

Traffic in Želetavská Street is about mutual respect

As the new school year begins, we would like to remind you all of the rules for traffic on and crossing Želetavská Street. This is a mixed zone with a reduced **speed limit of 30 km/h**, which is supported by a radar in the direction of Duhová Street., which we have now supported by installing a radar in the direction of Duhová Street. Pedestrians can cross anywhere on the street, but they do not have right of way in preference to cars.

We would therefore like to ask drivers to keep to a **maximum speed of 30 km/h** and to pay increased attention with the return of pupils to school after the summer holidays. We would like to ask pedestrians to be extra careful when crossing.

Thank you for respecting each other.



Filadelfie Building

Java and Sulawesi: Volcanic tropical paradises

When: Wednesday, 10 September, from 5:30 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Petr Blahuš

Java and Sulawesi - a contrasting pair from Indonesia's „holy trinity“. Java is an enchanting place with its sacred mountains and Bromo volcano, the famous UNESCO temples of Borobudur and Prambanan and the magical blue fire from the Gunung Ijen crater.

Sulawesi is home to the vibrant animist traditions of the Toraja tribe, their festivals and rituals, as well as exotic markets and world-famous dive sites. Both islands lie on the Ring of Fire, where volcanic eruptions and earthquakes remind us that nature reigns supreme.

Brumlovka.

Travel Evening:



Java and Sulawesi: Volcanic tropical paradises



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

Health.



Health Day at Brumlovka



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Passerinvest

Náměstí Brumlovka

Health Day at Brumlovka

When: Thursday, 11 September, from 11 a.m. to 5 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Come along to the Health Day in Brumlovka - a day when you can get a free check-up and find out more about your body and fitness. You'll be measured for blood pressure, fat (subcutaneous and visceral), skeletal muscle, BMI and weight. You can take the Harward step test, test your lifestyle and receive individual health advice.

Come and do something for yourself and get some tips on how to stay fit. Give your health a chance!

Organised by Maranatha z.s., Bethany Social Centre.

More at www.maranatha.cz.

Brumlovka.

Filadelfie Building

Let's Talk at Brumlovka

An evening of conversation in English

When: Monday, 15 September, from 6 to 7:30 p.m.

Where: Roast & Grill Bistro, Filadelfie Building shopping arcade,
Želetavská 1525/1

We invite you along to an evening of English conversation - no grammar exercises, no tests, just relaxed and fun conversation. Let's practice, meet new people and have some fun - in English! Get to know your neighbours, join the Brumlovka community and share your stories in a friendly atmosphere. The evening will be hosted by Neil Ware, an energetic English teacher from Scotland who will get everyone talking.

First Topic: Travel & Bucket Lists — Dream destinations, unforgettable trips and what's on your bucket list?

Free entry | Informal atmosphere | All levels are welcome

Register here: marika.simunkova@passerinvest.cz

Brumlovka.

Talk.



Let's Talk at Brumlovka



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Dating.



Dating for graduates



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Brumlovka Building

Dating for graduates

When: Tuesday, 16 September, from 6 p.m. and 8 p.m.

Where: Coffee Perk, Brumlovka Building, Vyskočilova 1100/2

Come along to an evening of conversation, speed-dating style! During one evening we'll introduce you to 8-10 potential partners through short one-on-one chats. If the spark is there and the interest is mutual, we'll pass on your contact details - and the next meeting will be up to you. This evening is for university students and graduates. During the course of one evening you'll get to meet some partners, and if someone takes your fancy, we'll be happy to arrange for you to exchange contact details.



6:00–8:00 p.m.
Tuesday 16 September
CZ



8:00–10:00 p.m.
Tuesday 16 September
CZ

If this month's theme doesn't fit what you like, your preferences or age, check out the organising agency's website a www.seznamovacicvecer.cz, where you'll find a wide range of dating nights.

Brumlovka.

Náměstí Brumlovka

Dance Lessons at Brumlovka

When: Wednesday, 17 September, from 7 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Come and dance with us for free under the tutelage of Lenka Nora Návorková
– multiple Champion of the Czech Republic in Latin American dance and winner of the StarDance television competition.

Jive is the fastest of the Latin American dances and in September we'll have the opportunity to dance it together on Náměstí Brumlovka. It's a mixture of several dance and music styles, such as rock ,n' roll, boogie woogie, the twist and many more.

Come and dance to the rhythm of the jive.

Brumlovka®

Dance Lessons.



Dance Lessons at Brumlovka



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Meeting.



One afternoon.
One story. A big change.



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Passerinvest

Beta Building

One afternoon. One story. A big change.

When: Tuesday 23 September, from 5:30 to 7 p.m.

