



## Fresh Market at Brumlovka



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Passerinvest

Brumlovka Square

## Fresh Market at Brumlovka

**When:** Tuesday, July 12, from 7:30 am to 2:00 pm

**Where:** Brumlovka Square, Vyskočilova 1100/2

Due to the public holidays at the beginning of the month, July's Fresh Market will be held on Brumlovka Square on **Tuesday, July 12**. There will be stalls selling fruit, vegetables, pastries, dairy products, cheeses, eggs, cold cuts and strudel, amongst other delicacies.

**The range of produce changes every month.**

Brumlovka.

Filadelfie building



# Wandering through Siam - the land of the white elephant

Traveler's Evening

**When:** Wednesday, July 13, from 5:30 pm

**Where:** Sommellerie, Filadelfie building, Želetavská 1525/1

Siam, or Thailand, if you prefer, is an amazing country in South-east Asia, which most of us probably know for its world-famous beaches and crystal-clear water. Yet this country offers so much more. Marketplaces, stalls, outstanding cuisine, a rich history, the peculiar customs and traditions of its indigenous peoples, and religious traditions deeply rooted in the everyday lives and routines of the local people.

As in other countries, Thailand has been significantly affected by Covid. Photographer, guide and traveller David Hainall tells us what it was like to travel just after the border opened in this tourist country „with no tourists“.

**Brumlovka.**

Traveler's  
Evening.



# Wandering through Siam - the land of the white elephant



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Dance Lesson.



## Dance Lesson at Brumlovka



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Brumlovka Square

## Dance Lesson at Brumlovka

**When:** Wednesday, July 20, from 7:00 pm, dance floor from 8:00 pm

**Where:** Brumlovka Square, Vyskočilova 1100/2

In July the lively CHACHA will take us on a trip to the heat of Cuba, without us even having to leave the Czech Republic. Come and join us in dancing the CHACHA on Brumlovka Square\*; this short choreography session is something absolutely anyone can manage! The session will be followed by free entertainment.

The dance teacher is Lenka Nora Návorková, champion of the Czech Republic several times in Latin American dance, winner of StarDance 2018, and the dance partner of Mirai Navrátil in the past season of this popular television competition.

\* In the event of rain please check Brumlovka's FB profile for current information.

**Brumlovka.**

Brumlovka



# Brumlovka Talks

**When:** Wednesday, July 27, from 6:00 pm

**Where:** online on Brumlovka FB profile

Talks is our talk show, where we invite personalities, whom we feel have something to say and whose work or personal life is somehow associated with Brumlovka.

**This month: Ondřej Kuchař, Zrno Zrnko**

Ondřej and his classmate founded the James Cook Languages language school which he sold in 2018. At that time the school had over 400 corporate customers and 900 lecturers in three European countries. He threw himself with the same companion in 2021 to the bakery. They founded the Zrno Zrnko craft bakery which uses the highest quality ingredients and bakes traditionally, honestly, and following modern nutritional trends. They currently have bakery cafes in Prague 1, 2, 4 and 7. And one of them is right here at Brumlovka.

The talk show is hosted by Eduard Forejt.

**Brumlovka.**

Talkshow.



## Brumlovka Talks Ondřej Kuchař



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Passerinvest

Festival.



# Street food festival

Brumlovka Square

## Street food festival

The Mediterranean at Brumlovka

**When:** Thursday, July 28, from 11:00 am to 3:00 pm

**Where:** Brumlovka Square, Vyskočilova 1100/2

This show of popular Mediterranean food offers the very best of Italian and Greek cuisine. You can look forward to treats such as bruschetta, caprese, souvlaki, beef steaks, grilled halloumi cheese, exotic fruits, dried semolina pasta, pesto, tomato sauces and much more.



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Brumlovka.

