

**Company registration number: 746971**

**Fi's Fitness Limited**

**Unaudited abridged financial statements**

**for the financial year ended 31 August 2025**

# Fi's Fitness Limited

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## **Fi's Fitness Limited**

### **Director's responsibilities statement**

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 Director's Responsibilities Statement accompanying those financial statements.

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 year. Under the 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 she is 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 director is 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 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 her to ensure that the financial statements and director's report comply with the Companies Act 2014. She is 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.

**Fi's Fitness Limited**

**Balance sheet  
As at 31 August 2025**

	Note	31/08/25 €	€	31/08/24 €	€
<b>Fixed assets</b>					
Tangible assets	6	33,394		25,328	
			33,394		25,328
<b>Current assets</b>					
Debtors	7	3,000		6,094	
Cash at bank and in hand		33,315		22,278	
		36,315		28,372	
<b>Creditors: amounts falling due within one year</b>	8	(21,870)		(31,785)	
<b>Net current assets/(liabilities)</b>			14,445		(3,413)
<b>Total assets less current liabilities</b>			47,839		21,915
<b>Net assets</b>			47,839		21,915
<b>Capital and reserves</b>					
Called up share capital presented as equity			100		100
Profit and loss account			47,739		21,815
<b>Shareholder funds</b>			47,839		21,915

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

**The notes on pages 4 to 9 form part of these abridged financial statements.**

**Fi's Fitness Limited**

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

I, as director of Fi's Fitness 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 shareholder 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);
- 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 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.

These abridged financial statements were approved by the director of the company on 3 February 2026 and signed by:

Fiona Murphy  
Director

**The notes on pages 4 to 9 form part of these abridged financial statements.**

## Fi's Fitness Limited

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

#### 1. General information

The company is a private company limited by shares, registered in Ireland. The address of the registered office is 115 Premier Square, Finglas Road, Dublin 11.

#### 2. 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.

##### Disclosure exemptions

The company has availed of the exemption contained in Section 1A of FRS 102 and as a result have elected not to prepare a cash flow statement.

##### 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.

##### Taxation

The taxation expense represents the aggregate amount of current and deferred tax recognised in the reporting period. Tax is recognised in the statement of comprehensive income, except to the extent that it relates to items recognised in other comprehensive income or directly in capital and reserves. In this case, tax is recognised in other comprehensive income or directly in capital and reserves, respectively.

Current tax is recognised on taxable profit for the current and past periods. Current tax is measured at the amounts of tax expected to pay or recover using the tax rates and laws that have been enacted or substantively enacted at the reporting date.

Deferred tax is recognised in respect of all timing differences at the reporting date. Unrelieved tax losses and other deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date that are expected to apply to the reversal of the timing difference.

## Fi's Fitness Limited

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

#### **Tangible assets**

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

Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in capital and reserves, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in capital and reserves in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in capital and reserves in respect of that asset, the excess shall be recognised in profit or loss.

#### **Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fittings fixtures and equipment                      - 12.5% straight line

If there is an indication that there has been a significant change in depreciation rate, useful life or residual value of tangible assets, the depreciation is revised prospectively to reflect the new estimates.

#### **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.

When it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that are largely independent of the cash inflows from other assets or groups of assets.

## Fi's Fitness 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.

#### Debtors and other receivables

Trade and other debtors including amounts owed from group companies are recognised initially at transaction price (including transaction costs) unless a financing arrangement exists in which case they are measured at the present value of future receipts discounted at a market rate. Subsequently these are measured at amortised cost less any provision for impairment. A provision for impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of receivables. The amount of the provision is the difference between the asset's carrying amount and the present value of estimated future cash flows, discounted at the effective interest rate. All movements in the level of the provision required are recognised in the profit and loss.

#### Cash and cash equivalents

Cash and at bank and on hand include cash on hand, demand deposits and other term highly liquid investments regardless of maturity. Bank overdrafts are shown within borrowings in current liabilities on the statement of financial position.

## Fi's Fitness Limited

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

#### Creditors and other payables

Creditors and accruals are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

As permitted by the amendment made to FRS 102 Section 11 for small entities by the FRC on 8 May 2017 amounts due from directors and shareholders of the entity are stated initially at the transaction price and subsequently at transaction price less repayments. The amortised cost model is not used.

#### Share capital

Ordinary shares are classified as equity. Incremental costs directly attributable to the issue of new ordinary shares or options are shown in equity as a deduction, net of tax, from the proceeds.

#### 3. Staff costs

The average number of persons employed by the company during the financial year, including the directors was 1 (2024: 1).

The aggregate payroll costs incurred during the financial year were:

	<b>Year ended</b>	Period ended
	<b>31/08/25</b>	31/08/24
	€	€
Wages and salaries	46,000	32,647
Social insurance costs	285	-
	46,285	32,647
	46,285	32,647

#### 4. Directors remuneration

The director's aggregate remuneration was as follows:

	<b>Year ended</b>	Period ended
	<b>31/08/25</b>	31/08/24
	€	€
Emoluments in respect of qualifying services	41,600	32,447
	41,600	32,447
	41,600	32,447

#### 5. Appropriations of profit and loss account

	<b>31/08/25</b>	31/08/24
	€	€
At the start of the financial year	21,815	-
Profit for the financial year	25,924	21,815
	47,739	21,815
<b>At the end of the financial year</b>	<b>47,739</b>	<b>21,815</b>

**Fi's Fitness Limited**

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

**6. Tangible assets**

	Fixtures, fittings and equipment €	Website Development €	Total €
<b>Cost</b>			
At 1 September 2024	28,946	-	28,946
Additions	7,346	5,400	12,746
<b>At 31 August 2025</b>	<u>36,292</u>	<u>5,400</u>	<u>41,692</u>
<b>Depreciation</b>			
At 1 September 2024	3,618	-	3,618
Charge for the financial year	4,005	675	4,680
<b>At 31 August 2025</b>	<u>7,623</u>	<u>675</u>	<u>8,298</u>
<b>Carrying amount</b>			
<b>At 31 August 2025</b>	<u>28,669</u>	<u>4,725</u>	<u>33,394</u>
At 31 August 2024	<u>25,328</u>	<u>-</u>	<u>25,328</u>

**7. Debtors**

	<b>31/08/25</b>	<b>31/08/24</b>
	€	€
Other debtors	3,000	6,094
	<u>3,000</u>	<u>6,094</u>

**8. Creditors: amounts falling due within one year**

	<b>31/08/25</b>	<b>31/08/24</b>
	€	€
Amounts owed to credit institutions	11,730	15,000
Trade creditors	-	10,271
Other creditors including tax and social insurance	8,540	4,914
Accruals	1,600	1,600
	<u>21,870</u>	<u>31,785</u>

## Fi's Fitness Limited

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

#### 9. Directors transactions

During the financial year the company entered into the following arrangements relating to loans, quasi-loans and credit transactions:

	<b>31/08/25</b>	31/08/24
	€	€
At the start of the financial year	153	-
Advances made during the financial year	197	153
At the end of the financial year	<u>350</u>	<u>153</u>

Disclosure for each director or other person is as follows:

#### **Fiona Murphy**

Director's Loan

	<b>31/08/25</b>	31/08/24
	€	€
At the start of the financial year	153	-
Advances made during the financial year	197	153
At the end of the financial year	<u>350</u>	<u>153</u>

Amounts owed to the director by the company are unsecured, interest free and repayable on demand.

#### 10. Approval of financial statements

The board of directors approved these abridged financial statements for issue on 3 February 2026.