

## Breakers Training Plan 20th - 24th January

<b>SUNDAY</b> 20/01/2019	<b>MBS</b>	<b>MBS 1A</b>	<b>MBS 1B</b>	<b>MBS 2A</b>	<b>MBS 2B</b>	<b>MBS 3A</b>	<b>MBS 3B</b>
	9.00AM	12.1G		12.2G		12.3G	
	10.00AM	14.1G		14.2G		16.1G	
	11.00AM	16.1G		18.1G		12.4G	
	1.00PM	12.1B		12.2B		12.3B	
	2.00PM	14.1B		14.2B		12.4B	
	3.00PM	14.3B		14.4B		16.4B	
	4.00PM	16.1B		16.2B		16.3B	
5.00PM	18.1B		18.2B				
<b>MONDAY</b> 21/01/2019	<b>MBS</b>	<b>MBS 1A</b>	<b>MBS 1B</b>	<b>MBS 2A</b>	<b>MBS 2B</b>	<b>MBS 3A</b>	<b>MBS 3B</b>
	5.30PM - 7.00PM	14.1 B	14.2B	14.3B	14.4B	18.1B	16.3B
	7.00M - 8.30PM	16.1 B	16.4 B	16.3 B	16.2 B	18.2B	
<b>TUESDAY</b> 22/01/2019	<b>MBS</b>	<b>MBS 1</b>	<b>MBS 2</b>				
	5.30PM - 7.00PM	SENIOR WOMEN	YOUTH LEAGUE WOMEN				
	7.00PM - 8.30PM	SENIOR MEN	YOUTH LEAGUE MEN				
<b>WEDNESDAY</b> 23/01/2019	<b>MBS</b>	<b>MBS 1A</b>	<b>MBS 1B</b>	<b>MBS 2A</b>	<b>MBS 2B</b>	<b>MBS 3A</b>	<b>MBS 3B</b>
	5.30PM - 7.00PM	12.1 G	12.2 G	12.3 G	12.4G	14.1 G	14.2 G
	7.00PM - 8.30PM	16.1 G	18.1 G	12.1B	12.2B	12.3B	12.4B
<b>THURSDAY</b> 24/01/2019	<b>MBS</b>	<b>MBS 1</b>	<b>MBS 2</b>				
	5.30PM	SENIOR WOMEN	YOUTH LEAGUE WOMEN				
	7.30PM	SENIOR MEN	YOUTH LEAGUE MEN				