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| **Date** | **Centre** | **Time** |
| Tuesday 7th Jan | John Bunyan Sports and Fitness  Mile Rd, Bedford MK42 9TS | 1pm-3pm |
| Tuesday 4th Feb | Bedford International Athletics Stadium, Barkers Ln, Bedford MK41 9SB | 10:30am-12:30pm |
| Tuesday 4th March | Kempston Pool and Fitness,  Hillgrounds Rd, Kempston, Bedford MK42 8SZ | 10:30am-12:30pm |
| Tuesday 1st April | Robinsons Pools and Fitness,  Park Ave, Bedford MK40 2JZ | 10:30am-12:30pm |
| Tuesday 6th May | Oasis Beach Pool, Cardington Rd, Bedford MK42 0BZ | 10:30am-12:30pm |
| Tuesday 3rd June | Mowsbury Golf and Squash Centre, Kimbolton Road, Cleat Hill, Bedford MK41 8BJ | 10:30am-12:30pm |