

Energized Fitness Limited

Energized Fitness Limited
Unaudited Abridged Financial Statements
for the year ended 31 December 2024

Company number 574885

Energized Fitness Limited

Contents	Page
Abridged Balance Sheet	2
Notes to the Unaudited Abridged Financial Statements	3 - 5

Energized Fitness Limited

Balance Sheet as at 31 December 2024

	Notes	2024 €	2023 €
Fixed Assets		184	246
Current Assets		389	2,828
Creditors: amounts falling due within one year	4	<u>(34,215)</u>	<u>(22,445)</u>
Net Current Liabilities		<u>(33,826)</u>	<u>(19,617)</u>
Creditors: amounts falling due after more than one year	4	<u>-</u>	<u>-</u>
Deficiency of Assets		<u><u>(33,642)</u></u>	<u><u>(19,371)</u></u>
Capital and Reserves		<u><u>(33,642)</u></u>	<u><u>(19,371)</u></u>

I as Director of Energized Fitness Limited, state that:

- (a) the company is availing itself of the audit exemption (and the exemption shall be expressed to be “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 section 358 is complied with,
- (c) no notice under subsection (1) of section 334 has, in accordance with subsection (2) of that section, been served on the company, and
- (d) the directors' 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 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,
- (e) the company has relied on the specified exemption contained in s.352 Companies Act 2014 (as a micro 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 s.353 Companies Act 2014.

Approved by the board

Darren O'Leary
Director

16 February 2026
Date

Energized Fitness Limited

Notes to the Abridged Financial Statements for the year ended 31 December 2024

1. General information

Energized Fitness Limited is a private company limited by shares, and incorporated in Ireland. Its registered office is 32 Plunkett Road, Ballyphehane, Cork, .

2. Basis of preparation of financial statements

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 105 The Financial Reporting Standard applicable to the Micro-entities Regime issued by the Financial Reporting Council (FRS 105). The company qualifies as a micro company for the period, as defined by section 280D of the Companies Act 2014, in respect of the financial year and has applied the rules of the ‘micro companies regime’ in accordance with section 280E of the Companies Act 2014 and FRS 105.

The financial statements are presented in Euro (€) and all amounts have being rounded to the nearest Euro.

3. Principal accounting policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the Company’s financial statements.

3.1 Tangible assets

All tangible fixed assets are initially recorded at historic cost. This includes legal fees, stamp duty and other non-refundable purchase taxes, and also any costs directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management, which can include the costs of site preparation, initial delivery and handling, installation and assembly, and testing of functionality.

3.2 Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost or valuation, less estimated residual value, of each asset systematically over its expected useful like, on a straight-line basis, as follows:

Fixtures, fittings and equipment	12.5% per annum straight line
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Where factors indicate that the residual values or useful lives of tangible assets may have changed, a review will be carried out of residual value, depreciation methods and useful lives, and these will be amended if necessary. Changes in depreciation rates arising from this review are accounted for prospectively over the remaining useful lives of the assets.

3.3 Turnover

Turnover is stated net of trade discounts, volume rebates, VAT and similar taxes and derives from the provision of goods and services falling within the company’s ordinary activities. Turnover on sale of goods is recognised when the company has transferred the significant risks and rewards of ownership in the goods, which usually takes place when the goods are physically delivered to the buyer. Turnover on supply of services is recognised by reference to the stage of completion of the service at the end of the financial year. The stage of completion is determined primarily on the basis of time costs applied to individual service assignments. Deposits received from customers in advance of completion of sales of goods or in advance of the stage of completion of services at the end of the financial year are not recognised as income and are included in creditors.

Energized Fitness Limited

Notes to the Abridged Financial Statements for the year ended 31 December 2024

3.4 Taxation

Tax is recognised in the Profit and Loss Account, except where it relates to an item recognised in other comprehensive income or equity in which case the related tax is recognised directly in other comprehensive income or equity.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the balance sheet date in the countries where the Company operates and generates income.

3.5 Impairment of assets

At each reporting date fixed assets are reviewed to determine whether there is any indication that those assets have suffered an impairment loss. If there is an indication of possible impairment, the recoverable amount of any affected asset is estimated and compared with its carrying amount. If estimated recoverable amount is lower, the carrying amount is reduced to its estimated recoverable amount, and an impairment loss is recognised immediately in profit or loss.

If an impairment loss subsequently reverses, the carrying amount of the asset is increased to the revised estimate of its recoverable amount, but not in excess of the amount that would have been determined had no impairment loss been recognised for the asset in prior years. A reversal of an impairment loss is recognised immediately in profit or loss.

4. Creditors	2024	2023
Amounts falling due within one year	€	€
Bank overdraft	1,016	1,260
Other taxes and social security costs	2,013	4,197
Directors loan	29,152	14,954
Accruals	2,034	2,034
	<u>34,215</u>	<u>22,445</u>
Amounts falling due after more than one year	<u>-</u>	<u>-</u>

Energized Fitness Limited

Notes to the Abridged Financial Statements for the year ended 31 December 2024

5. Appropriation of Profit and Loss Account

	2024	2023
	€	€
Retained profit at the beginning of the year	(19,372)	(3,470)
Loss for the year	(14,271)	(15,902)
Retained profit at the end of the year	<u>(33,643)</u>	<u>(19,372)</u>

6. Going concern

The company is dependent on financial support from Darren O'Leary the company director. Darren O'Leary has confirmed that he is willing to provide financial support to the company for the foreseeable future sufficient to allow the company to continue as a going concern. On this basis, the director considers it appropriate to prepare the financial statements on the going concern basis. The financial statements do not include any adjustments that would result from a withdrawal of this support.

7. Approval of financial statements

The financial statements were approved by the Board on 16 February 2026.