

Talwalkars Healthclubs Limited

(Formerly known as Talwalkars Lifestyles Limited)

Regd Office: 801-813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai – 400026.

CIN: U93090MH2016PLC280127; Tel.: 022-2355 6000 Fax: 022-2355 6363

email: investor@talwalkars.net website: www.talwalkarslifestyles.com

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.

Re: Talwalkars Healthclubs Limited; Scrip Symbol: TALWGYM; Scrip Code: 541545

Sub: Rescheduled Board Meeting

Further to our letter dated 5th February, 2019, the meeting of the Board of Directors of the Company which was originally scheduled on 14th February, 2019 has been rescheduled to **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 Chairman.
4. The intimation is also available on the:
 - I. Company's website www.talwalkarslifestyles.com
 - II. BSE Limited www.bseindia.com
 - III. NSE Limited www.nseindia.com

In this connection we wish to inform you that the Trading Window for trading in the Company's Shares by all the Directors and their immediate relatives and Designated Employees and their immediate relatives shall remain closed from Wednesday, 6th 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 Healthclubs Limited



Gayatri Valan Prasad
Company Secretary & Compliance Officer

Date: 6th February, 2019
Place: Mumbai