

Company Number: 755241

**Kinetic Health & Fitness Limited**

**Abridged Unaudited Financial Statements**

**for the financial period from 8 January 2024 (date of incorporation) to 31  
December 2024**

# Kinetic Health & Fitness Limited

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# Kinetic Health & Fitness Limited

## DIRECTOR'S RESPONSIBILITIES STATEMENT

for the financial period from 8 January 2024 (date of incorporation) to 31 December 2024

The director made the following statement in respect of the unaudited financial statements:

### "General responsibilities

The director is responsible for preparing the Director's Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the director to prepare financial statements for each financial period. Under that law, the director has elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the director 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 period end date and of the profit or loss of the company for the financial period and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the director is required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements 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 director is 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 Director's 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.

### Director's declaration on unaudited financial statements

In relation to the financial statements which comprise the Balance Sheet, the Statement of Changes in Equity and the related notes:

The director approves these financial statements and confirms 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 director confirms that they have made available to JGK Chartered Accountants, (Chartered Accountants), all the company's accounting records and provided all the information, books and documents necessary for the compilation of the financial statements.

The director confirms that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the financial period from 8 January 2024 (date of incorporation) to 31 December 2024."

**Signed on behalf of the board**

**Mr Micheal Dillon**  
Director

**15 December 2025**

# Kinetic Health & Fitness Limited

## BALANCE SHEET

as at 31 December 2024

	Notes	2024 €
<b>Fixed Assets</b>		
Tangible assets	9	35,318
		<hr/>
<b>Current Assets</b>		
Debtors	10	1,255
Cash and cash equivalents		16,399
		<hr/>
		17,654
		<hr/>
<b>Creditors: amounts falling due within one year</b>	11	(23,773)
		<hr/>
<b>Net Current Liabilities</b>		(6,119)
		<hr/>
<b>Total Assets less Current Liabilities</b>		29,199
		<hr/> <hr/>
<b>Capital and Reserves</b>		
Called up share capital presented as equity	13	1
Retained earnings		29,198
		<hr/>
<b>Equity attributable to owners of the company</b>		29,199
		<hr/> <hr/>

I as Director of Kinetic Health & Fitness Limited, state that -

(a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,

(b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),

(d) I 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 period and of its profit or loss for such a financial period and to otherwise comply with the provisions of the Companies Act 2014 relating to financial statements so far as they are applicable to the company,

(e) the company has relied on the specified exemption contained in section 352 Companies Act 2014. The company 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 Companies Act 2014 and the small companies' regime.

**Approved by the board on 15 December 2025 and signed on its behalf by:**

**Mr Micheal Dillon**  
Director

**Kinetic Health & Fitness Limited**  
**STATEMENT OF CHANGES IN EQUITY**

as at 31 December 2024

	<b>Called up share capital €</b>	<b>Retained earnings €</b>	<b>Total €</b>
Profit for the financial period	-	29,198	29,198
Net proceeds of equity Ordinary share issue	1	-	1
<b>At 31 December 2024</b>	<b>1</b>	<b>29,198</b>	<b>29,199</b>

# Kinetic Health & Fitness Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial period from 8 January 2024 (date of incorporation) to 31 December 2024

### 1. General Information

Kinetic Health & Fitness Limited is a company limited by shares incorporated and registered in Ireland. The registered number of the company is 755241. The registered office of the company is Unit 5A,, Monavalley Industrial Estate, Tralee, Kerry, Ireland which is also the principal place of business of the company. Providing personalized health & wellness coaching including large and small group training sessions, online personal training and accountability services. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

### 2. 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 financial statements.

#### Statement of compliance

The financial statements of the company for the financial period ended 31 December 2024 have been prepared on the going concern basis and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102).

#### Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial period, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014.

#### Cash flow statement

The company has availed of the exemption in FRS 102 from the requirement to prepare a Statement of Cash Flows because it is classified as a small company.

#### Turnover

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

#### Tangible assets and depreciation

Tangible assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	- 15% Straight line
Motor vehicles	- 25% Straight line

The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

#### Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

#### Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

#### Employee benefits

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund.

## Kinetic Health & Fitness Limited

# NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial period from 8 January 2024 (date of incorporation) to 31 December 2024

### Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial period and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Balance Sheet date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the Balance Sheet date.

### Government grants

Capital grants received and receivable are treated as deferred income and amortised to the Profit and Loss Account annually over the useful economic life of the asset to which it relates. Revenue grants are credited to the Profit and Loss Account when received.

### Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Balance Sheet date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Profit and Loss Account.

### Ordinary share capital

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

### 3. Period of financial statements

The financial statements are for the 11 month 24 days period from 8 January 2024 (date of incorporation) to 31 December 2024.

### 4. Statement on previous periods

The company did not present financial statements for previous periods.

### 5. Turnover

The whole of the company's turnover is attributable to its market in Ireland and is derived from the principal activity of

### 6. Operating profit

2024  
€

#### Operating profit is stated after charging/(crediting):

Depreciation of tangible assets

8,164

Government grants received

(713)

### 7. Employees

The average monthly number of employees, including director, during the financial period was 5, (2024 - 0).

2024  
Number

Director

1

Gym instructors/Personal Trainers

4

5

**Kinetic Health & Fitness Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**

for the financial period from 8 January 2024 (date of incorporation) to 31 December 2024

**8. Tax on profit**

**2024**  
€

**(a) Analysis of charge in the financial period**

**Current tax:**

Corporation tax at 12.50% (Note 8 (b))

**1,177**

**(b) Factors affecting tax charge for the financial period**

The tax assessed for the financial period differs from the standard rate of corporation tax in Ireland (2024 - 12.50%). The differences are explained below:

**2024**  
€

Profit taxable at 12.50%

**30,375**

Profit before tax

multiplied by the standard rate of corporation tax  
in Ireland at 12.50%

**3,797**

**Effects of:**

Depreciation in excess of capital allowances for period

**73**

Utilisation of tax losses

**(2,693)**

Total tax charge for the financial period (Note 8 (a))

**1,177**

**9. Tangible assets**

	<b>Fixtures, fittings and equipment</b>	<b>Motor vehicles</b>	<b>Total</b>
	€	€	€
<b>Cost</b>			
At 8 January 2024	-	-	-
Additions	21,785	21,697	43,482
At 31 December 2024	21,785	21,697	43,482
<b>Depreciation</b>			
At 8 January 2024	-	-	-
Charge for the financial period	5,064	3,100	8,164
At 31 December 2024	5,064	3,100	8,164
<b>Net book value</b>			
At 31 December 2024	<b>16,721</b>	<b>18,597</b>	<b>35,318</b>

**10. Debtors**

**2024**  
€

Trade debtors

**1,255**

# Kinetic Health & Fitness Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial period from 8 January 2024 (date of incorporation) to 31 December 2024

<b>11. Creditors</b>	<b>2024</b>
<b>Amounts falling due within one year</b>	<b>€</b>
Taxation	5,299
Director's current account (Note 16)	13,728
Other creditors	686
Accruals	4,060
	<u>23,773</u>

<b>12. Taxation</b>	<b>2024</b>
	<b>€</b>
<b>Creditors:</b>	
VAT	2,805
Corporation tax	1,177
PAYE	1,317
	<u>5,299</u>

<b>13. Share capital</b>	<b>2024</b>		
	<b>€</b>		
<b>Description</b>	<b>Number of shares</b>	<b>Value of units</b>	
<b>Allotted, called up and fully paid</b>			
Ordinary	1	€1.00 each	<u>1</u>

The director's and the secretary's interests in the shares of the company are as follows:-

		<b>Number Held</b>
<b>Name</b>	<b>Class of Shares</b>	<b>At 31/12/24</b>
Mr Micheal Dillon	Ordinary	<u>1</u>

<b>14. Income Statement</b>	<b>2024</b>
	<b>€</b>
At 8 January 2024	-
Profit for the financial period	29,198
	<u>29,198</u>
At 31 December 2024	<u>29,198</u>

**15. Capital commitments**

The company had no material capital commitments at the financial period-ended 31 December 2024.

<b>16. Director's remuneration and transactions</b>	<b>2024</b>
	<b>€</b>
Remuneration	29,161
Pension contributions	1,600
	<u>30,761</u>

**Kinetic Health & Fitness Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the financial period from 8 January 2024 (date of incorporation) to 31 December 2024

The following amounts are repayable to the director:

	<b>2024</b>
	€
Mr Micheal Dillon	<b>13,728</b>
	<u><u>          </u></u>

**17. Post-Balance Sheet Events**

There have been no significant events affecting the company since the financial period-end.

**18. Approval of financial statements**

The financial statements were approved and authorised for issue by the board on 15 December 2025.