Brumlovka

# Regular Sports Activities at Brumlovka

The summer temperatures are ideal for exercising outdoors. Join us for some of our sessions:

## Running Lessons with Puma

**When:** every Tuesday from 5:30 pm

**Where:** meeting at 5:20 pm at Beta building reception, Vyskočilova 1481/4

Running lessons are led in two groups for beginners and experienced runners by instructors and bloggers from running2.cz Soňa Hrabec Kotulová and Michal Hrabec.

## Outdoor Yoga for Seniors

**When:** every Tuesday from 10:00 am

**Where:** Park Brumlovka, ulice Za Brumlovkou

Health exercises with Simona Helová adjusted with regard to participants' health limits. Own exercise mat required.

## Outdoor Yoga for the Public

**When:** every Thursday from 7:00 am

**Where:** Brumlovka Park, ulice Za Brumlovkou

A classic yoga lesson for beginners and advanced students of all ages with Daniela Baciková. Own exercise mat required.

No reservation required. In the event of bad weather, yoga lessons are not held.

You can find current information at [Brumlovka's FB profile](#).

**Brumlovka.**

Sport.



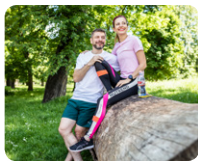
Please use the "Instant translation" function in your Translate App to read this poster in other suitable language. English version of all Brumlovka activities are to be found also at [brumlovka.cz](#).

Passerinvest



### Outdoor Workout for the Public

**When:** every Wednesday from 6:30 pm  
**Where:** street workout area in the Nové Roztyly Park ([GPS here](#))  
**Instructor:** Eva Némethová



### Running Lessons

**When:** every Wednesday from 6:30 pm  
**Where:** meeting point by the Roztyly metro entrance at 6:20 pm  
**Instructor:** duo Running2 duo



### Yoga for seniors

**When:** every Wednesday from 2:00 pm  
**Where:** meadow by the Nosál hotel, Za Větrem restaurant ([GPS here](#))  
**Instructor:** Simona Helová



### Yoga for the public

**When:** every Thursday from 6:00 pm  
**Where:** meadow by the Nosál hotel, Za Větrem restaurant ([GPS here](#))  
**Instructor:** Danča Bacíková



### Parkour for the public

**When:** every Thursday from 3:30 pm  
**Where:** parkour area in the Nové Roztyly Park ([GPS here](#))  
**Instructor:** Mikeš and team

Nové Roztyly Park

# Regular sports activities in Nové Roztyly park

During the summer months, Passerinvest also holds regular sports sessions in Nové Roztyly park. Besides the yoga, yoga for senior citizens and runs we have at Brumlovka, there are also outdoor fitness exercises and parkour lessons.

More information on the individual sessions can be found at [krcakzije.cz](https://www.krcakzije.cz)

The sessions are not held in poor weather; please check for updates on [FB at Krčák žije](#).



