

# STUNDENPLAN

ab August 2026

|            |    |               |                                   |         |              |
|------------|----|---------------|-----------------------------------|---------|--------------|
| Teki Kurse | DI | 9:00 - 10:00  | Teki Now - Dance Circuit (Erw.)   | Dafni   | TeKi Space   |
|            |    | 17:45 - 18:45 | NANOS (2014)                      | Lea     | TeKi Space   |
|            |    | 18:45 - 19:45 | MILIS (2012-2013)                 | Lea     | TeKi Space   |
|            |    | 19:45 - 20:45 | TWEENS + TEENS (2008-2011)        | Lea     | TeKi Space   |
|            | MI | 17:00 - 18:00 | NANOS (2014)                      | Celia   | TeKi Space   |
|            |    | 18:15 - 19:15 | BASIC ALL STYLES(2011-2015)       | Celia   | TeKi Space   |
|            |    | 20:00 - 21:00 | TWEENS(2008-2009)                 | Celia   | TeKi Space   |
|            | DO | 09:00 - 10:15 | Teki Now - Slow Flow (Erw.)       | Pascale | TeKi Space   |
|            |    | 15:15 - 16:00 | NEW IN (2020-2021)                | Lea     | TeKi Space   |
|            |    | 16:15 - 17:15 | YOCTOS (2019-2020)                | Lea     | TeKi Space   |
|            |    | 17:00 - 18:00 | MIKROS(2017-2018)                 | Grete   | Capsule Room |
|            |    | 18:00 - 19:00 | PICOS (2015-2016)                 | Grete   | Capsule Room |
|            |    | 17:45 - 18:45 | MILIS URBAN (2012-2013)           | Rosine  | TeKi Space   |
|            |    | 18:45 - 19:45 | MILIS (2012-2013)                 | Rosine  | TeKi Space   |
|            |    | 20:00 - 21:15 | Teki Now - Slow Flow (Erw.)       | Pascale | TeKi Space   |
|            | FR | 9:00 - 10:00  | Teki Now - Slow Flow (Erw.)       | Pascale | TeKi Space   |
|            |    | 10:15 - 11:15 | Teki Now - Pilatesflows (Seniors) | Pascale | TeKi Space   |

|               |    |               |                       |          |              |
|---------------|----|---------------|-----------------------|----------|--------------|
| Capsule Kurse | DI | 18:00 - 19:00 | Breaking Kids 8-12J.  | Colin    | Capsule Room |
|               |    | 19:00 - 20:30 | Breaking Adults       | Noah     | Capsule Room |
|               | MI | 17:00 - 18:00 | Hip Hop ab 8J.        | Alyna    | TeKi Space   |
|               |    | 18:00 - 19:00 | Urban Contemp ab 12J. | Alyna    | Capsule Room |
|               |    | 19:00 - 20:00 | URBAN ALL STYLES      | Nadine   | Capsule Room |
|               |    | 20:00 - 21:00 | House                 | Nadine   | Capsule Room |
|               | DO | 19:30 - 20:30 | Dancehall Jug., Erw.  | Nathalie | Capsule Room |

|                  |    |               |                  |                      |              |
|------------------|----|---------------|------------------|----------------------|--------------|
| weitere Angebote | MO | 18:30 - 19:30 | All Styles Erw.  | Branca               | Capsule Room |
|                  |    | 19:30 - 20:30 | Waacking ab 12J. | Branca               | Capsule Room |
|                  | DO | 10:30 - 12:00 | Profitraining    | Amina, Dorian, Dafni | TeKi Space   |
|                  | SA | 19:00-21:30   | Ecstatic Dance   | Janis / Sarah        | TeKi Space   |
|                  | SO | 10:00 - 11:30 | TeKi NOW         | Guest Teacher        | TeKi Space   |
|                  |    | 1x / Monat    | Workshop Series  |                      |              |