

REGISTERED NUMBER: 09856435 (England and Wales)

Financial Statements for the Year Ended 30 November 2019

for

Better Body Training Limited

Marden & Co Accountants Limited
45 Nork Way
Banstead
Surrey
SM7 1PB

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for the Year Ended 30 November 2019**

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Balance Sheet
30 November 2019

	2019		2018	
	£	£	£	£
FIXED ASSETS		1,280		1,099
CURRENT ASSETS	23,084		17,736	
CREDITORS				
Amounts falling due within one year	<u>(6,835)</u>		<u>(6,941)</u>	
NET CURRENT ASSETS		<u>16,249</u>		<u>10,795</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>17,529</u>		<u>11,894</u>
CAPITAL AND RESERVES		<u>17,529</u>		<u>11,894</u>

NOTES TO THE FINANCIAL STATEMENTS

1. STATUTORY INFORMATION

Better Body Training Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address are as below:

Registered number: 09856435

Registered office: 1 Ashton Close
Hersham
Walton on Thames
Surrey
KT12 5EX

2. AVERAGE NUMBER OF EMPLOYEES

The average number of employees during the year was NIL (2018 - 1) .

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 November 2019 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

Balance Sheet - continued
30 November 2019

The financial statements 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.

The financial statements were approved by the director and authorised for issue on 12 June 2020 and were signed by:

P D Taylor - Director

Better Body Training Limited

**Report of the Accountant to the Director of
Better Body Training Limited**

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance Sheet. Readers are cautioned that the Income Statement is not required to be filed with the Registrar of Companies.

As described on the Balance Sheet you are responsible for the preparation of the financial statements for the year ended 30 November 2019 set out on pages nil to nil and you consider that the company is exempt from an audit.

In accordance with your instructions, I have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to me.

Marden & Co Accountants Limited
45 Nork Way
Banstead
Surrey
SM7 1PB

12 June 2020

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.