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,
Listing/Compliance Department,
National Stock Exchange of India Ltd.
Exchange Plaza,Plot No. C/1,
G Block, Bandra-Kurla Complex,
Bandra (East), Mumbai - 400 051.

To,
Corporate Service Department
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, 4th February, 2016 at the Registered Office of the Company inter-alia to consider the following:

1. To take on record the unaudited stand-alone and consolidated financial results of the Company for the quarter and nine months ended 31st December, 2015;

2. To consider and take on record Limited Review Report for the quarter ended 31st December, 2015.

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 28th January, 2016 to 6th February, 2016 (both days inclusive) on account of declaration of un-audited financial results for the quarter ended on 31st December, 2015. The Trading Window will remain open from 7th February, 2016.

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

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Avanti Sankav
Company Secretary & Compliance Officer

Date: 25th January, 2016
Place: Mumbai