Tennis Courts LTC 1927

# Brumlovka Tennis Cup

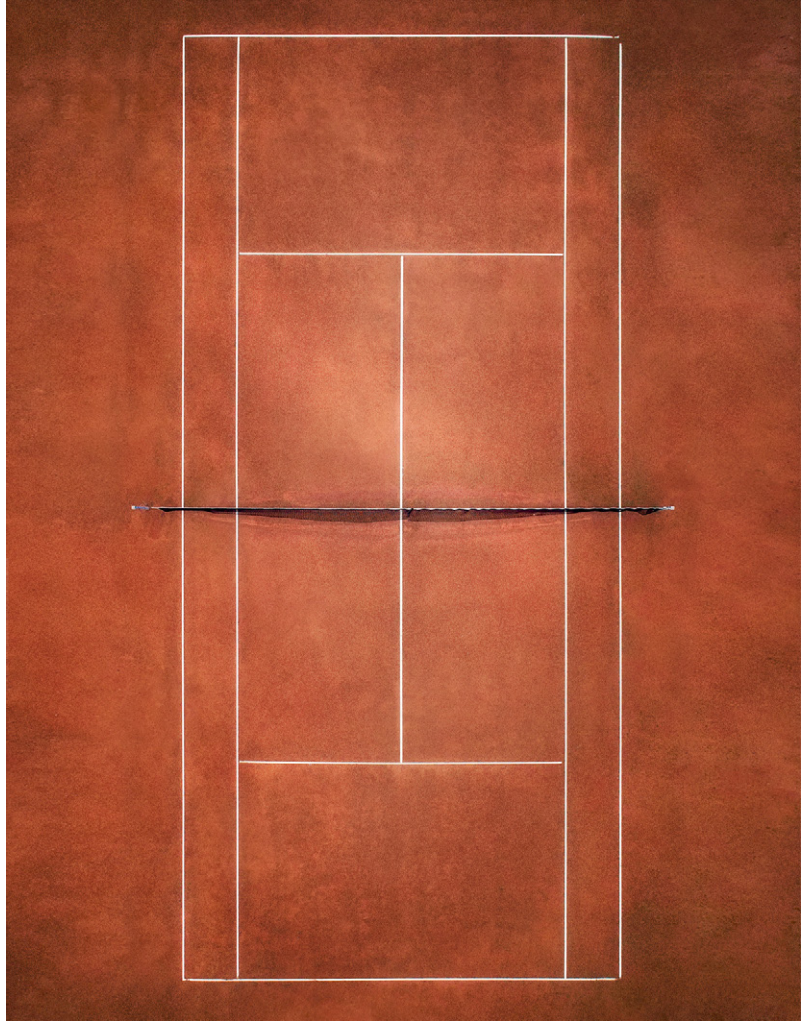
**When:** Sunday, July 24, from 9:00 am

**Where:** Tennis Courts LTC 1927, Hodonínská 1090/4, entrance from the Vyskočilova St – by the Vyskočilova Bus stop

**Price:** CZK 300 /person, Balance Club Brumlovka Members and Benefit Klub Brumlovka Members free of charge

Balance Club Brumlovka and Passerinvest are organising the 14th annual doubles tennis tournament for all amateur players. The tournament on Sunday, July 24. Valuable prizes for the winners! Refreshments available during the event. The tournament is for unregistered players, for a total of 32 pairs.

**Due to limited capacity, please confirm your participation by July 15 at the latest by e-mailing [eva.koterova@balanceclub.cz](mailto:eva.koterova@balanceclub.cz).**







Filadelfie building

# BODY EXPRESS: Summer and Relax

In the Filadelfie building you have the chance to enjoy the special SUMMER AND RELAX event during the summer holidays. Electric muscle stimulation uses weak impulses to activate the whole body. 20 minutes once a week is sufficient for your body to receive the necessary dose of training to make it firm and active and burn sufficient energy.

By involving and activating absolutely all the muscles, you eliminate muscle atrophy and imbalance and ease back pain, for example.

## BODY EXPRESS

- Monday – Friday 8:00 am – 6:00 pm
- Saturday 10:00 am – 2:00 pm
- tel. 774 431 083

For more information about summer events and to book a session at [www.bodyexpress.cz](http://www.bodyexpress.cz), see the **booking form** [HERE](#).

Body Express is now also open on **Saturdays**, from 10:00 am – 2:00 pm.

Benefity

Edenred

benefit  
plus

sodexo

BODY EXPRESS

Brumlovka building

# Arena: Win a 20% discount

on swimwear, goggles or swimming accessories!

**Have a guess:** How many Arena goggles were sold at the Brumlovka Arena shop between 1 January 2022 and 30 June 2022?

Hand in your guess, together with your contact details, at the Brumlovka Arena shop by July 16 at the latest. The 3 closest guessers will receive a 20% discount voucher. In the event of a tie, the guess submitted earlier wins.

