

BB Centrum

AG Point – a new COVID-19 test site at BB Centrum

Covid-19 testing is now available near to your office or home. The AG Point collection point provides antigen and PCR testing in cooperation with the Czech Red Cross. The antigen test for COVID-19 is free for citizens of the Czech Republic and payers of public health insurance, but costs 450 CZK for self-payers and foreigners.

The test site will be open in the beginning of March. If you are interested in being tested, please follow the information at bbcentrum.cz or the BB Centrum FB profile concerning the precise opening day.

You can find the branch in the open area on the corner of Jemnická and Želetavská streets (entry from Jemnická street). You can book your visit at covidpass.cz, the BB Centrum AG Point branch. However, you can also come without a prior booking.

AG Point



BB Centrum

First aid for the soul, your mental first self-aid

WHEN: Wednesday, March 3, from 6:00 pm

WHERE: BB Centrum FB page

Do you set yourself high goals, which mean you have to overcome a lot of obstacles to achieve them? Are you able to make things more difficult for yourself (albeit with the very best intentions) and to further complicate already difficult situations? Do your immediate environs exert pressure on you and do you have the feeling that you can't keep going? Jana Kučerová, a psychologist, psychotherapist and lecturer in crisis intervention, will guide us through the fundamentals of mental first aid and will tell us:

- how to prepare for difficult moments
- how to cope with them and to avoid needlessly aggravating them
- when and how to activate our "emergency mode"
- how important it is to be aware of one's personal resources
- how to discover and accumulate personal sources of joy, gratefulness and encouragement

This webcast will be an inspiration and balm for a hurting soul for anybody who is currently having a tough time, is finding life difficult and is looking for strength, support and hope.



BB CENTRUM



ONLINE WEBCAST

FIRST AID FOR THE SOUL



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English version of all BB Centrum activities are to be found also at

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ONLINE WEBCAST

THE TRANS-SIBERIAN RAILWAY TRAVEL



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BB Centrum

Online Webcast: The Trans-Siberian Railway travel

WHEN: Wednesday, March 10, from 5:30 pm

WHERE: BB Centrum FB page

The Trans-Siberian Railway is the longest railway line in the world and a major Russian transport artery. The trains pass through 2 continents and 8 time zones. The main line from Moscow to Vladivostok in the Russian Far East leads through Yekaterinburg, Omsk, Novosibirsk, Krasnoyarsk, Irkutsk and Khabarovsk. The traveller and photographer Aleš Tvrđý will tell us what is it like to travel almost 10 000 km by train and whether he would ever do it all again.



BBCENTRUM

BB Centrum

An online dance class at Brumlovka

WHEN: Wednesday, March 17, from 6:00 pm

WHERE: BB Centrum FB page

The series of online dance lessons will continue with the fastest Latin American dance, the jive. This dance is nothing to be scared of. We will learn a short piece of choreography and get our energy flowing using a dance that combines many music genres and dance styles. Boogie-woogie, rock'n'roll, swing and Lindy Hop – all of them are in JIVE!

The online dance lessons will be led by Lenka Nora Návorková, a multiple Czech Latin Dance champion and the StarDance television competition winner.



ONLINE

DANCE CLASS AT BRUMLOVKA



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ON (CH)AIR

HOVORY
Z BRUMLOVKY

ONLINE WEBCAST

BRUMLOVKA TALK



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BB Centrum

Online Webcast: Brumlovka Talk

WHEN: Wednesday, March 24, from 6:00 pm

WHERE: BB Centrum FB page

Brumlovka 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's: Aleš Kučera

Aleš Kučera is the Chairman of the Board of Directors at the European company NEWPS Holding SE, an executive director at NEWPS.CZ and NEWPS MARKETING. He has spent the majority of his career in the area of information and communication technology. Aleš Kučera was one of the founding members of the first professional association of IT companies, the Association for the Information Society (the ICT Union). He jokingly says of himself that he is unemployable, because a conflict would probably arise between him and his employer during the first twenty minutes.