Where: FLEKSI, Beta Building, Vyskočilova 1481/ 4

The Children of the Full Moon Society and its guests will introduce the topic of homesharing - a smart and humane way to help families of children with autism and intellectual disabilities. These children often crave friends just as much as their peers, they just need a little help to get there. And that's what hosts can offer them - people who spend time with them, take them for a walk, a hike, or just play or relax together. The child then returns home with new experiences, and his parents get some much-needed time to relax.

You'll meet Zuzka, who spends an afternoon with Miky twice a month, and one of the parents of a child with disabilities, who will openly describe what homesharing means to their family and why hosts are so important to them.

Come along and listen to some stories that may inspire you - or at least open a fresh perspective on the world around you.

Register by emailing: marika.simunkova@passerinvest.cz

Brumlovka.

Filadelfie Building

Workshop: Autumn wreath

When: Wednesday, 24 September, from 5:30 to 7:30 p.m.

Where: Roast & Grill Bistro, Filadelfie Building shopping arcade,
Želetavská 1525/1

We invite you along to a creative autumn workshop where you'll get to use natural materials to make your own original wreath under the guidance of an experienced florist. You'll learn how to combine autumn flowers, twigs, leaves and other decorations to make a wreath that will delight your home or door all through the Indian summer and autumn.

The price of the workshop includes a welcome drink and the wicker body and natural materials needed to make the wreath (rosehips, pine cones, heather, dried grasses, etc.), floristry material and the hire of the necessary tools.

Price: **CZK 800 / person** (Payment for the workshop on the spot in cash.)

The course is also suitable for beginners. Capacity: 8-15 people.

Register by emailing: marika.simunkova@passerinvest.cz

Brumlovka.

Workshop.



Autumn wreath



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Jumble sale.



Jumble sale in Brumlovka



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Building B

Jumble sale in Brumlovka

Come along for a fashion treasure hunt!

When: Thursday, 25 September, from 8:30 a.m. to 7 p.m.

Where: FLEKSI, Building B, Vyskočilova 1422/1a

Looking for some original gear for your wardrobe at great prices? Or perhaps you want to make room for the new and delight someone else with your own treasured fashion? Then don't miss the Clothing Jumble Sale.

YOU'LL MAINLY BE ABLE TO SELL AND PURCHASE WOMEN'S AND GIRLS' FASHION, ACCESSORIES, SHOES AND JEWELLERY.

Whether you come along to buy or sell, you'll enjoy a day of inspiration, fashion tips and opportunities to find something unique. **Want to get involved as a vendor?** Email marika.simunkova@passerinvest.cz by September 11 to reserve your spot. Come and enjoy the atmosphere, meet other fashion lovers and maybe take home a new favourite outfit.

Brumlovka.

Náměstí Brumlovka

Grape Harvest at Brumlovka

When: Thursday, 25 September, from 11 a.m. to 7 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Come and taste wines from smaller family wineries in Moravia, accompanied by ones from abroad – such as Italian or Spanish varieties, as well as prosecco and various types of the popular burčák. In addition, there'll be street food specialties on offer such as stuffed dumplings and meat-filled pastries, stuffed baked potatoes and Slovak lokše.

You can also look forward to some musical accompaniment at lunchtime and in the evening.

Brumlovka.

Grape Harvest.



Grape Harvest at Brumlovka



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Lecture.



How to prevent heart and blood vessel diseases



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Beta Building

How to prevent heart and blood vessel diseases

Smart wearable technology designed with your health in mind

When: Monday, 29 September, from 6 p.m.

Where: FLEKSI, Beta Building, Vyskočilova 1481/4 (Za Brumlovkou)

Presenter: doc. MD. **Michal Pazderník**, Ph.D., FESC

We cordially invite you along to a practical lecture on the prevention of cardiovascular diseases and modern advances in medicine.

On Monday 29 September, during World Heart Day and as part of European Week of Sport, doc. MD Michal Pazderník, Ph.D., FESC, will present the most common risk factors for cardiovascular diseases and showcase the latest gadgets for their early detection and monitoring. The workshop will also focus on the use of smart wearable technologies, which are becoming an increasingly accessible part of everyday health care - not only as assistants in monitoring heart rhythm, but also as an effective means of prevention and a way to motivate us to change our lifestyle...

Price: **CZK 150 / person** (Payment on the spot in cash.)

Free of charge for Balance Club Brumlovka and FLEKSI members.

Register by emailing: marika.simunkova@passerinvest.cz

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Tuesday, 30 April, from 6:00 p.m.

Where: première online on the **Brumlovka FB profile**

Every month, we invite people, who we feel have something to say and whose professional or personal life is somehow associated with Brumlovka. We want to seek out inspiration and advice for you, but also to present life's victories and defeats.

