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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 |