The talk show will be hosted by Eduard Forejt



BB CENTRUM

BB Centrum

Online Webcast: Home Gourmet

WHEN: Monday, March 29, from 6:00 pm NEW WEBCAST DATE

WHERE: BB Centrum FB page

Do you like cooking and like being inspired by professional cuisine? CATERMAT, a partner company of the Bistro Roast & Grill, which you may know from the Filadelfie mall, will present culinary tips, tricks and recipes that you can try cooking at home in the new Home Gourmet online webcast. **This month, we can look forward to:**

- salmon gravlax with horse radish mayonnaise, marinated radishes and radish caviar
- chicken supreme filled with herb butter with carrot purée, steamed carrots in melted butter and a vegetable fritter

The chef Pavel Bortník will guide us through the recipes and cooking procedures for both dishes. It is well worth watching this culinary show, you can also compete for interesting degustation prizes. The question will be mentioned during the show, answers will be collected on BB Centrum FB Page.

You can purchase packages of ingredients to make both recipes at catermat.com with the option of either home delivery or pick up from the Bistro Roast & Grill in the Filadelfie Building.



BB CENTRUM



ONLINE WEBCAST

HOME GOURMET



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ONLINE WEBCAST

INDONESIA – THE BEST OF



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BB Centrum

Online Webcast: Indonesia – The Best of

WHEN: Wednesday, March 31, from 5:30 pm

WHERE: BB Centrum FB page

Jana Wolfová, the travel webcast host, spent several years in Indonesia – she studied at the Academy of Arts in Bali, founded a charity project Kitari Foundation in Lombok. She will introduce you to the diverse culture, natural beauties of these Indonesian islands as Bali, Lombok, Sumatra, Java or Siberut and show you how you can travel around and what is unique there.

The Indonesia – The Best of travel webcast will be held in English.



BBCENTRUM

BB Centrum

Online Exercise: Body and Mind lessons

WHEN: Tue. and Thu. from 6 pm, according to the schedule below

WHERE: BB Centrum FB page

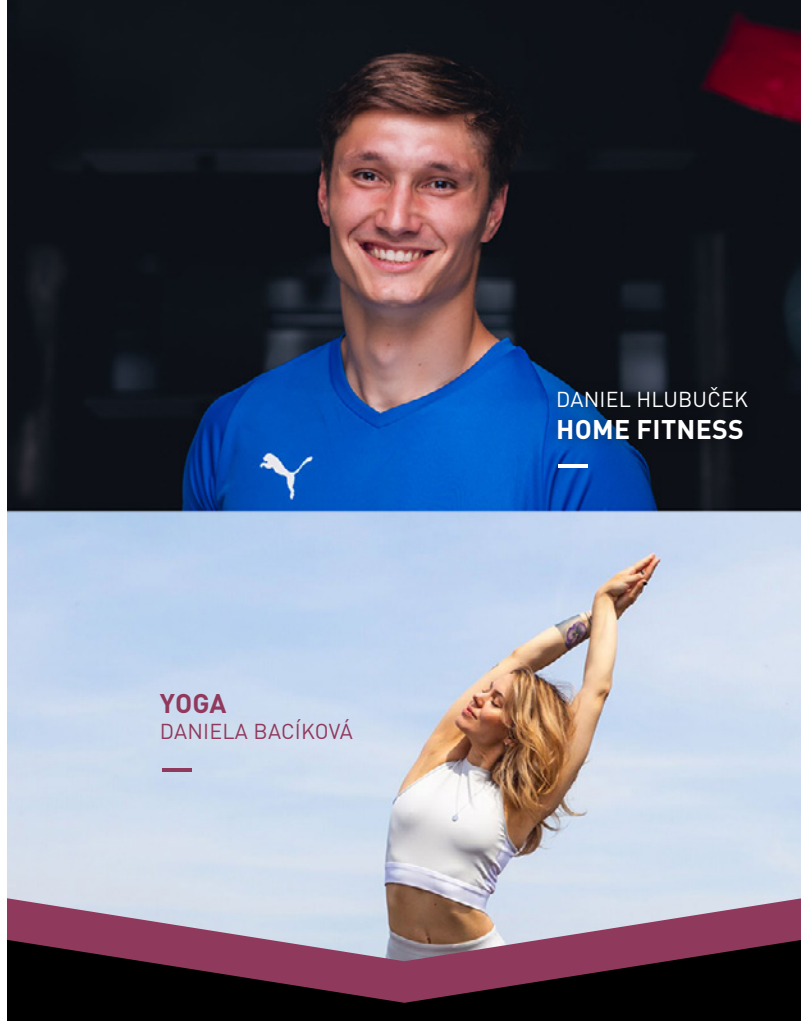
We have been bringing exercise sessions into your home for five months already. Home Fitness with the Balance Club Brumlovka instructor Daniel Hlubuček and Yoga with Daniela Bacíková. Both these training sessions complement one another. Home Fitness focuses on physical fitness and forming the figure, while Yoga focuses on stretching the entire body and eliminating back pain.

