

Talwalkars Healthclubs Limited

(Formerly known as Talwalkars Lifestyles Limited)

Regd Office: 801-813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai - 400 026

CIN: U93090MH2016PLC28127; Tel.: 022 - 2355 6000

email: investor@talwalkars.net Website: www.talwalkarshealthclubs.com

Date: 14th November, 2019

To

BSE Limited

Phiroze Jeejeebhoy Towers

Dalal Street, Mumbai – 400001

BSE Code : 541545

To

National Stock Exchange of India Ltd

Exchange Plaza, Plot No. C/1, G Block, BKC,

Bandra (East), Mumbai – 400051

NSE Symbol : TALWGYM

Sub: Intimation of adjournment of Board Meeting and next date of adjourned Board Meeting

Dear Sirs,

This is to inform you that the meeting of Board of Directors of the Company scheduled to be held today i.e. Thursday, 14th November, 2019, stands adjourned, due to lack of quorum.

After discussion among directors, now the Adjourned Meeting is scheduled to be held on Thursday, 28th November, 2019 at the same time and same place inter-alia to consider the following:

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

Further, in this connection the date of closure of the trading window for the dealing in Securities of the Company pursuant to the provisions of the Securities and Exchange Board of India (Prohibition of Insider Trading) Regulations, 2015 and as per terms of 'Code of Conduct for prevention of Insider Trading of the Company' is extended upto completion of 48 hours after the declaration of unaudited financial results for the quarter ended September, 2019, at the adjourned board meeting.

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

By order of the Board

For Talwalkars Healthclubs Limited



Girish Nayak

Chief Financial Officer

Place : Mumbai