

BREAKERS TRAINING PLAN JANUARY 2025

SUN 12	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
SUN 19	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			
	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	18.1 B		18.2 B			

MON 13	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
MON 20	5.30PM - 6.30PM	12.1 B	12.2 B	12.3 B	12.4 B	14.3 B	14.4 B
	6.30PM - 7.30PM	14.1 B		14.2 B	16.2 B	16.3 B	16.4 B
	7.30PM - 8.30PM	18.1 B		18.2B			

TUE 14	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
TUE 21	5.30PM - 7.00PM	16.1 B		20.0 B		18.1 G	16.1 G
	7.00PM - 9.00PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	

WED 15	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
WED 22	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	18.2 G		16.2 G			

THU 16	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
THU 23	5.30PM - 7.00PM	16.1 B		20.0 B		18.1 G	16.1 G
	7.00PM - 9.00PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	