**Talwalkars Better Value Fitness Ltd.**
Regd. Off.: 801/813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026.
Tel.: 2355 6000 Fax: 2355 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 including amendments thereof that a meeting of the Board of Directors of the Company will be held on Wednesday, 13th February, 2019 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, 2018

2. To consider and take on record Limited Review Report for the quarter ended 31st December, 2018

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, their immediate relatives, Designated Employees and their immediate relatives shall remain closed from Tuesday, 5th February, 2019 to Friday, 15th February, 2019 (both days inclusive) on account of declaration of unaudited financial results for the quarter and nine months ended on 31st December, 2018. The Trading Window will remain open from 16th February, 2019.

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

Date: 4th February, 2019
Place: Mumbai

**Avanti Sankav**
**Company Secretary & Compliance Officer**