

Company registration number: 609600

New Minds Fitness Colleges Limited

Unaudited abridged financial statements

for the financial year ended 31 December 2025

New Minds Fitness Colleges Limited

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New Minds Fitness Colleges Limited

**Abridged balance sheet
As at 31 December 2025**

	Note	2025 €	2024 €
Fixed assets			
Cash at bank and in hand		<u>100</u>	<u>100</u>
Net assets		<u><u>100</u></u>	<u><u>100</u></u>
Capital and reserves			
Unaudited abridged financial statements		100	100
Profit & loss account		<u>-</u>	<u>-</u>
Equity shareholders' funds		<u><u>100</u></u>	<u><u>100</u></u>

These financial statements have been prepared in accordance with the small companies regime and in accordance with FRS 102 section 1A 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

We, as directors of New Minds Fitness Colleges Limited state that:

- the company is availing itself of audit exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014;
- the company is availing itself of the exemption provided on the grounds that the conditions specified in 359 of the Companies Act 2014 are satisfied;
- the shareholders of the company have not serviced a notice on the company under section 334(1) of the Companies Act 2014 in accordance with section 334 (2);
- We acknowledge the company's obligations under Companies Act 2014, to keep adequate accounting records and prepare Financial Statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial period and of the profit or loss for such a period and to otherwise comply with the provisions of Companies Act 2014 relating to Financial Statements so far as they are applicable to the company, and
- the company has relied on the specified exemption contained in Section 352 of the companies Act 2014; has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged financial statements have been properly prepared in accordance with Section 353 of the Companies Act 2014.

These abridged financial statements were approved by the board on 2 April 2026 and signed on behalf of the board by:

Damien Twohig
Director

Irene Twohig
Secretary

New Minds Fitness Colleges Limited

Notes to the abridged financial statements Financial year ended ended 31 December 2025

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1 . Summary of significant accounting policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention, as modified to include certain items at fair value. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 Section 1A 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland.

The company qualifies as a small company for the period, as defined by section 280A of the Act, in respect of the financial period and has applied the rules of the "Small Companies Regime" in accordance with section 280C of the Act and Section 1A of FRS102

The financial statements are prepared in Euro, which is the functional currency of the entity.

Statement of Compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (FRS 102), applying section 1A of that standard.

Financial instruments

Share Capital of the Company

Ordinary Share Capital

The ordinary share capital of the company is presented as equity.

Cash and cash equivalents

Cash consists of cash on hand and demand deposits. Cash equivalents consist of short term highly liquid investments that are readily convertible to known amounts of cash that are subject to an insignificant risk of change in value.

New Minds Fitness Colleges Limited

**Notes to the abridged financial statements
Financial year ended ended 31 December 2025**

2. Controlling party

Ultimate controlling party

The company is controlled by the directors.

3. Approval of financial statements

The board of directors approved these financial statements for issue on 2 April 2026