

BREAKERS TRAINING PLAN 2025

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

TUE	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SENIORS PROGRAM				
	7.30PM - 8.30PM	PEN ELITE ACADEMY		6.00PM - 8.00PM			18.1 G & YLW	
				6.00PM - 7.30PM	16.1 B			
				7.30PM - 9.00PM	YLM			
	8.30PM - 9.30PM	PEN ELITE ACADEMY		8.00PM - 9.30PM			SENIOR MEN	

WED	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SQUAD SESSIONS				
	7.00PM - 8.15PM	18.2 G		6.00PM - 7.00PM	12.2 G	12.3 G	12.4 G	12.1 G
	8.15PM - 9.30PM	18.1 B		7:00PM - 8:00PM	14.2 G	14.3 G	14.4 G	
				8:00PM - 9:00PM	16.1 G	16.2 G	14.1 G	

THUR	BJC	BJC 1A	BJC 2A	PENINSULA GRAMMAR SCHOOL - SENIORS PROGRAM				
	7.00PM - 8.30PM	18.1 G & YLW		6.00PM - 7.30PM	16.1 B		20.1 B	
				7:30PM - 9:00PM	SENIOR MEN		YLM	

SUN	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	8.30AM	12.1 G		16.1 G		12.2 G	12.3 G
	10AM	14.1 G		14.2 G	14.3 G	16.2 G	18.2 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		16.3 B	16.4 B
	7.30PM - 9.00PM	16.2 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