

Company registration number: **609735**

TNT Sligo Fitness & Consultancy
Unaudited Abridged Financial Statements
for the year ended 31 July 2025

TNT Sligo Fitness & Consultancy

Balance Sheet

31 July 2025

	2025	2024
	€	€
Fixed assets	26,186	29,774
Current assets	4,072	2,520
Creditors: amounts falling due within one year	(23,144)	(18,542)
Net current liabilities	(19,072)	(16,022)
Total assets less current liabilities	7,114	13,752
Accruals and deferred income	(3,422)	(1,500)
Net assets	3,692	12,252
Capital and reserves	3,692	12,252

I, as director of TNT Sligo Fitness & Consultancy 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 section 358 of the Companies Act 2014 is complied with;
- no notice under subsection (1) of section 334 has, in accordance with subsection (2) of that section, been served on the company; and
- I acknowledge the obligations of the company 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 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.

I, as director of TNT Sligo Fitness Consultancy state that I have relied on the specified exemption contained in section 352 of the Companies Act 2014 on the grounds that the company is entitled to the benefit of that exemption as a micro company and confirm that the abridged financial statements have been properly prepared in accordance with section 353 of the Companies Act 2014.

These financial statements have been prepared in accordance with the micro companies regime.

TNT Sligo Fitness & Consultancy

Balance Sheet (continued)

31 July 2025

David Griffith

DAVID GRIFFITH

Director

Company registration number: 609735

07/04/2026

TNT Sligo Fitness & Consultancy

Notes to the Financial Statements

Year ended 31 July 2025

1 General information

TNT Sligo Fitness & Consultancy is a private company limited by shares and is registered in the Republic of Ireland. The company registration number is 609735 and the address of the registered office is TNT GYM, UNIT 2 BALLAST QUAY, SLIGO, F91 TY4D, Ireland.

2 Statement of compliance

These financial statements have been prepared in compliance with FRS 105, 'The Financial Reporting Standard applicable to the Micro-entities regime'.

3 Accounting policies

BASIS OF PREPARATION

The financial statements have been prepared under the historical cost basis.

The financial statements are prepared in euro, which is the functional currency of the company.

TURNOVER

Turnover is measured at the fair value of the consideration received or receivable for goods supplied, 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.

TANGIBLE ASSETS

Tangible assets are initially measured at cost, and are subsequently measured at cost less any accumulated depreciation and accumulated impairment losses.

FINANCIAL ASSETS

Investments in subsidiaries, associates and joint ventures accounted for in accordance with the cost model are recorded at cost less any accumulated impairment losses.

IMPAIRMENT

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

TNT Sligo Fitness & Consultancy

Notes to the Financial Statements (continued)

Year ended 31 July 2025

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.

FINANCIAL INSTRUMENTS

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

Financial instruments are initially recognised at cost, which is the transaction price.

Investments in shares, subsidiaries or participating interests are subsequently measured at cost less impairment.

Derivatives are subsequently measured at the cost plus any transaction costs not immediately recognised in profit or loss less any impairment losses recognised to date. This is allocated to profit or loss over the term of the contract on a straight-line basis, unless another systematic basis of allocation is more appropriate.

Other financial instruments are subsequently measured at the cost plus any transaction costs not immediately recognised in profit or loss, plus accumulated interest income or expense recognised to date, less all repayments of principal or interest to date, less impairment.

Financial assets 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.

Any reversals of impairment are recognised in profit or loss immediately.

4 Appropriation of profit and loss account

	2025	2024
	€	€
At start of year	12,252	25,205
Loss for the financial year	(8,560)	(12,953)
At end of year	<u>3,692</u>	<u>12,252</u>