The lessons are suitable for both beginners and advanced practitioners of all ages.

- Tue., March 2, 9, 16, 23 and 30 – Home Fitness with D. Hlubuček
- Thu., March 4, 11, 18, and 25 – Yoga with D. Bacíková

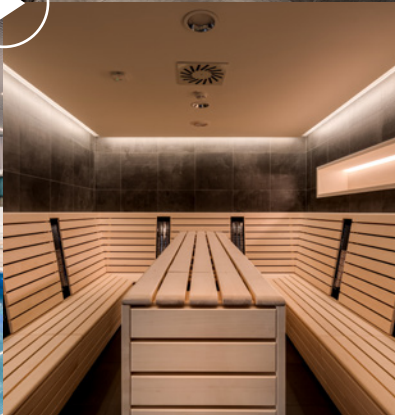


BBCENTRUM



DANIEL HLUBUČEK
HOME FITNESS

YOGA
DANIELA BACÍKOVÁ



Brumlovka Building

The expansive reconstruction work at Balance Club Brumlovka has been successfully completed

The last phase of the reconstruction, which mainly involved the club's wellness section, saw the installation of a 25m stainless steel swimming pool with gradual entry and water heated to 28 °C and a more spacious stainless steel hot tub. Completely new toilets and showers, including cold showers, are also a matter of course. New Italian wall and floor tiles in natural colours have been installed in the entire area. The wellness area now offers several types of saunas: a Finnish ceremonial sauna, a soft and ladies' sauna, also a steam bath, an infra-red sauna, an ice fountain, a Kneipp pool with massage pebbles and a relaxation room with a wonderful, tailor-made chandelier. The new modern spa also offers massages and body rituals using natural body oils from the Spanish Alqvimia brand. Are you interested how Balance Club look like now? Check our **video presentation**.

Employees from the companies located in the BB Centrum and members of the BB Centrum Klub receive special membership conditions at Balance Club Brumlovka. For more information, contact the Client Centre at **+420 234 749 811** or **info@balanceclub.cz**.

Brumlovka Building

Automyčka Collection: Discounted carnauba wax and free chassis desalting

Every car needs good quality care after the winter. The Automyčka Collection, which offers carnauba wax at a discounted price and free chassis desalting with selected programs in March, will take care of this.

The Automyčka Collection is an expert in the comprehensive cleaning of passenger vehicles, hand washing, waxing and the renovation of paintwork, the waterproofing and treating of leather or interior taping. It works exclusively with top quality car cosmetics. It flawlessly and perfectly cleans every automobile within just 1 hour.

You can find the Automyčka Collection in the underground car park of the Brumlovka building. As such, you also have professional hand washing and interior cleaning within reach.

Automyčka[®]
Collection
Profesionální řešení vaší každodenní údržby

CARNAUBSKÝ VOSK

k programu A3 - A5

za 990 Kč



+ ODSOLENÍ PODVOZKU
ZDARMA



OAKLEY

Brumlovka Building

Novus Optik: Designer sunglasses

Novus Optik has a wide range of Oakley sports glasses that are suitable for cycling and other sports where it is necessary to have a wide field of view. Prizm Trail lenses are ideal under changing light conditions and they provide amazing contrast. Some models can even be produced as prescription glasses.



Love at first smile.

Valentino Rossi | MotoGP™

#ForTheLoveOfSport



Novus Optik

Brumlovka Building

Lower income tax = more money in your wallet.

The beginning of this year brought one fundamental change for employees. Income tax has been reduced, which means that net monthly incomes have increased. For some, this involves a thousand crowns, but for others it can amount to quite a bit more. You can, of course, spend this newly acquired money, but a much better solution is to increase its value through investment. For example, you can gain up to several hundred thousand korunas by regularly investing 1000 CZK over the long term. By investing smaller amounts every month, you can prepare for various life situations, no matter whether this involves your children's studies, the reconstruction of your home or flat or improvements to your pension.

