

Day	Time	start date	Class type	Town	Details
Mon	6:30pm	SEP 13th	<i>Ashtanga</i>	Newbridge	Keadeen Health & Leisure
Mon	8:30pm	SEP 13th	<i>Ashtanga</i>	Naas	Osprey LIFE:leisure
Tues	5:15pm	SEP 14th	<i>Hatha</i>	Newbrdige	Pfizer
Tues	7:00pm	SEP 14th	<i>Ashtanga</i>	Naas	Osprey LIFE:leisure
Tues	8:30pm	SEP 14th	<i>Hatha</i>	Naas	Osprey LIFE:leisure
Wed	6:30pm	SEP 15th	<i>Ashtanga</i>	Carlow	Copia, Kennedy St
Wed	8:30pm	SEP 14th	<i>Ashtanga</i>	Athy	Healthy Living Centre
Thurs	5:40pm	SEP 15th	<i>Hatha</i>	Carlow	Copia, Kennedy St
Thurs	7pm	SEP 15th	<i>Ashtanga</i>	Carlow	Copia, Kennedy St
Fri	10:00 am	SEP 17th	<i>Ashtanga</i>	Naas	9 Roseville, Dublin Rd
Sat	10:00 am	SEP 18th	<i>Ashtanga</i>	Naas	9 Roseville, Dublin Rd
Sat	1pm	SEP 18th	<i>Ashtanga</i>	Naas	Osprey LIFE:leisure