

TR-1: Standard form for notification of major holdings

1. Issuer Details

ISIN

GB00BZBX0P70

Issuer Name

THE GYM GROUP PLC

UK or Non-UK Issuer

UK

2. Reason for Notification

An acquisition or disposal of voting rights

3. Details of person subject to the notification obligation

Name

Royal Bank of Canada PH

City of registered office (if applicable)

Country of registered office (if applicable)

CA

4. Details of the shareholder

Name	City of registered office	Country of registered office
RBC Global Asset Management (UK) Limited	London	United Kingdom

5. Date on which the threshold was crossed or reached

10-Jul-2024

6. Date on which Issuer notified

15-Jul-2024

7. Total positions of person(s) subject to the notification obligation

	% of voting rights attached to shares (total of 8.A)	% of voting rights through financial instruments (total of 8.B 1 + 8.B 2)	Total of both in % (8.A + 8.B)	Total number of voting rights held in issuer
Resulting situation on the date on which threshold was crossed or reached	6.372200	0.000000	6.372200	11422706
Position of previous notification (if applicable)	7.163016	0.000000	7.163016	

8. Notified details of the resulting situation on the date on which the threshold was

crossed or reached

8A. Voting rights attached to shares

Class/Type of shares ISIN code(if possible)	Number of direct voting rights (DTR5.1)	Number of indirect voting rights (DTR5.2.1)	% of direct voting rights (DTR5.1)	% of indirect voting rights (DTR5.2.1)
GB00BZBX0P70	11422706	0	6.372200	0.000000
Sub Total 8.A	11422706		6.372200%	

8B1. Financial Instruments according to (DTR5.3.1R.(1) (a))

Type of financial instrument	Expiration date	Exercise/conversion period	Number of voting rights that may be acquired if the instrument is exercised/converted	% of voting rights
Sub Total 8.B1				

8B2. Financial Instruments with similar economic effect according to (DTR5.3.1R.(1) (b))

Type of financial instrument	Expiration date	Exercise/conversion period	Physical or cash settlement	Number of voting rights	% of voting rights
Sub Total 8.B2					

9. Information in relation to the person subject to the notification obligation

2. Full chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held starting with the ultimate controlling natural person or legal entities (please add additional rows as necessary)

Ultimate controlling person	Name of controlled undertaking	% of voting rights if it equals or is higher than the notifiable threshold	% of voting rights through financial instruments if it equals or is higher than the notifiable threshold	Total of both if it equals or is higher than the notifiable threshold
Royal Bank of Canada		6.372200	0.000000	6.372200%
Royal Bank of Canada	Royal Bank of Canada Holdings (U.K.) Limited	6.372200	0.000000	6.372200%
Royal Bank of Canada	RBC Global Asset Management (UK) Limited	6.372200	0.000000	6.372200%

10. In case of proxy voting

Name of the proxy holder

The number and % of voting rights held

The date until which the voting rights will be held

11. Additional Information

12. Date of Completion

15-Jul-2024

13. Place Of Completion

Toronto, Ontario, Canada

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