

**The Carlos Method Ltd Filleted
Accounts Cover**

The Carlos Method Ltd

Company No. 09150853

Unaudited Accounts

31 July 2022

The Carlos Method Ltd Directors**Report Registrar**

The Directors present their report and accounts for the year ended 31 July 2022.

Principal activities

The principal activity of the company during the year under review was personal training and sports therapist.

Directors

The Directors who served during the year were as follows:

C. D'Souza

R. D'Souza

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006.

Signed on behalf of the board

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C. D'Souza

Director

11 November 2022

**The Carlos Method Ltd Balance
Sheet Registrar
at 31 July 2022
Company No. 09150853**

	2022	2021
	£	£
Fixed assets	5,454	7,102
Current assets	35,175	49,825
Prepayments and accrued income	2,364	2,382
Creditors: Amounts falling due within one year	(36,436)	(41,870)
Net current assets	<u>1,103</u>	<u>10,337</u>
Total assets less current liabilities	6,557	17,439
Accruals and deferred income	(901)	(901)
	<u>5,656</u>	<u>16,538</u>
Capital and reserves	<u>5,656</u>	<u>16,538</u>

NOTES TO THE ACCOUNTS

1 Basis of preparation

These accounts have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and FRS 105 - The Financial Reporting Standard applicable to the Micro-entities Regime (March 2018).

2 Employees

	2022	2021
	Number	Number
The average monthly number of employees (including directors) during the year was:	2	2

3 General information

Its registered number is: 09150853

Its registered office is:

172 Long Lane

Finchley

London

N3 2RA

For the year ended 31 July 2022 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.

The functional and presentational currency of the company is Sterling. The accounts are rounded to the nearest pound.

As permitted by section 444 (5A) of the Companies Act 2006 the directors have not delivered to the Registrar a copy of the company's profit and loss account.

The accounts were approved by the board of directors on 11 November 2022 and signed on its behalf by:

C. D'Souza - Director

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.