

Talwalkars Better Value Fitness Ltd.
Regd. Off.: 801, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026.
CIN: L92411MH2003PLC140134; Tel.: 6612 6300. Fax: 6612 6363. Website: www.talwalkars.net



Date: 6th December, 2017

To,
National Stock Exchange of India Ltd.
Exchange Plaza, Plot No. C/1,
G-Block, Bandra Kurla Complex,
Bandra (East), Mumbai - 400 051.

To,
BSE Limited
Phiroze Jeejeebhoy Towers,
Dalal Street,
Mumbai - 400 001.

Dear Sir,

Re: Talwalkars Better Value Fitness Ltd.; Scrip Symbol: TALWALKARS; Scrip Code: 533200.
Sub: Submission of scanned Newspaper Advertisement of Nav Shakti and Free Press dated
6th December, 2017

We enclose herewith scanned copy of Newspaper Advertisement of Nav Shakti and Free Press dated 6th December, 2017 in which Notice of the Board Meeting is published for the meeting to be held on 12th December, 2017 at the registered office of the Company.

Kindly take the same on your record and acknowledge receipt of the same.

Thanking You.

Yours faithfully,
For **Talwalkars Better Value Fitness Limited**

Avanti Sankav
Company Secretary & Compliance Officer
Encl: a/a

बवशक्ति
मुंबई, बुधवार, ६ डिसेंबर २०१७

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.



NOTICE

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
- 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

Avanti Sankav

**Company Secretary &
Compliance Officer.**

Date : 4th December, 2017.
Place : Mumbai.

Talwalkars Better Value Fitness Ltd.

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Tel.: 6612 6300, Fax: 6612 6363, Website: www.talwalkars.net, CIN: L92411MH2003PLC140134. Listing since 2012

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For Talwalkars Better Value Fitness Limited
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Date : 4th December, 2017.
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