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, 33 and other applicable regulations 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, 8th February, 2018 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 of the Company for the quarter and nine months ended 31st December, 2017.
2. To consider and take on record Limited Review Report for the quarter ended 31st December, 2017.
3. Any other business with the permission of the Chairman.
4. The intimation is also available on the:
   I. Company's website www.talwalkars.net
   II. BSE Limited www.bseindia.com
   III. 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 Thursday, 1st February, 2018 to Saturday, 10th February, 2018 (both days inclusive) on account of declaration of unaudited financial results for the quarter and nine months ended on 31st December, 2017. The Trading Window will remain open from 11th February, 2018.

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

Date: 31st January, 2018
Place: Mumbai

Avanti Sankav
Company Secretary & Compliance Officer