lion Strength and Fitness Academy

Charity number 1170725
A company limited by guarantee number 09437429

Annual Report and Financial Statement
for the year ended 28 February 2026

The Lion Strength and Fitness Academy

Annual Report and Financial Statement
for the year ended 28 February 2026

Contents	Page
Trustees' report	2 to 4
Examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8 to 11

The Lion Strength and Fitness Academy

Trustees' report for the year ended 28 February 2026

Reference and administrative details of the charity, its trustees and advisors
The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Mohammed Khalil Alam		
Nazaim Hussain		
Barktali Rajabali Walji		
Faisel Ali		Appointed 21 January 2025

Charity number	01170725	Registered in England and Wales
Company number	09437429	Registered in England and Wales

Registered and principal address
Robin Mills
Leeds Road
Bradford
West Yorkshire
BD10 9TE

Bankers
National Westminster Bank
PLC
1 Market Street
Bradford
BD1 1EG

HSBC Bank Plc
47 Market Street
Bradford
BD1 1LW

Independent examiner
Bilal Khan - IFA
AK Acocuntants
562 - 564 Manchester Road, Bradford
BD5 7LR

Structure governance and management
The charity is a company limited by guarantee and was formed on 12th February 2015. It is governed by a memorandum and articles of association as amended by special resolution on 7 December 2016. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £1.

Method of recruitment and appointment of trustees
The trustees of the charity are also the directors for the purposes of company law and are appointed by the members at the AGM.

Objectives and activities

The charity's objects
The promotion of community participation in healthy recreation for the benefit of the inhabitants of Thackley, Eccleshill and the surrounding areas of East Bradford by the provision of a community gym and opportunities to participate in boxing.

The charity's main activities
Provision of gym and boxing facilities and coaching.

Public benefit statement
In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

Achievements and performance
The Lion gym has continued to grow its membership and achieved a stage where it is now able to pay its rent and costs and leave some money behind to break even and move forward with developing the club further. We now have offered more classes on the timetable including dance, yoga and Pilates and more days that the boxers can box. We will continue to work with Bradford Council Youth Services and looking to expand this network by start working with homeless organisation Centre Point, this will help us serve the community and look at getting more customers in the future. We have done some great fund raising at the boxing shows but this can be area that we ned to improve with and looking to start getting more sponsors to come on board with us. I can confirm that the none of the trustees have been paid and the main costs are rates, rent and expenses.

Financial review
The net expenditure for the year was £5K, all relating to unrestricted funds.

Reserves policy
The charity currently doesn't have a reserves policy.
The charity's free reserves, excluding fixed assets, at the year end were £68,717.

Trustees' report (continued) for the year ended 28 February 2026

Statement of trustees' responsibilities

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial
statements, the trustees are required to:

(1) select suitable accounting policies and apply them consistently;
(2) observe the methods and principles in the Charities SORP;
(3) make judgements and estimates that are reasonable and prudent;
(4) state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
(5) prepare the accounts on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Approved by the board of trustees on 20/08/2026

Mohammed Khalil Alam (Trustee)

The Lion Strength and Fitness Academy

Independent examiner's report to the trustees of The Lion Strength and Fitness Academy

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 28 February 2026, attached herewith.

Responsibilities and basis of report

As the charity's trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

(1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
(2) the accounts do not accord with those records; or
(3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
(4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of
Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Bilal Khan IFA
20/08/2026
AK Acocuntants
562 - 564 Manchester Road, Bradford
BD5 7LR

The Lion Strength and Fitness Academy

Statement of Financial Activities

(including summary income and expenditure account) for the year ended 28 February 2026

	Notes	2026 Unrestricted funds £	2026 Restricted funds £	2026 Total funds £	2025 Total funds £
Income from:					
Grant & Donation	(2)	2,500	-	2,500	3,000
Gym income		23,044	-	23,044	33,910
Other income		5360	-	5360	-
Total income		**30,904**	**-**	**30,904**	**36,910**
Expenditure on:					
Rent		11,400	-	11,400	11,400
Freelance workers		3,971	-	3,971	6,678
Advertising		274	-	274	2174
Licences and insurance		3158	-	3,158	598
Materials and resources		5,146	-	5,146	5,115
Membership fees		1,544	-	1,544	361
Rates		799	-	799	247
Office and admin		1262	-	1,262	437
Accountancy & Other Professional Fees		1165	-	1,165	485
Training		863	-	863	-
Bank charges		94	-	94	1065
Telephone and internet		588	-	588	652
Repairs and maintenance		536	-	536	599
Depreciation		290	-	290	435
Travel		2,185	-	2,185	694
Events		2,700	-	2,700	5,673
Other Expenses		-	-	-	2,675
Trustee Expenses		-	-	-	9,087
Total expenditure		**35,975**	**-**	**35,975**	**48,375**
Net income / (expenditure)		(5,071)	-	(5,071)	(11,465)
Fund balances brought forward		73,788	-	73,788	85,253
Fund balances carried forward	(3)	**68,717**	**-**	**68,717**	**73,788**

All incoming resources and resources expended derive from continuing activities.

