

TERM 1 - BREAKERS TRAINING PLAN 2026

MON	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SQUAD SESSIONS				
	7.00PM - 8.15PM	18.2 B		6.00PM - 7.00PM	12.1 B	12.2 B	12.3 B	12.4 B
	8.15PM - 9.30PM	18.3 B		7.00PM - 8.00PM	14.1 B	14.2 B	14.3 B	14.4B
				8.00PM - 9.00PM	16.1 B	16.2 B	16.3 B	16.4 B
TUE	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SENIORS PROGRAM				
	7.00PM - 9.30PM			6.00PM - 7.00PM	20.1 B	18.1 B	18.1 G	
				7.00PM - 8.15PM	YLM		YLM	
				8.15PM - 9.30PM	SENIOR MEN		SENIOR WOMEN	
WED	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SQUAD SESSIONS				
	7.00PM - 8.15PM	18.3 B		6.00PM - 7.00PM	12.1 G	12.2 G	12.3 G	12.4 G
	8.15PM - 9.30PM	18.2 B		7.00PM - 8.00PM	14.1 G	14.2 G	14.3 G	14.4 G
				8.00PM - 9.00PM	16.1 G	16.2 G	16.3 G	18.2 G
THUR	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SENIORS PROGRAM				
	7.00PM - 8.15PM	16.1 B		6.00PM - 7.00PM	20.1 B	18.1 B	16.1 G	18.1 G
	8.15PM - 9.30PM			7.00PM - 8.15PM	YLM		YLM	
				8.15PM - 9.30PM	SENIOR MEN		SENIOR WOMEN	
SUN	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B	
	8.00AM - 9.30AM	12.1 G	12.3 G	12.2 G	12.4 G	14.3 G	14.4 G	
	9.30AM - 11AM	16.2 G	14.1 G	16.3 G	14.2 G	18.2 G		
	11AM - 12.30PM							
	12PM - 2.00PM	BIG V MATCH 1						
	2.00PM - 4.00PM	BIG V MATCH 2						
	3.00PM - 4.00PM					12.3 B	12.4 B	
	4.00PM - 5.30PM	14.1 B	14.2 B	12.1 B	12.2 B	14.3 B	14.4 B	
	5.30PM - 7.00PM	16.2 B		16.3 B		16.4 B		
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							