

BREAKERS TRAINING PLAN 2024 - COMMENCING MON 17 APR 2024

MON	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SQUAD SESSIONS					
	7.00PM - 8.15PM	20.1 B		6.00PM - 7.00PM	12.1 B	12.2 B	12.3 B	12.4 B	14.4 B
	8.15PM - 9.30PM	20.2 B		7.00PM - 8.00PM	14.1 B	14.2 B	14.3 B	16.3 B	16.4 B
				8.00PM - 9.00PM	16.1 B	16.2 B	18.1 B	18.2 B	18.3 B

TUE	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SENIORS PROGRAM					
	7.30PM - 8.30PM	PEN ELITE ACADEMY		6.00PM - 7.00PM	16.1 G	18.2 G	18.1 G		
				7.00PM - 8.30PM	YLW		YLM		
	8.30PM - 9.30PM	PEN ELITE ACADEMY		7.45PM - 9.00PM					

WED	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SQUAD SESSIONS					
	7.00PM - 8.30PM	MDBA		6.00PM - 7.00PM	12.1 G	12.2 G	12.3 G	14.3 G	14.2 G
	8.30PM - 9.30PM			7.00PM - 8.00PM	14.1 G		18.2 G	16.1 G	16.2 G
				8.00PM - 9.00PM	FUTURES	FUTURES	FUTURES	FUTURES	FUTURES

THUR	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SENIORS PROGRAM					
	7.00PM - 8.00PM	18.1 G		6.00PM - 7.00PM	16.1 B		16.2 B		
	8.00PM - 9.30PM	YLW		7.00PM - 8.00PM	20.1 B	20.2 B	18.1 B		
				8.00PM - 9.30PM	YLM		MEN		

SUN	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	8.30AM	12.1 G		12.2 G		12.3 G	12.4 B
	10AM	14.1 G		14.2 G		14.3 G	16.2 G
	11.30AM						
	12.30PM						
	1PM						
	1:30PM						
	2:30PM						
	3.00PM - 4.30PM	12.1 B		12.2 B		12.3 B	
	4.30PM - 6.00PM	14.1 B		14.2 B		14.3 B	14.4 B
	6.00PM - 7.30PM	18.2 B		18.3 B		16.3 B	16.4 B
	7.30PM - 9.00PM						

VENUES	Mornington Basketball Stadium	MBS 1 to 3	1051 Nepean Hwy, Mornington
	Benton Junior College	BJC	Racecourse Road, Mornington
	Peninsula Grammar School	PGS	Senior Gym, Nepean Highway, Mt Eliza
	Reserved for Big V		