If you would like to be informed about how to make the most of your money, arrange an individual appointment at OK POINT in the Brumlovka building. The experts there are available to you both in person, while adhering to all the necessary hygiene measures, or online. You can make an appointment in advance by telephone on **242 486 328**.

- Monday: 8:30 am – 6 pm
- Tuesday, Thursday: 9 am – 5 pm
- Friday: 9 am – 3 pm.

ok POINT
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mBank



Filadelfie Building

dm Collect points for your springtime purchases even more quickly

Activate the eCoupon for 10x more points in your online customer account at www.dm.cz/ekupon or in the dm active beauty application. When buying something, present your active beauty card and 10x more points will be automatically added to your account for the given purchase.

* the eCoupon can be activated in the period from 01. 03. to 31. 03. 2021. The eCoupon can only be applied once. It cannot be applied to online purchases.

The collection and application of the points does not apply to the purchase of gift and prepaid cards, returnable packaging, start-up infant formula in compliance with Act no. 40/1995 Coll. on the regulation of advertising, and foodstuffs for special medical purposes according to Commission Delegated Regulation (EU) no. 2016/128.

10x
VÍCE BODŮ
NA CELÝ NÁKUP*



JK Engagement rings

An engagement ring is an unusual piece of jewellery and your better half will remember it for the rest of her life. This attributes a high degree of material and spiritual value to it. Are you looking for something truly exceptional? JK Jitka Kudláčková offers you the precise combination of rare natural stones and timeless design. You can choose from a collection appropriately named Tolerance or they will make a ring for you from scratch. Tips when choosing an engagement ring:

1. Have a look to see what type of jewellery your partner likes and what it is made of. Women usually prefer gold, which has the advantage of providing a choice of three colours.
2. Have a look at her wardrobe. Does she often change her style according to the trends or does she like classic pieces or even vintage style? the ring design should be in line with her style.
3. Think about the size. Is your partner delicate or rather tall? Does she have small hands or long fingers? The expert assistant will use this to help you select the most suitable design.
4. A white diamond is a fairytale classic. But some women prefer colours, so think about your beloved's favourite colours. It is possible to choose coloured stones based on which colours are very trendy at present. Another option involves a stone according to her birth sign.



ZÁSNUBNÍ PRSTEN, NEOBYČEJNÝ ŠPERK
PRO VZTAH NA CELÝ ŽIVOT



UGO

OČISTNÝ PŮST



Beta Building

The juicy UGO program for a spring restart

Lighten your diet, make it easier for your body to regenerate and create space for a natural detox and the associated rush of energy. The UGO Cleansing Fast has been designed to provide the right combination of necessary nutrients, as well as variety and interesting taste.

The UGO Cleansing Fast begins with three clean days with a light diet, it continues with three days of cleansing, during which only UGO fruit and vegetable-fruit juices are consumed, and it once again ends with three clean days with a light diet. When registering for the UGO Cleansing Fast, you will receive a package of 1.5 l juices for each of the three cleansing days and recipes for the days before and after.

The cleanse – the three juice days take place on the following days:

Tues – Thurs, May 4 - 6, Fri – Sun, May 7 - 9, Tues – Thurs, May 10 - 12

Registration will take place from May 15 to April 11 at ugocista.cz
The price for the UGO Cleansing Purge is 1,590 CZK, pick-up available at the UGO Freshbar at Brumlovka.



BB Centrum


The safety columns on Brumlovka Square

A number of steel columns were installed on the footpath along Vyskočilova Street in February. Their purpose is not only to increase safety in this area for pedestrians, but also to ensure the smooth flow of traffic along Vyskočilova Street. The columns will prevent any indisciplined parking on the footpath and square which have not been configured for vehicles from the point of view of the utility networks located beneath the surface.

If you use courier companies or are expecting a supplier, please guide them to the reserved parking spaces or to the supply bay which is available for these purposes for free for a period of 15 minutes.

15 MINUTES FREE
for loading and unloading

-  PUBLIC UNDERGROUND PARKING
-  PUBLIC SURFACE PARKING
-  ELECTRIC CAR CHARGING STATION

- BRUMLOVKA Building  
- FILADELFIE Building  
- BUILDING G  
- DELTA Building  
- ZA BRUMLOVKOU St.  
- ŽELETAVSKÁ St.  

