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.

Re: Talwalkars Better Value Fitness Ltd.; Scrip Symbol: TALWALKARS; Scrip Code: 533200
Sub: Notice of Board Meeting on 12th December, 2017

NOTICE is hereby given pursuant to Regulations 29, 33 and 52 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 Tuesday, 12th December, 2017 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 half year ended 30th September, 2017
2. To consider and take on record Limited Review Report for the quarter ended 30th September, 2017
3. Any other business with the permission of 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 Tuesday, 5th December, 2017 to Thursday, 14th December, 2017 (both days inclusive) on account of declaration of unaudited financial results for the quarter and half year ended on 30th September, 2017. The Trading Window will remain open from 15th December, 2017.

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

Date: 4th December, 2017
Place: Mumbai

Avanti Sankav
Company Secretary & Compliance Officer