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,
The Manager
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,
Mr. Wilbur Fernandes / Mr. Troydon Bird,
The Manager
BSE Limited
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001.

NOTICE

Notice is hereby given pursuant to Clause 41 of the Listing Agreement that 113th meeting of the Board of Directors of the Company will be held on Thursday, 6th August, 2015 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 ended 30th June, 2015.
2. To consider and take on record Limited Review Report for the quarter ended 30th June, 2015.
3. Any other business with the permission of Chair.

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, 30th July, 2015 to Saturday, 8th August, 2015 (both days inclusive) on account of declaration of un-audited financial results for the quarter ended 30th June, 2015. Trading Window will remain open from 9th August, 2015.

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

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Date: 24th July, 2015
Place: Mumbai

Avanti Sankav
Company Secretary & Compliance Officer