

## BREAKERS TRAINING PLAN 2024 - JANUARY 2024

SUN 14	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 B
	10AM - 11.30AM	14.1 G		14.2 G		14.3 G	
	11.30AM - 1.00PM	12.1 B		12.2 B		12.3 B	
	1PM - 2.30PM	14.1 B		14.2 B		14.3 B	14.4 B
	2.30PM - 4.00PM	16.1 B		16.2 B		16.3 B	16.4 B
	4.00PM - 5.30PM	18.2 B		18.3 B			
	5.30PM - 7.00PM						
	7.00PM - 8.30PM						
MON 15	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	5.30PM - 6.30PM	12.1 B	12.2 B	12.3 B	12.4 B	FUTURES	FUTURES
	6.30PM - 7.30PM	14.1 B	14.2 B	14.3 B	14.4 B	FUTURES	FUTURES
	7.30PM - 8.30PM	16.1 B	16.2 B	16.3 B	16.4 B	FUTURES	FUTURES
	8.30PM - 9.30PM	18.2 B		18.3 B		FUTURES	FUTURES
TUE 16	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	5.30PM - 6.30PM	20.0 B	20.2 B	18.1 B		16.1 G	16.2 G
	6.30PM - 7.30PM	SENIOR MEN		YOUTH MEN		18.1 G	18.2 G
	7.30PM - 8.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
	8.30PM - 9.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
WED 17	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	
	6.30PM - 7.30PM	14.1 G		14.2 G		14.3 G	
	7.30PM - 8.30PM						
	8.30PM - 9.30PM						
THU 18	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	5.30PM - 6.30PM	20.0 B	20.2 B	18.1 B		16.1 G	16.2 G
	6.30PM - 7.30PM	SENIOR MEN		YOUTH MEN		18.1 G	18.2 G
	7.30PM - 8.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
	8.30PM - 9.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
SUN 21	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 B
	10AM - 11.30AM	14.1 G		14.2 G		14.3 G	
	11.30AM - 1.00PM	12.1 B		12.2 B		12.3 B	
	1PM - 2.30PM	14.1 B		14.2 B		14.3 B	14.4 B
	2.30PM - 4.00PM	16.1 B		16.2 B		16.3 B	16.4 B
	4.00PM - 5.30PM	18.2 B		18.3 B			
	5.30PM - 7.00PM						
	7.00PM - 8.30PM						
MON 22	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	5.30PM - 6.30PM	12.1 B		12.2 B		12.3 B	12.4 B
	6.30PM - 7.30PM	14.1 B		14.2 B		14.3 B	14.4 B
	7.30PM - 8.30PM	16.1 B		16.2 B		16.3 B	16.4 B
	8.30PM - 9.30PM	18.2 B		18.3 B			
TUE 23	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	5.30PM - 6.30PM	20.0 B	20.2 B	18.1 B		16.1 G	16.2 G
	6.30PM - 7.30PM	SENIOR MEN		YOUTH MEN		18.1 G	18.2 G
	7.30PM - 8.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
	8.30PM - 9.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
WED 24	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	
	6.30PM - 7.30PM	14.1 G		14.2 G		14.3 G	
	7.30PM - 8.30PM						
	8.30PM - 9.30PM						
THU 25	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
	5.30PM - 6.30PM	20.0 B	20.2 B	18.1 B		16.1 G	16.2 G
	6.30PM - 7.30PM	SENIOR MEN		YOUTH MEN		18.1 G	18.2 G
	7.30PM - 8.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
	8.30PM - 9.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	