

**BREAKERS TRAINING PLAN JANUARY 2026**

**SUN 18**

MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
8.30AM - 10.00AM	12.1 G		12.2 G		12.3 G	12.4 G
10AM - 11.30AM	14.1 G		14.2 G		14.3 G	14.4G
11.30AM - 1.00PM	16.1 G		16.2 G		16.3 G	18.2 G
1PM - 2.30PM	12.1 B		12.2 B		12.3 B	12.4B
2.30PM - 4.00PM	14.1 B		14.2 B		14.3 B	14.4 B
4.00PM - 5.30PM	16.2 B		16.3 B		16.4 B	
5.30PM - 7.00PM	16.1 B		18.2 B		18.3 B	

**MON 19**

CRR	CRR 1A	CRR 1B	CRR 1A	CRR 1B
5:00PM - 6:15PM	12.1 B	12.2 B	12.3 B	12.4 B
6:15PM - 7:30PM	14.1 B	14.2 B	14.3 B	14.4 B
7:30PM - 8:45PM	16.1 B	16.2 B	16.3 B	16.4 B
8:45PM - 10:00PM	18.2 B		18.3 B	

**TUE 20**

CRR	CRR 1A	CRR 1B	CRR 1A	CRR 1B
5:00PM - 6:00PM			20.1 B	18.1 B
6:00PM - 8:00PM	YOUTH WOMEN	18.1 G	YOUTH MEN	
8:00PM - 10:00PM	SENIOR WOMEN		SENIOR MEN	

**WED 21**

CRR	CRR 1A	CRR 1B	CRR 1A	CRR 1B
5:00PM - 6:15PM			12.2 G	12.4 G
6:15PM - 7:30PM	12.1 G	12.3 G	14.3 G	14.4 G
7:30PM - 8:45PM	14.1 G	14.2 G	16.2 G	16.3 G
8:45PM - 10:00PM	16.1 G		18.2 G	

**THU 22**

MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
5.30PM - 7.00PM	18.1 B		20.1 B		18.1 G	16.1 G
7.00PM - 9.00PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	SENIOR WOMEN

**TUE 27**

MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
5.30PM - 7.00PM	18.1 B		20.1 B		18.1 G	
7.00PM - 9.00PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	SENIOR WOMEN

**WED 28**

MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
5.30PM - 6.30PM	12.1 G		12.2 G		12.3 G	12.4 G
6.30PM - 7.30PM	14.1 G		14.2 G		14.3 G	14.4G
7.30PM - 8.30PM	16.1 G		18.2 G		16.2 G	16.3G

**THU 29**

MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
5.30PM - 7.00PM	18.1 B		20.1 B		18.1 G	16.1 G
7.00PM - 9.00PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	SENIOR WOMEN