

Day	Time	start date	Class type	Town	Details
Mon	6:30pm	Mar 7th	<i>Ashtanga</i>	Newbridge	Keadeen Health & Leisure
Mon	8:30pm	Mar 7th	<i>Ashtanga</i>	Naas	Osprey LIFE:leisure
Tues	7:00pm	Mar 8th	<i>Ashtanga</i>	Naas	Osprey LIFE:leisure
Tues	8:30pm	Mar 8th	<i>Hatha</i>	Naas	Osprey LIFE:leisure
Wed	6:30pm	Mar 9th	<i>Hatha</i>	Ballitore	Burtown House
Wed	8:30pm	Mar 9th	<i>Ashtanga</i>	Athy	Healthy Living Centre
Thurs	6:30pm	Mar 10th	<i>Hatha</i>	Carlow	Copia, Kennedy St
Thurs	8pm	Mar 10th	<i>Ashtanga</i>	Carlow	Copia, Kennedy St
Fri	10:00 am	ongoing	<i>Ashtanga</i>	Naas	9 Roseville, Dublin Rd
Fri	6:30pm	Mar 11th	<i>Ashtanga</i>	Killenard	The Heritage
Sat	10:00 am	ongoing	<i>Ashtanga</i>	Naas	9 Roseville, Dublin Rd