

October

Unless otherwise noted, class begins at 12:05 and ends at 12:50.

Monday's class is Pilates. The rest of the week is yoga for all levels.

Instructions for finding Thursday's class [in The Ekdahl or the Atrium](#).

Noontime Yoga & Pilates Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Martha Room 002 Multicultural Student Ctr	2 Kathryn The Ekdahl (3rd flr) Regnier Hall	3 Ayumi Room 002 Multicultural Student Ctr	4
5	6 Katie - Pilates Room 002 Multicultural Student Ctr	7 Dan NOTE: The Ekdahl (3rd flr) Regnier Hall	8 Martha Room 002 Multicultural Student Ctr	9 Kathryn NOTE: Room 002 Multicultural Student Ctr	10 Ayumi Room 002 Multicultural Student Ctr	11
12	13 Katie - Pilates Room 002 Multicultural Student Ctr	14 Dan Room 002 Multicultural Student Ctr	15 Martha Room 002 Multicultural Student Ctr	16 Kathryn The Ekdahl (3rd flr) Regnier Hall	17 No Class Wildcat Pause Day	18
19	20 Katie - Pilates Room 002 Multicultural Student Ctr	21 Annie Room 002 Multicultural Student Ctr	22 Martha Room 002 Multicultural Student Ctr	23 Kathryn The Ekdahl (3rd flr) Regnier Hall	24 Sub Needed Room 002 Multicultural Student Ctr	25
26	27 Katie - Pilates Room 002 Multicultural Student Ctr	28 Dan Room 002 Multicultural Student Ctr	29 Martha Room 002 Multicultural Student Ctr	30 Kathryn The Ekdahl (3rd flr) Regnier Hall	31 Ayumi Room 002 Multicultural Student Ctr	

With appreciation to the **Dow Center for Multicultural and Community Studies** for funding studio rental in the Multicultural Student Center.

Thank you to the Dean's Office in the **College of Architecture, Planning, & Design** for providing The Ekdahl in Regnier Hall at no charge.

November

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Noontime Yoga & Pilates Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Katie - Pilates Room 002 Multicultural Student Ctr	4 Dan Room 002 Multicultural Student Ctr	5 Martha Room 002 Multicultural Student Ctr	6 Kathryn The Ekdahl (3rd flr) Regnier Hall	7 Ayumi Room 002 Multicultural Student Ctr	8
9	10 Katie - Pilates Room 002 Multicultural Student Ctr	11 TBD Room 002 Multicultural Student Ctr	12 Martha Room 002 Multicultural Student Ctr	13 Kathryn NOTE: The Atrium (1st flr) Regnier Hall	14 Ayumi Room 002 Multicultural Student Ctr	15
16	17 Katie - Pilates Room 002 Multicultural Student Ctr	18 Dan Room 002 Multicultural Student Ctr	19 Martha Room 002 Multicultural Student Ctr	20 Kathryn The Ekdahl (3rd flr) Regnier Hall	21 Ayumi Room 002 Multicultural Student Ctr	22
23	24 No class	25 No class	26 No class	27 No class Thanksgiving Day	28 No class	29

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December

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Monday's class is Pilates. The rest of the week is yoga for all levels.

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Noontime Yoga & Pilates Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Katie - Pilates Room 002 Multicultural Student Ctr	2 Dan Room 002 Multicultural Student Ctr	3 Martha Room 002 Multicultural Student Ctr	4 TBD The Ekdahl (3rd flr) Regnier Hall	5 Ayumi Room 002 Multicultural Student Ctr	6
7	8 Katie - Pilates Room 002 Multicultural Student Ctr	9 Dan Room 002 Multicultural Student Ctr	10 Martha Room 002 Multicultural Student Ctr	11 Kathryn The Ekdahl (3rd flr) Regnier Hall	12 Ayumi Room 002 Multicultural Student Ctr	13
14	15 Katie - Pilates Room 002 Multicultural Student Ctr	16 Dan Room 002 Multicultural Student Ctr	17 Martha Room 002 Multicultural Student Ctr	18 Kathryn The Ekdahl (3rd flr) Regnier Hall	19 Ayumi Room 002 Multicultural Student Ctr	20
21	22 No class	23 No class	24 No class	25 No class	26 No class	27
28	29 No class	30 No class	31 No class			

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January

Unless otherwise noted, class begins at 12:05 and ends at 12:50.

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2026

Noontime Yoga Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				No class 1	No class 2	3
4	No class 5	No class 6	No class 7	No class 8	No class 9	10
11	Stay 12	Tuned 13	for 14	the 15	Schedule 16	17
18	Stay 19	Tuned 20	for 21	the 22	Schedule 23	24
25	Stay 26	Tuned 27	for 28	the 29	Schedule 30	31