

Company Number: 607882

Abc Gym Limited
Abridged Unaudited Financial Statements
for the financial year ended 30 June 2025

Abc Gym Limited

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Abc Gym Limited

DIRECTOR'S RESPONSIBILITIES STATEMENT

for the financial year ended 30 June 2025

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 year. 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", applying Section 1A of that Standard, issued by the Financial Reporting Council. Under company law, the director must not approve the financial statements unless they 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 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 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.

Director's declaration on unaudited financial statements

In relation to the financial statements which comprise the Balance Sheet, the Reconciliation of Shareholders' Funds and the related notes:

The director approves these financial statements and confirms that they is 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 has made available to TaxAssist 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 year ended 30 June 2025."

Signed on behalf of the board

Noel Flynn
Director

6 March 2026

Abc Gym Limited

BALANCE SHEET

as at 30 June 2025

	Notes	2025 €	2024 €
Fixed Assets			
Tangible assets	6	<u>184,636</u>	<u>59,136</u>
Current Assets			
Debtors	7	25,254	6,351
Cash and cash equivalents		<u>106,472</u>	<u>182,636</u>
		<u>131,726</u>	<u>188,987</u>
Creditors: amounts falling due within one year	8	<u>(84,061)</u>	<u>(114,371)</u>
Net Current Assets		<u>47,665</u>	<u>74,616</u>
Total Assets less Current Liabilities		<u>232,301</u>	<u>133,752</u>
Creditors: amounts falling due after more than one year	9	<u>(114,824)</u>	<u>(62,000)</u>
Net Assets		<u><u>117,477</u></u>	<u><u>71,752</u></u>
Capital and Reserves			
Called up share capital presented as equity		100	100
Retained earnings		<u>117,377</u>	<u>71,652</u>
Equity attributable to owners of the company		<u><u>117,477</u></u>	<u><u>71,752</u></u>

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

I as Director of Abc Gym 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 year and of its profit or loss for such a financial year 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 6 March 2026 and signed on its behalf by:

Noel Flynn
Director

Abc Gym Limited
RECONCILIATION OF SHAREHOLDERS' FUNDS
as at 30 June 2025

	Called up share capital €	Retained earnings €	Total €
At 1 July 2023	100	1,460	1,560
Profit for the financial year	-	70,192	70,192
At 30 June 2024	100	71,652	71,752
Profit for the financial year	-	45,725	45,725
At 30 June 2025	100	117,377	117,477

Abc Gym Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

1. General Information

Abc Gym Limited is a company limited by shares incorporated in Ireland. The registered office of the company is Finnsgrrove, Finnstown Cloisters, Lucan, Co Dublin which is also the principal place of business of the company. The principal activity of the company is that of operating a Personal Training Gym. 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 year ended 30 June 2025 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

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" Section 1A, 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 year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

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:

Plant and machinery	-	15% Straight line
Fixtures, fittings and equipment	-	12.5% 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.

Borrowing costs

Borrowing costs relating to the acquisition of assets are capitalised at the appropriate rate by adding them to the cost of assets being acquired. Investment income earned on the temporary investment of specific borrowings pending their expenditure on the assets is deducted from the borrowing costs eligible for capitalisation. All other borrowing costs are recognised in profit or loss in the period in which they are incurred.

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. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.

Abc Gym Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year 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.

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. Operating profit	2025	2024
	€	€
Operating profit is stated after charging:		
Depreciation of tangible assets	23,284	15,639
	<u> </u>	<u> </u>
4. Interest payable and similar expenses	2025	2024
	€	€
Interest	1,600	1,720
	<u> </u>	<u> </u>

5. Employees

The average monthly number of employees, including director, during the financial year was 10, (2024 - 10).

	2025	2024
	Number	Number
Professional	10	10
	<u> </u>	<u> </u>

6. Tangible assets

	Plant and machinery	Fixtures, fittings and equipment	Total
	€	€	€
Cost			
At 1 July 2024	-	138,667	138,667
Additions	148,784	-	148,784
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2025	148,784	138,667	287,451
	<u> </u>	<u> </u>	<u> </u>
Depreciation			
At 1 July 2024	-	79,531	79,531
Charge for the financial year	5,951	17,333	23,284
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2025	5,951	96,864	102,815
	<u> </u>	<u> </u>	<u> </u>
Net book value			
At 30 June 2025	142,833	41,803	184,636
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2024	-	59,136	59,136
	<u> </u>	<u> </u>	<u> </u>

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NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

7. Debtors	2025 €	2024 €
Trade debtors	18,903	-
Prepayments	6,351	6,351
	<u>25,254</u>	<u>6,351</u>
	<u><u>25,254</u></u>	<u><u>6,351</u></u>
8. Creditors Amounts falling due within one year	2025 €	2024 €
Amounts owed to credit institutions	11,497	11,497
Trade creditors	18,439	4,167
Taxation	44,170	77,102
Director's current account (Note 12)	9,955	21,605
	<u>84,061</u>	<u>114,371</u>
	<u><u>84,061</u></u>	<u><u>114,371</u></u>
9. Creditors Amounts falling due after more than one year	2025 €	2024 €
Bank loan	(39,158)	59,943
User definable loan desc.	153,982	2,057
	<u>114,824</u>	<u>62,000</u>
	<u><u>114,824</u></u>	<u><u>62,000</u></u>
Loans		
Repayable in one year or less, or on demand	11,497	11,497
Repayable between one and two years	114,824	62,000
	<u>126,321</u>	<u>73,497</u>
	<u><u>126,321</u></u>	<u><u>73,497</u></u>
10. Income Statement	2025 €	2024 €
At 1 July 2024	71,652	1,460
Profit for the financial year	45,725	70,192
	<u>117,377</u>	<u>71,652</u>
	<u><u>117,377</u></u>	<u><u>71,652</u></u>
11. Capital commitments		
The company had no material capital commitments at the financial year-ended 30 June 2025.		
12. Director's remuneration and transactions	2025 €	2024 €
Amounts paid to third parties for the service of directors	9,207	-
Remuneration	120,000	125,833
Pension contributions	33,154	-
	<u>162,361</u>	<u>125,833</u>
	<u><u>162,361</u></u>	<u><u>125,833</u></u>
13. Post-Balance Sheet Events		
The current COVID-19 pandemic is coming to an end and thus will no longer restrict clients in how they access the company's gymnasium services. Aside from this, there have been no significant events affecting the company since the financial year-end.		

Abc Gym Limited
NOTES TO THE ABRIDGED FINANCIAL STATEMENTS
for the financial year ended 30 June 2025

14. Approval of financial statements

The financial statements were approved and authorised for issue by the board on 6 March 2026.