Different person, different topic, but always at Brumlovka.

This month: Dominik Špiláček

Dominik Špiláček has been working as a Fitness Coordinator and personal trainer in the prestigious member fitness and wellness Balance Club Brumlovka for more than 18 years now. Since the Club first opened, he has been in charge of a team of professionals providing members with personal training, implementing fitness trends and keeping the entire Club running smoothly. Dominik is now one of the first ever certified instructors of physical activities for people with lifestyle diseases in the Czech Republic, thus pushing the boundaries of health care through exercise a little further. His professional career has also been shaped by a strong sporting past - Dominik is a successful former decathlete who knows the meaning of discipline, endurance and a comprehensive approach to the body, and he tries to pass these values on to his clients through his training.

The interview will be conducted by Eduard Forejt.

Brumlovka.

Talkshow.

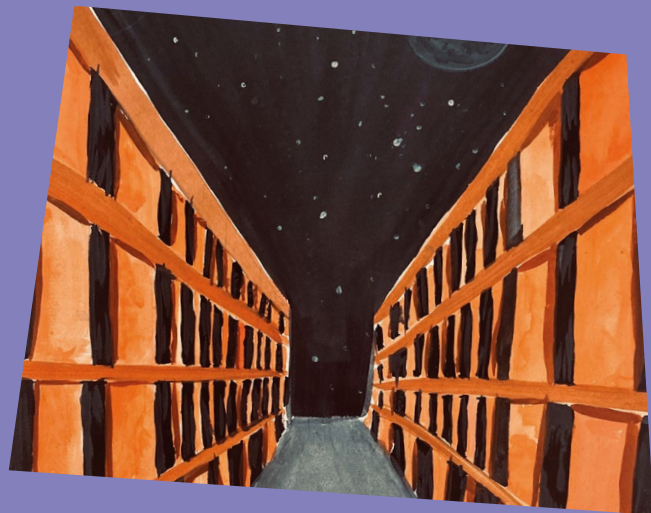
Dominik Špiláček



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Exhibition.



Touches of the Roads



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Alpha Building

Exhibition: Touches of the Roads

When: 1 - 28 September 2025

Where: Alpha Building, Vyskočilova 1461/2a

This exhibition presents the work of second grade students of the Eliáš Primary School and students of the Eliáš Secondary School.

It offers up a cross-section of the works of the past school year and showcases the techniques of drawing, painting and mixed media through to three-dimensional works.

Brumlovka.

Roztyly Plaza Building

Exhibition: On the Road

Jan Edlman | Marek Odrobina | Miroslav Svítek

When: September 2025

Where: Roztyly Plaza Building, Tomíčková 2427/2

Come and be inspired and enjoy an exceptional art experience.



Exhibition.



On the Road



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Sport.



Regular sports lessons at Brumlovka



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Passerinvest

Brumlovka

Regular sports lessons at Brumlovka

Running lessons

When: every Tuesday, from 5:30 to 6:30 p.m.

Where: meet up at 5:20 p.m. at Beta Building reception Vyskočilova 1481/4

Join us for a free running training session led by experienced running enthusiasts and bloggers from Running2, Soňa Hrabec Kotulková and Michal Hrabec. They'll show you that running is a great sport for everyone, and give you tips on how to enjoy it to the fullest. The group is divided by pace into slower and faster runners, so there's a place for everyone.

Yoga for everyone

When: every Thursday, from 7 to 8 p.m.

Where: Brumlovka Park

Come and join us for a free yoga session under the guidance of enthusiastic yoga instructor Natálie Lówová. The sessions are suitable for both beginners and advanced practitioners of all ages. What do I need to bring along? Your own mat, water and a good mood.

Participation in the classes is free and no reservations are necessary. Yoga session people, please keep an eye on the Brumlovka FB page for any cancellations.

Brumlovka.

Regular sports lessons in Nové Roztyly

Public workout lessons

When: every Monday until the end of September, from 6:30 to 7:30 p.m.

Where: workout playground, Nové Roztyly Park

The Wednesday workout with Eva Neméthová focuses on building physical fitness and engaging the whole body.

Outdoor yoga for the public

When: every Tuesday until the end of September, from 6 to 7 p.m.

Where: Nové Roztyly Park, meet in the park next to the Nosál Hotel
(U Michelského lesa 1158, Prague 11)

Yoga for beginners and advanced students of all ages under the guidance of instructor Natalia Löwová. All you need is your own mat, water and a good mood.

Running lessons

When: every Wednesday until the end of September, from 6:30 to 7:30 p.m.

