

**RESTAURACE**

- 1 Ristorante Pizzeria Grosseto
- 2 Roast & Grill Bistro
- 3 Baifu – sushi bar
- 4 Maranatha – vegetariánská restaurace
- 5 Mango – čínská restaurace
- 6 Dhaba Beas – indická restaurace
- 7 PuzzleSalads
- 8 PuzzlePasta
- 9 Vyskočilka – česká restaurace
- 10 Ugo – fresh & salad bar
- 11 GTH – jídelna
- 12 Office Food – jídelna
- 13 Momento – jídelna
- 14 Momento – jídelna
- 15 Perfect Canteen – jídelna
- 16 SushiTime
- 17 Dian – moderní vietnamská restaurace

**KAVÁRNY**

- 1 O2 HUB Kávárna
- 2 Coffee Perk
- 3 Costa Coffee
- 4 Cukrárna Hájek & Hájková
- 5 Tlap's Coffee



BB Centrum

# Current dining options

The increasing numbers of employees in the BB Centrum and the planned rollback of restrictions mean that the cafés, bistros and restaurants are modifying their opening hours and operations.

The current summary of where you can go for breakfast, a snack or lunch or where you can enjoy various dishes is available at [bbcentrum.cz](http://bbcentrum.cz). The information is regularly updated in association with the progression of the rollback of restrictions as they pertain to restaurants and kitchens.

**Canteens:** GTH and Office Food

**Restaurants:** Grosseto, Roast & Grill Bistro, Baifu, Mango, Dhaba Beas, PuzzleSalads, PuzzlePasta, Vyskočilka, Ugo, SushiTime, Dian

**Cafes:** Coffee Perk, Cukrárna Hájek & Hájková, Tlap's Coffee, O2 HUB Kávárna

BB Centrum



# Online Exercise: Fyzio Care

**WHEN:** Wednesday, May 5, from 6:00 pm

**WHERE:** BB Centrum FB page

Do you have a sedentary lifestyle? Do you have lower back pain? Then the Fyzio Care lesson prepared by Tereza Michálková has been made with you in mind. The lesson focus on activating the spine's deep stabilisation system and mobilising the chest region. Discomfort in the chest region can also manifest itself as lumbar pain.

Tereza Michálková is a certified trainer in Dynamic Neuromuscular Stabilisation according to Professor Pavel Kolář. She passed her training examination under Dr Petr Tlapák, CSc., one of our leading physiotherapists. Tereza is a Fyzio Care studio instructor and personal trainer at Balance Club Brumlovka and a former top-level kickboxer with significant international successes (1st place at the WKA Kickbox world championships).



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## ONLINE EXERCISE FYZIO CARE



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STUDIO

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ONLINE ON FB PROFILE

# CHECK THE CZECH



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BB Centrum

## Check the Czech

**WHEN:** every Monday in odd-numbered weeks from 6 pm, according to the schedule below

**WHERE:** BB Centrum FB page

Last month, we began our Czech lessons for foreigners called Check the Czech. We are aware that the BB Centrum is a multicultural facility where people from more than 70 nations work and that is why we have decided to try to simplify our foreign friends' integration into the Czech environment.

The lessons take place online and have the advantage that they can be replayed again and again.

- **Mon., May 10 and 24, 2021 – Check the Czech with Lucie Jablonská**

The lecturer, Lucie Jablonská, has been teaching foreigners since 2007. In an entertaining way, she prepares her students to use Czech language in common situations like shopping, office visit, during their work as well as doctor's appointment.



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# Online Webcast: Ireland – a rugged country

**WHEN:** Wednesday, May 12, from 5:30 pm

**WHERE:** BB Centrum FB page

We will follow the footsteps of an ancient Celtic civilisation and visit one of the oldest architectural wonders of the world, Newgrange, which remains shrouded in many secrets to this day. We will walk along the wild and untamed "Wild Atlantic Way". We will look towards the untamed Atlantic Ocean from the massive Cliffs of Moher.

