Registered Number: 09856435
England and Wales

BETTER BODY TRAINING LIMITED

Unaudited Financial Statements

Period of accounts

Start date : 01 December 2024

End date : 30 November 2025

BETTER BODY TRAINING LIMITED
Statement of Financial Position
As at 30 November 2025

		2025		2024
	£	£	£	£
Fixed assets		241		313
Current assets	21,732		25,930	
Creditors: amount falling due within one year	(3,955)		(6,163)	
Net current assets/(liabilities)		**17,777**		**19,767**
Total assets less current liabilities		**18,018**		**20,080**
Net assets/(liabilities)		**18,018**		**20,080**
Capital and reserves		**18,018**		**20,080**

Notes to the Accounts

Statutory Information

Better Body Training Limited is a private limited company, limited by shares, domiciled in England and Wales, registration number 09856435, registration address Barn Elms Rose Hill, Porthtowan, Truro, TR4 8GJ, England.

The presentation currency is £ sterling.

1. **Accounting Policies**

   Basis of accounting

   The financial statements are prepared under the historical cost convention and in accordance with the FRS 105 Financial Reporting Standard for Micro Entities (effective January 2016).

2. **Average number of employees**

   Average number of employees during the year was 1 (2024: 1).

Directors' Responsibilities:

1. For the year ended 30 November 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.
2. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
3. 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 financial statements have been prepared in accordance with the micro-entity provisions.

Signed on behalf of the board of directors:

Joanne Everill-Taylor
Director

Date approved: 18 August 2026

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.