Where: meet up at 6:20 p.m. at Roztyly metro station

Lessons for beginners and experienced runners are led alternately by Soňa Hrabec Kotulová and Michal Hrabec, instructors and bloggers from running2.cz.

Lessons are not held during bad weather. Please follow the Krčák žije FB page for any info on lesson cancellations. Participation in the classes is free and no reservations are needed.



Sport.



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Passerinvest

Brumlovka Building

Certified fitness instructors for people with lifestyle diseases

Balance Club Brumlovka places emphasis not only on physical fitness, but also on the health and safety of its members. The club's professionals include two instructors specialised as instructors of physical activities for people with lifestyle diseases - a certification held by only a few professionals in the Czech Republic so far. They are [Dominik Špiláček](#) and [Ludmila Kristofěáková](#).

This expertise moves the traditional role of the trainer into prevention and support for the treatment of chronic diseases. An instructor with this certificate connects health care with exercise, which is no longer just about prevention - for many diseases it plays a crucial role in the treatment itself. A trainer with this specialisation is the ideal choice for people suffering from issues such as overweight, obesity, hypertension, diabetes, cardiovascular diseases, arthrosis or osteoporosis, for active seniors and people with a genetic risk of these diseases in the family, in short, for anyone who wants to exercise safely while respecting their physical boundaries.

Filadelfie Building

THE NEST - a stylish space for your presentations and training sessions

Looking for a classy place for training, presentation or networking? THE NEST at FLEKSI Filadelfie combines elegant design, daylight with blackout options and state-of-the-art facilities. It offers an LED wall (413 cm), complete sound system, wireless microphones and on-site technical support. This is a unique space not only in Brumlovka...

Layout:

- **Theatre arrangement:** up to 30 people
- **School arrangement:** up to 25 people
- **U-shape:** až up to 24 people

Price: CZK 2,800/hour (for FLEKSI members and Brumlovka tenants)

FLEKSI Filadelfie, Želetavská 1525/1, Prague 4

FLEKSI



Zpátky do školy



Rádi Vám pomůžeme se školním seznamem
a obalíme Vaše sešity a učebnice. Máme
široký výběr univerzálních obalů a
skvělý a ochotný personál.

Tak se stavte :)

Papýrek

Alpha Building

Papýrek: Back to school

The new school range for all ages is now in stock! Papýrek has the full range of briefcases, backpacks, pencil cases, folders, satchels, crayons, watercolours, marker pens and much more, so come and take a look. New items are still being stocked, so there's plenty to look forward to.

They'll be happy to help you choose, you already know them after all :-).

Po-Čt 9:00–18:00 hod.

Pá 9:00–15:00 hod.

Papýrek

Brumlovka Building

Get your COFFEE PERK stamp card

Register your stamp card to enjoy a host of special offers and rewards. It's as easy as that. Just fill in your name and email and Coffee Perk will instantly email you a link to a digital stamp card.

Get your card





Beta Building

Dian - a treat for the senses from lunch to dinner

Whether you choose lunch or dinner, you can rely on Dian to serve up a diverse range of flavours, fresh ingredients and a lively atmosphere. Treat yourself to some fine cuisine after an adventurous summer and let yourself be pampered.

You can look forward to treats such as an evening signature tasting menu and premium wines.



Delta Building

The Turnov Pub invites you to visit its summer garden

Every Friday, when the weather is fine, the Turnov Pub is filled with the crackling of the grill and the aroma of grilled specialties. You can enjoy juicy steaks, authentic homemade Turnov sausages and various vegetarian specialties straight from the grill.

Not to mention refreshing summer cocktails that perfectly match the relaxed atmosphere in the garden and the adjacent park.

 **TURNOVSKÁ**
PIVNICE



Brumlovka

A sweet return to work: a team breakfast with the smell of pancakes

Want to give your colleagues a different welcome after the holidays? Surprise them with a shared breakfast prepared on a unique pancake machine that can feed 50 to 500 people and impress even the biggest sweet tooth.

Freshly baked pancakes, an irresistible aroma, plenty of laughter and a great mood - the perfect recipe to reboot the team energy after the summer!

For more information and to make an appointment, visit www.lapalacinka.cz



LA
PALAČINKA
- tak chutná usmév -

Building A

Eat Smart: Great food anytime right in the office

Want to enjoy some great food at work without wasting time? No time to make dinner?

Eat Smart offers a revolutionary solution to eating in the office or a takeaway. Cibule Bistro's selections are available 24 hours a day in Building A in the lobby of MONETA Money Bank. No more compromising between quality and convenience!

Wide range - something different every day

The Eat Smart fridge offers an eight-week menu, so you don't have to worry about getting stuck in a rut. It lets you choose exactly the meal to suit you, every single day.

