

**BREAKERS TRAINING PLAN 2025 - TERM 4**

|     |                 |               |               |                 |               |               |                 |                   |                   |
|-----|-----------------|---------------|---------------|-----------------|---------------|---------------|-----------------|-------------------|-------------------|
| MON | <b>BJC</b>      | <b>BJC 1A</b> | <b>BJC 1B</b> |                 | <b>RHG 1A</b> | <b>RHG 1B</b> |                 | <b>OSBORNE 1A</b> | <b>OSBORNE 1B</b> |
|     | 7.00PM - 8.15PM | 14.1 B        |               | 7.00PM - 8.00PM | 12.1 B        | 12.2 B        | 7.30PM - 9.00PM | 14.2 B            |                   |
|     | 8.15PM - 9.30PM | 18.2 B        | 18.3 B        | 8.00PM - 9.00PM | 16.3 B        | 16.4 B        |                 |                   |                   |

|     |                 |               |               |                 |               |               |
|-----|-----------------|---------------|---------------|-----------------|---------------|---------------|
| TUE | <b>BJC</b>      | <b>BJC 1A</b> | <b>BJC 1B</b> |                 | <b>RHG 1A</b> | <b>RHG 1B</b> |
|     | 7.00PM - 8.15PM | 18.1 G        |               | 5.30PM - 6.30PM | 12.3 B        | 12.4 B        |
|     | 8.15PM - 9.30PM | 18.1 B        |               | 6.30PM - 7.30PM | 14.3 B        | 14.4 B        |
|     |                 |               |               | 7.30PM - 8.30PM | 16.1 B        | 16.2 B        |

|     |                 |               |        |                 |               |               |
|-----|-----------------|---------------|--------|-----------------|---------------|---------------|
| WED | <b>BJC</b>      | <b>BJC 1A</b> |        |                 | <b>RHG 1A</b> | <b>RHG 1B</b> |
|     | 7.00PM - 8.15PM | 14.1 G        | 14.2 G | 5.30PM - 6.30PM | 12.2 G        | 12.4 G        |
|     | 8.15PM - 9.30PM | 16.1 G        | 16.2 G | 6.30PM - 7.30PM | 12.1 G        | 12.3 G        |
|     |                 |               |        | 7.30PM - 8.30PM | 14.3 G        | 14.4 G        |

|      |                 |               |  |                 |               |               |
|------|-----------------|---------------|--|-----------------|---------------|---------------|
| THUR | <b>BJC</b>      | <b>BJC 1A</b> |  |                 | <b>RHG 1A</b> | <b>RHG 1B</b> |
|      | 7.00PM - 8.15PM | 18.1 G        |  | 7:45PM - 9:00PM | 16.3 G        | 18.2 G        |
|      | 8.15PM - 9.30PM | 18.1 B        |  |                 |               |               |

|     |                   |                        |               |               |               |               |               |
|-----|-------------------|------------------------|---------------|---------------|---------------|---------------|---------------|
| SUN | <b>MBS</b>        | <b>MBS 1A</b>          | <b>MBS 1B</b> | <b>MBS 2A</b> | <b>MBS 2B</b> | <b>MBS 3A</b> | <b>MBS 3B</b> |
|     | 9.00AM - 10.30AM  | 12.1 G                 | 12.2 G        | 12.3 G        | 12.4 G        | 14.3 G        | 14.4 G        |
|     | 10.30AM - 12.00PM | 14.1 G                 | 14.2 G        | 16.1 G        | 16.2 G        | 16.3 G        | 18.2 G        |
|     | 1.00PM - 2.30PM   | 12.1 B                 | 12.2 B        | 12.3 B        | 12.4 B        |               |               |
|     | 2.30PM - 4.00PM   | 14.1 B                 | 14.2 B        | 14.3 B        | 14.4 B        |               |               |
|     | 4.00PM - 5.30PM   | 16.1 B                 | 16.2 B        | 16.3 B        | 16.4 B        | 18.2 B        | 18.3 B        |
|     | 5.30PM - 7.00PM   | Big V Teams & U20 Boys |               |               |               |               |               |

|        |                                      |                   |  |  |                                    |
|--------|--------------------------------------|-------------------|--|--|------------------------------------|
| VENUES | <b>Mornington Basketball Stadium</b> | <b>MBS 1 to 3</b> |  |  | <b>1051 Nepean Hwy, Mornington</b> |
|        | <b>Benton Junior College</b>         | <b>BJC</b>        |  |  | <b>Racecourse Road, Mornington</b> |
|        | <b>Robert Herbert Gym</b>            | <b>RHG</b>        |  |  | <b>1051 Nepean Hwy, Mornington</b> |
|        | <b>Peninsula Grammar Junior Gym</b>  | <b>PGS</b>        |  |  | <b>20 Wooralla Drive, Mt Eliza</b> |