BREAKERS TRAINING PLAN 26/2027 v 9

MON

PENINSULA GRAMMAR SCHOOL - SQUAD SESSIONS					RHG	RHG 1A	RHG 1B	BJC	BJC 1A	MBS	MBS 3A
6.00PM - 7.00PM	12.2 B	12.4 B	12.5 B	12.6 B	7.00PM - 8.15PM	14.1 B		7.00PM - 8.15PM	18.2B	4.00PM - 5.30PM	14.2 B
7.00PM - 8.00PM	14.3 B	14.4 B	14.5 B		8.15PM - 9.30PM			8.15PM - 9.30PM	20.1 B		
8.00PM - 9.15PM	16.2 B	16.3 B	18.3B								

TUE

PGS	PGS 1A	PGS 1B	PGS 2A	PGS 2B	ROBERT HERBERT GYM - SQUAD SESSIONS			BJC	BJC 1A
6.00PM - 7.00PM	18.1 B		18.1 G	16.1G	5.00PM - 6.15PM	12.1 B	12.3 B	7.00PM - 9.00PM	
7.00PM - 8.30PM	YLM		YLW		6.15PM - 7.30PM	14.1 B	14.2 B		
8.00PM - 9:30PM	SENIOR MEN		SENIOR WOMEN		7.30PM - 8.45PM	16.1 B			

WED

PENINSULA GRAMMAR SCHOOL - SQUAD SESSIONS					BJC	BJC 1A	BJC 2A
6.00PM - 7.00PM	14.3 G	12.2 G	12.3 G	12.5 G	7.00PM - 8.00PM	18.2 G	
7:00PM - 8:15PM	14.1 G	14.2 G	12.1 G	12.4 G	8:00PM - 9:30PM	18.2 B	
8:15PM - 9.30PM	16.1 G	16.2 G	16.3 G	16.4 G			

THUR

PGS	PGS 1A	PGS 1B	PGS 2A	PGS 2B	BJC	BJC 1A	BJC 2A
6.00PM - 7.00PM	18.1 B		18.1 G		7.00PM - 8.15PM	16.1 B	
7.00PM - 8.30PM	YLM		YLW		8.15PM - 9.30PM	20.1 B	
8:00PM - 9:30PM	SENIOR MEN		SENIOR WOMEN				

SUN

MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B	RHG	RHG 1A	RHG 1B
8.00AM - 9.30AM	12.1 G		12.4 G		12.3 G	12.5 G	8.00AM - 9.30AM	14.3 G	12.2 G
9.30AM - 11AM	14.1 G		14.2 G		16.3 G	16.4 G	9.30AM - 11AM	16.2 G	
11:00AM - 12.00PM	VBL RESERVED						11:00AM - 12.30PM	18.2 G	
12:00PM - 2.00PM									
2.00PM - 4.00PM									
3.00PM - 4.30PM					12.5 B	12.6 B			
4.00PM - 5.30PM	12.1 B		14.5 B	12.3 B					
4.30PM - 6.00PM					12.2 B	12.4 B			
5.30PM - 7.00PM	18.3 B		14.3 B	14.4 B					
6.00PM - 7.30PM					16.2 B	16.3 B			

VENUES

Mornington Basketball Stadi	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
Robert Herbert Gym	RHG	1051 Nepean Hwy, Mornington

KEY ROSTER

Day	Venue	Open	Close
Monday	PGS	Nathan Cumberland	Nathan Cumberland
Monday	RHG	Jalan Hanna	Jalan Hanna
Monday	BJC	Ben Curris	Richard Rault
Tuesday	PGS	Beth Waugh	Bridget Keet
Tuesday	RHG	Caleb Storen	Oli McMoran
Tuesday	BJC	Chris Tuohill	Chris Tuohill
Wednesday	PGS	Nathan Cumberland	Nathan Cumberland
Wednesday	BJC	Lance Firth	Ben Curtis
Thursday	PGS	Chris Tuohill	Chris Tuohill
Thursday	BJC	Caleb Storen	Richard Rault
Sunday	MBS	Chris Tuohill	Sam Browne
Sunday	RHG	Chris Tuohill	Lance Firth