Talwalkars Better Value Fitness Ltd.
Regd. Off.: 301/313, 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

Date: August 7, 2019

To,
National Stock Exchange of India Ltd
Exchange Plaza, Plot no. C/1,
G Block, BKC, Bandra (East),
Mumbai - 400051
NSE Symbol: TALWALKARS

To,
BSE Limited
Phiroze Jeejeebhoy Towers
Dalal Street,
Mumbai - 400001
BSE Code:533200

Sub.: Notice of the Board Meeting scheduled to be held on Tuesday, August 13, 2019

Dear Sir/ Madam,

Pursuant to Regulation 29 and 33 of the Securities Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015 ("SEBI Regulations"), we wish to inform you that meeting of Board of Directors of the Company is scheduled to be held on Tuesday, August 13, 2019 at the registered office of the Company inter - alia to consider the following:

1. To approve the un-audited standalone and consolidated financial results of the Company for the quarter ended June 30, 2019.
2. To consider and take on record Limited Review Report for the quarter ended June 30, 2019.
3. Any other business with the permission of the Chairman.

The intimation is also available on the:
- Company's website: www.talwalkars.net
- BSE Ltd : www.bseindia.com
- NSE Ltd: www.nseindia.com

Further, pursuant to the provisions of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015 and in accordance with the Company's Code of Conduct to regulate, monitor and report trades in securities by Designated persons, please note that the trading window to deal in the securities of the Company will remain closed from July 1, 2019 upto completion of 48 hours after the declaration of unaudited financial results for the quarter ended June 30, 2019

Accordingly, all the Directors, their immediate relatives, Designated Employees and their immediate relatives have been advised not to deal in Securities of the Company from July 1, 2019 upto completion of 48 hours after the declaration of unaudited financial results for the quarter ended June 30, 2019

By order of the Board
For Talwalkars Better Value Fitness Limited

TALWALKARS BETTER VALUE FITNESS LIMITED
MUMBAI

Vinayak Gawande
Director
DIN: 00324591
Place: Mumbai