In Northern Ireland, we'll head off along the "Giant's Causeway" and visit the docks where the Titanic was built. We'll go on a trip to see the puffins on Saltee Island. Of course, we be sure to visit Dublin and the internationally renowned Saint Patrick's Day celebrations. In brief, Ireland is: a rugged country, good whisky, velvety Guinness and wonderful people.

Speaker: Jan Papež



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ONLINE WEBCAST

# IRELAND – A RUGGED COUNTRY



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AN ONLINE

# DANCE CLASS AT BRUMLOVKA



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## An online dance class at Brumlovka

**WHEN:** Wednesday, May 19, from 6:00 pm

**WHERE:** BB Centrum FB page

May is a time of love and that is why the slow and romantic rumba has been chosen as this month's dance. We are sure that the rumba will not only enchant you with its beautifully calm music, but also its choreography.

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



BBCENTRUM

BB Centrum



# Online Webcast: Brumlovka Talks

**WHEN:** Wednesday, May 26, 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: Alžběta Králová**

Alžběta Králová is the founder and a managing partner of IPM Consulting, s.r.o., the founder and a political consultant at the Institute of Political Marketing and also the founder and manager of Women's Business, an academy of professional women.

Her marketing skills have mainly been acquired in the United States and France. She has contributed to a number of campaigns that have received prestigious prizes. She transfers and adapts the trends and tools from them into the Czech environment, where they contribute to her professionalism. She has received four professional awards from the Czech Prize for PR and the Young Lions competition. Now, she is helping women get into business.

The talk show will be hosted by Eduard Forejt



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ON (CH)AIR

HOVORY  
Z BRUMLOVKY

ONLINE WEBCAST

# BRUMLOVKA TALKS



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DANIEL HLUBUČEK  
**HOME FITNESS**

**YOGA**  
DANIELA BACÍKOVÁ



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

Are you looking forward to when we will be able to hold group lessons again? So are we, but we are taking no chances and we have included Home Fitness and yoga lessons in an online environment in our program for May.

Tuesday's lessons focus on physical fitness – the Balance Club Brumlovka instructor Daniel Hlubuček prepares interesting training sessions every week and you will definitely not have time to be bored. On Thursdays, you can stretch your entire body at yoga with Daniela Bacíková.

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

- Tue., May 4, 11, 18 and 25 – Home Fitness with D. Hlubuček
- Thu., May 6, 13, 20, 27 – Yoga with D. Bacíková

If the situation allows, we will also include running into the program. Follow our FB profile and don't miss out on the opportunity to finally do some sport with a group of runners.



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Brumlovka

# A summer day camp at Brumlovka

**DATE:** July 12 – 16, 2021

**PLACE:** the Elijáš Kindergarten and Balance Club Brumlovka

**PRICE:** 5,900 CZK

(a 25% discount for the children of members of the Balance Club  
Brumlovka and pupils from the Elijáš Kindergarten)

Balance Club Brumlovka and the Elijáš Kindergarten will hold a sports-creative summer day camp for children aged 4 to 10. If you are looking for some summer excitement full of sport for your children, don't hesitate to register your children and give them some unforgettable summer experiences.

More information and bookings at [info@balanceclub.cz](mailto:info@balanceclub.cz)

balance  
club  
BRUMLOVKA







Filadelfie

## Body Express: The fastest way to get into shape

The Body Express EMS studio reopens its branch in the Filadelfie Building. EMS (electromyostimulation) is the fastest way of getting your body into shape and breaking down any excess fat reserves. It takes only 20 minutes a week. The studio offers "one on one" individual plan. The staff wear face masks and are, of course, tested for Covid.

Conditions of training:

- a completed vaccination, an infection in the last 90 days or a valid negative antigen or PCR test. Testing is currently free of charge 1x every 3 days for insured individuals and citizens of the Czech Republic. The nearest test site – the AG Point Brumlovka, is only a few minutes away, bookings available at [covidpass.cz](https://covidpass.cz)
- Protection of the respiratory passages must be worn.

The studio is open and passes are on sale every week day from 8 am to 6 pm. Benefit Plus payments are only possible in person at the Body Express studio.

