Registered number: 09856435

BETTER BODY TRAINING LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 NOVEMBER 2023

Square Mile Accounting Limited
Arquen House
4-6 Spicer Street
St. Albans
AL3 4PQ

Better Body Training Limited
Statement of Financial Position
As At 30 November 2023

Registered number: 09856435

	2023	2022
	£	£
Fixed assets	578	600
Current assets	15,728	28,849
Creditors: Amounts Falling Due Within One Year	(5,374)	(4,722)
NET CURRENT ASSETS	10,354	24,127
TOTAL ASSETS LESS CURRENT LIABILITIES	10,932	24,727
Accruals and deferred income	(908)	(1,816)
NET ASSETS	10,024	22,911
CAPITAL AND RESERVES	10,024	22,911

Notes

1. **General Information**

Better Body Training Limited is a private company, limited by shares, incorporated in England & Wales, registered number 09856435 . The registered office is Barn Elms Rose Hill, Porthtowan, Truro, TR4 8GJ.

2. **Average Number of Employees**

Average number of employees, including directors, during the year was: 1 (2022: 1)

For the year ending 30 November 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 directors 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 micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

J Everill-Taylor

Director

10th April 2024

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.