

Company registration number: 657819

Tri Train Heated Fitness Studio Limited

Unaudited abridged financial statements

for the financial year ended 31 August 2025

Tri Train Heated Fitness Studio Limited

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Tri Train Heated Fitness Studio Limited

Directors and other information

Directors	Ross Conroy Cheryl Lyons
Secretary	Ross Conroy
Company number	657819
Registered office	6 Heathfield Park Cappagh Road Finglas Dublin 11
Business address	Charthouse Business Centre Richmond Road Drumcondra Dublin 9
Bankers	Allied Irish Banks 53 Main Street Finglas Dublin 11

Tri Train Heated Fitness Studio Limited

Extract from the directors' report in accordance with section 329 of the Companies Act 2014.

Directors and secretary and their interests

The directors and secretary at the financial year end and their interests in shares in the company were as follows:

	At 31/08/25 Number	At 31/08/24 Number
Directors:		
Cheryl Lyons	1	1
Company secretary:		
Ross Conroy	2	2

Tri Train Heated Fitness Studio Limited

Extract from the directors' report in accordance with section 329 of the Companies Act 2014.

These abridged financial statements have been extracted, pursuant to section 353 of the Companies Act 2014, from the statutory financial statements prepared under section 290 of that Act. The following is the Directors Responsibilities Statement accompanying those financial statements.

The directors are responsible for preparing the directors report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and FRS 102 "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. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors report comply with the Companies Act 2014. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the Board

Cheryl Lyons Director

Ross Conroy Director

11th February 2026

Tri Train Heated Fitness Studio Limited

Extract from the directors' report in accordance with section 329 of the Companies Act 2014.

In relation to the statutory financial statements as set out on pages 5 to 11.

- The directors approve these financial statements and confirm that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have been prepared on the going concern basis on the grounds that the company will continue in business.

- The directors confirm that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the year ended 31 August 2025.

On behalf of the Board

Cheryl Lyons Director

Ross Conroy Director

11th February 2026

Tri Train Heated Fitness Studio Limited

**Balance sheet (continued)
As at 31 August 2025**

	Note	2025	2024
		€	€
Fixed Assets		20,856	27,487
		<hr/>	<hr/>
Current Assets		4,833	2,917
		<hr/>	<hr/>
Creditors: amounts falling due within one year		2,039	7,523
		<hr/>	<hr/>
Net current liabilities		2,794	4,606
		<hr/>	<hr/>
Total assets less current liabilities		23,650	22,881
		<hr/>	<hr/>
Net (liabilities)/assets		23,650	22,881
		<hr/>	<hr/>
Capital and reserves			
Called up share capital presented as equity		3	3
Profit and loss account		23,647	22,878
		<hr/>	<hr/>
Shareholders (deficit)/funds		23,650	22,881
		<hr/>	<hr/>

We, as directors of Tri Train Heated Fitness Studio Limited state that:

- the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014;
- the company is availing itself of the exemption on the grounds that the conditions specified in section 358 of the Companies Act 2014 are satisfied;
- the shareholders of the company have not served 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 the 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 year and of its profit or loss for such a financial year 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.

The notes on pages 7 to 10 form part of these abridged financial statements.

Tri Train Heated Fitness Studio Limited

Balance sheet (continued)

As at 31 August 2025

These abridged financial statements were approved by the board of directors on 11th February 2026 and signed on behalf of the board by:

Cheryl Lyons

Director

Ross Conroy

Director

The notes on pages 7 to 10 form part of these abridged financial statements.

Tri Train Heated Fitness Studio Limited

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

1. Accounting policies and measurement bases

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

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

Turnover

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer, usually on despatch of the goods; the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stocks to their present location and condition.

Tri Train Heated Fitness Studio Limited

Notes to the abridged financial statements (continued) Financial year ended 31 August 2025

Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Tri Train Heated Fitness Studio Limited

**Notes to the abridged financial statements (continued)
Financial year ended 31 August 2025**

4. Share capital

	€	
	2025	2024
	€	€
Authorised equity		
100,000 Ordinary of €1 each	100,000	100,000
Allotted, called up and fully paid equity		
3 Ordinary of €1 each	3	3

Directors and their interests

The directors who served during the financial year and their interests in the company are as stated below:

	<u>Ordinary</u> <u>Shares</u>	<u>Ordinary</u> <u>Shares</u>
	2025	2024
	€	€
Cheryl Lyons	1	1
Ross Conroy	2	2

Tri Train Heated Fitness Studio Limited

**Notes to the abridged financial statements (continued)
Financial year ended 31 August 2025**

5. Approval of financial statements

The financial statements were approved by the Board on 11th February 2026 and signed on its behalf by:

Cheryl Lyons

Director

Ross Conroy

Director