Talwalkars Better Value Fitness Ltd.
Regd. Off.: 801/813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026.
Tel.: 6612 6300. Fax: 6612 6363. Website: www.talwalkars.net CIN: L92411MH2003PLC140134

Talwalkars™
Spreading fitness since 1932

To,
National Stock Exchange of India Ltd.
Exchange Plaza,Plot No. C/1, G Block, BKC,
Bandra (East), Mumbai - 400 051.

To,
BSE Limited
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001.

NOTICE

NOTICE is hereby given pursuant to Regulations 29 and 33 of the SEBI (Listing obligations and Disclosure Requirements) Regulations, 2015 that a meeting of the Board of Directors of the Company will be held on Thursday, 11th August, 2016 at the Registered Office of the Company inter-alia to consider the following:

1. To take on record the unaudited standalone and consolidated financial results for the quarter ended 30th June, 2016.
2. To consider and take on record Limited Review Report for the quarter ended 30th June, 2016.
3. Any other business with the permission of the Chairman.
4. The intimation is also available on the:
   1. Company's website www.talwalkars.net
   2. BSE Limited www.bseindia.com
   3. NSE Limited www.nseindia.com

We further inform you that the Trading Window for trading in the Company's Shares by all the Directors and Designated Employees shall remain closed from Friday, 5th August, 2016 to Saturday, 13th August, 2016 (both days inclusive) on account of declaration of unaudited financial results for the quarter ended on 30th June, 2016. The Trading Window will remain open from 14th August, 2016.

By Order of the Board
For **Talwalkars Better Value Fitness Limited**

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Date: 1st August, 2016
Place: Mumbai

Avanti Sankav
Company Secretary & Compliance Officer