The Lion Strength and Fitness Academy

Balance sheet

as at 28 February 2026

		2026 Unrestricted £	2026 Restricted £	2026 Total £	2025 Total £
Fixed assets					
Tangible assets	(4)	580	-	580	870
Total fixed assets		**580**	**-**	**580**	**870**
Current assets					
Cash at bank and in hand	(5)	68,737	-	68,737	73,888
Total current assets		**68,737**	**-**	**68,737**	**73,888**
Current liabilities:					
amounts falling due within one year					
Creditors and accruals	(6)	600	-	600	970
Total current liabilities		**600**	**-**	**600**	**970**
Net current assets / (liabilities)		**68,137**	**-**	**68,137**	**72,918**
Net assets		**68,717**	**-**	**68,717**	**73,788**
Funds					
Unrestricted funds		68,717	-	68,717	73,788
Restricted funds		-	-	-	-
Total funds		**68,717**	**-**	**68,717**	**73,788**

For the year ending 28 February 2026 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who are also the directors for the purposes of company law) acknowledge 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 in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 20/08/2026

Mohammed Khalil Alam (Trustee)

The Lion Strength and Fitness Academy

Notes to the account

for the year ended 28 February 2026

1 Accounting policies

Basis of accounting
These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

- The charity constitutes a public benefit entity as defined by FRS 102.
- There has been no change to the accounting policies since last year.
- No changes have been made to the accounts for previous years.

Going concern
The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources
All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, if it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations
Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.
Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities
Expenditure is recognised on an accrual basis as a liability when incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation
As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Tangible fixed assets
Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:
Equipment: over 4 years
Fixtures and Fittings: over 4 years

Pensions
The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.
Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases
Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

	2026 Unrestricted funds £	2026 Restricted funds £	2026 Total funds £	2025 Total funds £
2 Grants and donations				
Bradford Children and Families Trust	-	-	-	2,000
England Boxing	-	-	-	-
Other donations	-	-	-	1,000
	-	**-**	**-**	**3,000**

3 Tangible Assets Cost	**Equipment £**	**Fixture and fittings £**	**Total £**
At 1 March 2025	13,794	4,480	18,274.00
Additions	-	-	-
At 28 February 2026	**13,794**	**4,480**	**18,274**
Depreciation			
At 1 March 2025	12,924	4,480	17,404
Charge for year	290	-	290
At 28 February 2026	**13,214**	**4,480**	**17,694**
Net book value			
At 28 February 2026	**580**	**-**	**580**
At 28 February 2025	**870**	**-**	**870**

4 Cash at bank and in hand	**2026 £**	**2025 £**
Cash at bank	67,104	73,755
Cash in hand	1633	133
	68,737	73,888

5 Creditors and Accruals	**2026 £**	**2025 £**
Accruals	600	970
	600	**970**

6 Related party transactions

Trustee expenses
No trustee received any expenses during this year.

Trustee remuneration and benefits
No trustee received any remuneration or benefit during this or the previous year.

Statement of Financial Activities including comparatives for all fund (including summary income and expenditure account)
for the year ended 29 February 2026

	2026 Unrestricted funds £	2025 Unrestricted funds £	2026 Restricted funds £	2025 Restricted funds £	2026 Total funds £	2025 Total funds £
Income						
Grant and Donation	2,500	3,000	-	-	2,500	3,000
Gym income	23,044	33,910	-	-	23,044	33,910
Other income	5360	-	-	-	5360	-
Total income	**30,904**	**36,910**	**-**	**-**	**30,904**	**36,910**
Expenditure						
Rent	11,400	11,400	-	-	11,400	11,400
Freelance workers	3,971	6,678	-	-	3,971	6,678
Advertising	274	2174	-	-	274	2,174
Licences and insurance	3,158	598	-	-	3,158	598
Materials and resources	5,146	5,115	-	-	5,146	5,115
Membership fees	1,544	361	-	-	1,544	361
Rates	799	247	-	-	799	247
Office and admin	1,262	437	-	-	1,262	437
Accountancy & Other Professional Fees	1,165	485	-	-	1,165	485
Training	863	-	-	-	863	-
Bank charges	94	1065	-	-	94	1,065
Telephone and internet	588	652	-	-	588	652
Repairs and maintenance	536	599	-	-	536	599
Depreciation	290	435	-	-	290	435
Travel	2,185	694	-	-	2,185	694
Events	2,700	5,673	-	-	2,700	5,673
Other Expenses	-	2,675	-	-	-	2,675
Trustee Expenses	-	9,087	-	-	-	9,087
Total expenditure	**35,975**	**48,375**	**-**	**-**	**35,975**	**48,375**
Net income / (expenditure)	(5,071)	(11,465)	-	-	(5,071)	(11,465)
Fund balances brought forward	73,788	85,253	-	-	73,788	85,253
Fund balances carried forward	**68,717**	**73,788**	**-**	**-**	**(68,717)**	**(73,788)**