For the competition rules, see <https://www.arenashop.cz/pravidla-tipovacky/>

## ARENA BRUMLOVKA SHOP

- Monday – Friday 10:00 am - 7:00 pm
- Saturday 10:00 am - 4:00 pm





**Open Day**  
**August 23 from 2:00 - 6:00 pm**

Olivka

## GENIUS Kindergarten

accepts children from 2 years of age and elementary school prep classes

Responsible, empathetic, confident, hard-working, aesthetic, mentally resilient, motivated, creative, well-educated and socially competent. These are the traits nurtured in children educated at the GENIUS Kindergarten and GENIUS Elementary School. At schools that believe that each child is born with exceptional potential, and which aim to reveal and develop that talent.

From September 2022 the international GENIUS Kindergarten will also be opening in the Olivka building at Brumlovka and you have the unique opportunity to be there. Registration for the 2022/2023 school year is now open for children aged 2 and above. A preparatory class for the associated GENIUS Elementary School will also be opening in the Olivka, with a bilingual programme, in Krč in Prague 4.

**Open Day, August 23 from 2:00 - 6:00 pm.** Come and take a look at the Czech-English GENIUS Kindergarten, which will be opening in the Olivka building on September 1, 2022. Get to know the school team and enjoy the fun programme prepared for the children.



Budova B building

# KITSTORE: Reward not only for top grade achievers...

Come along to the KITSTORE on Thursday, June 30 and if you present your school report, you'll receive a small gift. The offer is available for the first 100 schoolchildren to present their report. And if you present your school report with all top grades, you'll receive a special 5% discount on your purchase.

In the store you can also see a collector's model of the most famous steamer ever - the TITANIC. Since the Titanic set off on its maiden and also last voyage in 1912, this craft has captured people's imagination all over the world. You can now pay tribute to it with a colossal LEGO® collector's model of the Titanic.



KITSTORE





Budova G building

## Avatar VR Park extends its opening hours for the summer holidays

Avatar VR Park, the virtual reality game room extends its operating hours starting July 1. The Park will be open daily from 10:00 am to 8:00 pm (or until 10:00 pm after a prior reservation).

Take the opportunity to sit in a business meeting with a good coffee in the air-conditioned space or in a beautiful garden in the courtyard of Budova G building. Alternatively, stop by with a colleague after work and relax during a mysterious escape game or maybe competes in some of the multiplayer games.

After all, summer is a time of fun!

AVATAR VR PARK

Budova B building

# Summer drinks at Zrno zrnko

Zrno zrnko is more than just a bakery where you can enjoy amazing cinnamon whorls or Moravian strawberry cakes. In summer, it also offers a wide range of iced drinks, such as cold brew – which is slow- and cold-extracted coffee, as well as espresso on the rocks or ice latté.

Besides coffee, Zrno also serves homemade sodas with chunks of strawberry or mango, and on the way home from work you can treat yourself to a gin and tonic or aperol spritz!





Budova G building

# Catermat invites you to its summer barbecue!

Enjoy the summer atmosphere in an enclosed garden right here in Brumlovka. Catermat, which recently moved to Building G (the corner of Michelská and Baarova streets), is preparing the perfect summer barbecue for you, including the option to hire beach loungers and picnic blankets. Basically, a summer barbecue just the way it should be!

Send your queries to [catermat@catermat.com](mailto:catermat@catermat.com)



Delta building

# Turnovská Pivnice Brumlovka

At the Brumlovka summer festival in June, representatives of the Turnov Municipal Brewery presented a new restaurant that nicely matches the concept of the Turnov Pub restaurant network. The restaurant is scheduled to open at the end of summer. You can find the Turnov Pub Brumlovka in the Delta building.

They will be serving unique beer from the Turnov craft brewery and preparing modern Czech cuisine, including lunch menus, offering something to suit everyone. The brand's concept preserves the elements of a traditional pub, where customers can enjoy premium Turnov beer combined with modern cuisine.

