

TALWALKARS BETTER VALUE FITNESS LIMITED

CIN: L92411MH2003PLC140134

Registered Office: 1702, 17th Floor, Signature (By Lotus), Off Veera Desai Road Extn.,
Andheri West, Andheri, Mumbai, Maharashtra, India, 400053

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Date: 04-08-2026

To, Manager- CRD BSE Limited Phiroze Jeejeebhoy Towers, Dalal Street, Fort, Mumbai - 400 001. Scrip Code: 533200	To, The Manager - Listing National Stock Exchange of India Limited Exchange Plaza, Bandra Kurla Complex, Bandra (East), Mumbai - 400 051. SYMBOL: TALWALKARS
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Dear Sir/Madam,

Subject: Intimation of Board Meeting -Talwalkars Better Value Fitness Limited ("the Company")

Pursuant to the provisions of Regulation 29 and other applicable provisions of the Securities and Exchange Board of India (Listing Obligations & Disclosure Requirements), Regulations, 2015, we wish to inform you that the Meeting of the Board of Directors of the Company is scheduled to be held on Friday, 14th August 2026, to consider and approve the following agenda items:

01. Unaudited Standalone Financial Results for the Quarter ended June 30, 2026, along with Limited Review Report
02. Any other business with the permission of the Chairperson.

Further, pursuant to the provisions of SEBI (Prohibition of Insider Trading) Regulations, 2015 read with BSE Circular no. LIST/COMP/01/2019-20 dated April 02, 2019 and as per the terms of "Code of Conduct for Regulating, Monitoring and Reporting of Trading by Insiders" of the Company ('the Code'), the trading window closure for dealing in securities of the Company commenced from July 01, 2026 and will end 48 hours after the declaration of the Un-Audited Financial Results of the Company for the quarter ended June 31, 2026, for all insiders, designated persons and their immediate relatives as defined in the Code of the Company.

Kindly take the same on your records and acknowledge the receipt.

Thanking you,

For, Talwalkars Better Value Fitness Limited

Arvind Pradhan Bhanushali
Managing Director
DIN: 00134211