

Breakers Training Plan - Sunday 15th October 2023
Mornington Basketball Stadium

MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
9AM - 10AM	12.1 G		12.2 G		12.3 G	
10AM - 11AM	14.1 G		14.2 G		14.3 G	
11AM - 12PM	18.1 G	18.2 G	16.1 G		16.2 G	
12PM - 1PM						
1PM - 2PM						
2PM - 3PM	12.1 B		12.2 B		12.3 B	12.4 B
3PM - 4PM	14.1 B		14.2B		14.3B	14.4 B
4PM - 5PM	16.1 B		16.2 B		16.3 B	16.4 B
5PM - 6PM	18.1 B		18.2 B		18.3 B	
6PM - 7PM	20.1 B		20.2 B			