 TURNOVSKÁ  
PIVNICE







Filadelfie building

# Get ready for the summer at dm. Protect your skin

The sun's rays not only give your skin a beautiful tan; they can also painfully burn it. SUNDANCE sunscreens with OF 50 and 50+ provide perfect protection.

Brumlovka building

## Top-class care for your car, now and at weekends

The Collection car wash is now opening at weekends, too. This means you can pamper your beloved ride on weekdays from 8:00 am to 8:00 pm or at the weekend from 9:00 am to 5:00 pm.

The care centre provides first-rate hand-washing and valeting services. The priority is to ensure that customers are as satisfied as possible with the complete range of services we offer. The Collection car wash holds a certificate for the professional use of Fraber car care products.

**Automyčka<sup>®</sup>**  
*Collection*



**Detailní péče za  
přijatelné ceny**



Filadelfie building

# Make your holiday preparations easy with We Hate Ironing

Getting your clothes ready for your next holiday has never been easier. This online laundry service means you leave the hassle of washing and ironing to others.

At We Hate Ironing they even fold your clothes neatly in practical recycled bags, so all you have to do is pack them in your suitcase and hit the road. If you don't want your laundry to be hung on a hanger as they usually do, just note it in your order. The laundry folding service is completely free of charge.

Beta building

# ASKO: product tips

The ASKO RFN2826S fridge-freezer offers 445 l of storage space, 318 in the fridge and 127 in the freezer. A Scandinavian heart beats under the designer exterior of this robust appliance, inspired by the Nordic idea of beauty and their love for nature and people. Adaptive technology coupled with even air distribution at the ideal temperature and humidity ensures that food stored in this model stays fresh for a long time, while special spacious drawers automatically maintain humidity at the optimal level. The sense of comfort and luxury is further enhanced by the built-in ice maker, as well as the perfect workmanship; the appliance is durable, runs smoothly and has flawless lighting in every corner and socket. Naturally, there is a freezer drawer and a convertible drawer with precise temperature control, which serves as a refrigerator, a zero zone or a full-fledged freezer.

It is perfectly complemented by the equally impressive ASKO RWFN2826S fridge-freezer with a built-in wine chiller with two individually adjustable temperatures, to preserve the unique flavour and character of your wine. These appliances can be seen in the ASKO designer showroom in Prague.



# CANTEENS AT BRUMLOVKA



Brumlovka

## Canteens at Brumlovka

Employee canteens are still hugely popular places for eating well at a reasonable price. As the canteen in the Beta building has closed, we present an overview of alternatives that are well worth visiting.

### Cantina & Café La Fresca

Filadelfie building, Želetavská 1525/1, Praha 4

MON–FRI 7:30 am – 3:30 pm

Daily specials: [cantina-lafresca.cz/menu/brumlovka](https://cantina-lafresca.cz/menu/brumlovka)

### Lunchbox.cz/SFood

Alpha building, Vyskočilova 1461/2a, Praha 4

MON–FRI 7:30 am – 3:00 pm

Daily specials: [sfood.cz/alpha](https://sfood.cz/alpha)

### Lunchbox.cz/SFood

Delta building, Za Brumlovkou 1559/5, Praha 4

MON–FRI 7:30 am – 3:00 pm

Daily specials: [sfood.cz/delta](https://sfood.cz/delta)

### Perfect Canteen MONETA Money Bank

Budova A building, Vyskočilova 1442/1b, Praha 4

MON–FRI 8:00 am – 4:00 pm

Daily specials: [perfectcanteen.cz/nase-kantyny/moneta-money-bank](https://perfectcanteen.cz/nase-kantyny/moneta-money-bank)

Brumlovka.

Brumlovka

# Change to shuttle timetables

from July 1, 2022

From the beginning of summer there will be a change to the timetables on shuttle lines BB1 and BB2 between Budějovická metro stop and Brumlovka (the Brumlovka, Delta, Filadelfie bus stops).

The new timetable **can be found** [HERE](#).

**Brumlovka.**

news.



# Change to shuttle timetables