More information and appointment bookings by email at [bbcentrum@bodyexpress.cz](mailto:bbcentrum@bodyexpress.cz), by telephone on 774 431 083 or directly on the website using the [booking form HERE](#).

benefit  
plus

BODY EXPRESS

Filadelfie

# Sweet and savoury breakfast – an invitation from Roast and Grill

The Roast and Grill bistro in the Filadelfie Building has extended its offer to include a hearty breakfast. It consists of farm products, fresh fruit and vegetables full of vitamins and fresh bread.

The offer includes sweet and savoury variants. Would you like ham and eggs or pancakes?

Breakfast is served in the Filadelfie shopping center from 8 am to 10 am every weekday.

roast & grill  
bistro





Filadelfie

# The first swallows of summer at Tlap's Coffee

As the temperatures begin to rise, Tlap's Coffee has chilled its offer. It has added a 16-hour extruded cold brew which the café prepares from mildly fruity, sweet coffees. It offers iced lattes which you can sweeten with vanilla or caramel. And they also serve the hit of recent years – refreshing espresso tonic.

You can look forward to new deserts too. They make their cheesecake to go in chocolate and fruit versions. Now, they also have exotic flavours such as mojito or piña colada.



Tlap's   
Coffee



Beta

# UGO presents a Poke Bowl and exotic Bucco

Half a plate of vegetables daily is one of the rules for a healthy diet. And how should you treat yourself to your daily dose? The UGO POKE BOWL with smoked chicken or salmon will cover it. The bowls are inspired by Hawaii where they are usually sold as a starter full of vegetables, fish and a side dish. The individual ingredients are not mixed together like in one of our usual salads, but they are placed next to one another so that everyone can put together the perfect mouthful.

UGO has also prepared iced tea which is cold brewed and is full of juicy raspberries and herbs. The main one is Bucco, which is a South African shrub, which the native Khoikhoi people use to make an alcoholic beverage known as buchu brandy.

The ladies from UGO wish you bon appetit :-)





Brumlovka

## Coffee Perk picnic baskets

Sunny days are tailor-made for sitting in the local parks and squares. You can also add to the atmosphere with good food and drink. Coffee Perk in the Brumlovka Building now offers picnic baskets which contain everything you may need to enjoy a feast in a blossoming meadow.

The picnic basket includes crockery, a blanket and refreshments of your choice for two people. One of the variants contains, for example:

- 2x mimosas or fresh orange juice, 2x coffee or tea, 2x miraculous lemonade of your choice
- 1x avocado bread, 1x gorgonzola bread, 1x club sandwich
- 2x quark loaves, 2x plum jam rolls
- you can also purchase a bottle of Prosecco or wine

The picnic basket has to be booked in advance and it can be picked up from Coffee Perk against the payment of a bond for its return.

If, however, you don't only want to enjoy your favourite Coffee Perk delicacies on a blanket at the park, you can also order the "all day brunch" to your home via Wolt.



Filadelfie

## Delight your mother with a gift from JK

Don't forget to celebrate 9 May, one of the most beautiful days of the year, namely Mothers' Day. It is an opportunity to recall perhaps one of the strongest of feelings that exists – maternal love.

Mothers assume many roles as they accompany us through life. Who deserves greater thanks than the one who gave us life, reared us, comforted us and continues to be the closest person to us.

JK wishes everybody a day full of love: you can be sure that a bouquet of flowers will bring a smile to every mother's face ... but what about a diamond!

Don't miss out on the gift for customers in the form of the exceptional 15% anniversary discount on all JK jewellery which has been extended and will still apply a month after the reopening of the shop. The staff are available to you by telephone, email and online, they will safely deliver any goods and they also operate as a point of issue. The people at JK are looking forward to seeing you and they will do their utmost to make your purchase comfortable.

JK  
JITKI KUDLACKOVI

## DÁREK Z JK PRO MAMINKU



KTERÁ JE ANDĚLEM



KTERÁ JE PŘÍSTAVEM LÁSKY, VÍRY A NADĚJE



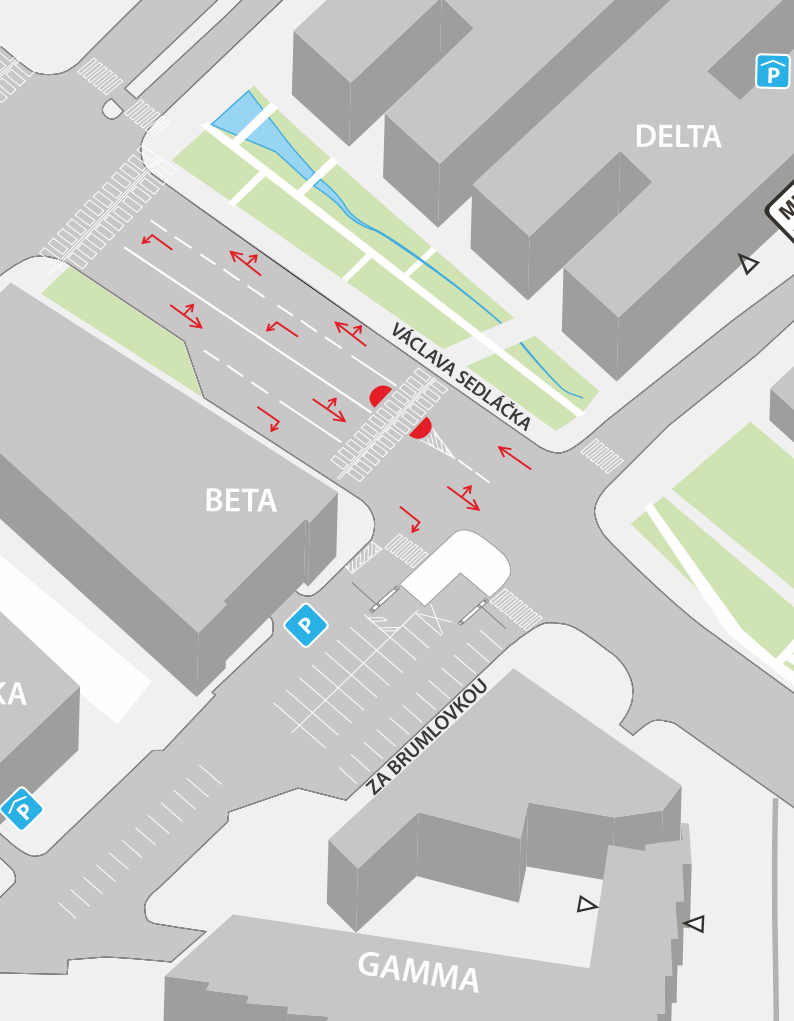
KTERÁ JE ODVÁŽNÁ A KRÁSÁ



KTERÁ SI ZASLOUŽÍ NEVADNOUCÍ KVĚTINU

JK  
JITKI KUDLACKOVI | 30  
LET S VÁMI





BB Centrum

## The turning lane in Václava Sedláčka Street is fully operational

The realisation of the turning lane from Václava Sedláčka Street into the Za Brumlovkou parking lot has been finished. All the construction work was completed last month. The carriageway has been reinforced, a safety island has been installed and the road markings have been made.

We went ahead with the realisation of the turning lane in order to increase the driver comfort when driving through this part of the facility and at the same time to increase the safety of pedestrians when crossing the road.

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# Shared mobility – parking hot spots

If you use the shared (electric) scooters and bikes to get to and from work, we have excellent news for you. We have installed parking hot spots at strategic points where you can safely deposit your hired (electric) bicycle or scooter.

The items stored in this fashion are easy to find and always ready for further use and they do not block the entrances to the buildings, the emergency rescue zones or the emergency exits.





BB Centrum

## Become a direct recipient of the eCity newsletter

Would you like to be the first to learn about the news here at Brumlovka? If you are interested in sports and cultural events, you would like to shop at farmers' markets or you want to be inspired by the range of gastronomical experiences on offer and you also like planning these kinds of things, **register your email address HERE** and be in the picture ahead of the rest.