

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat						<b>SJHK1074</b>  SJHK PISMP OGOS 2025-JULAI 2030  ML3			<b>SJHK1074</b>  SJHK PISMP OGOS 2025-JULAI 2030  ML3		
<b>RABU</b>							<b>SJHK3243</b>  SJHK PISMP OGOS 2023-JULAI 2028  AGR 3			<b>SJHK3243</b>  SJHK PISMP OGOS 2023-JULAI 2028  AGR 3		
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>		BMMB3303  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1	<b>REHAT</b>	BMMB3303  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1		
<b>SELASA</b>	Aktiviti Rajang Sihat		BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2				BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2	BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2				
<b>RABU</b>	BMMB3173  BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK1							BMMB3233  BMMB PISMP OGOS 2023-JULA I 2028  AGR 2			BMMB3233  BMMB PISMP OGOS 2023-JULAI 2028  AGR 2	
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  BMMB 1 PISMP OGOS 2022-JULA I 2027  GYM

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>	EDUP3103  BMMB PISMP OGOS 2024-JULAI 2029  AGR 5											
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						REHAT			REHAT			
SELASA	Aktiviti Rajang Sihat										EDUP2082  MTES PDPP PERDANA NOV 2025  MUZ	
RABU	BIBB3173  BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)  PSV						EDUP2082  PIMK PDPP PERDANA NOV 2025  MUZ				BIBB3353  BIBB PISMP SEPT 2021-JULAI 2026  SIM	
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							
					DSR							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15		
ISNIN						<b>REHAT</b>			<b>REHAT</b>	BIBB3342  BIBB PISMP SEPT 2021-JULAI 2026  SIM			
SELASA	Aktiviti Rajang Sihat												
RABU												BIBB3353  BIBB PISMP SEPT 2021-JULAI 2026  SIM	
KHAMIS													
JUMAAT	Aktiviti Keagamaan				Perhimpunan								

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	BIBB1084  BIBB PISMP OGOS 2025-JULA I 2030  ML4	BIBB1084  BIBB PISMP OGOS 2025-JULA I 2030  ML4	BIBB1084  BIBB PISMP OGOS 2025-JULA I 2030  ML4			<b>REHAT</b>	BIBB1084  BIBB PISMP OGOS 2025-JULA I 2030  ML4		<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>												
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15		
ISNIN						<b>REHAT</b>		BMMB3303  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1	<b>REHAT</b>	BMMB3303  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1			
SELASA	Aktiviti Rajang Sihat										BMMB3322  BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026  CPK5 6		
RABU								BMMB3193  BMMB PISMP OGOS 2024-JULAI 1 2029  AGR 5			BMMB3193  BMMB PISMP OGOS 2024-JULAI 2029  AGR 5		
KHAMIS													
JUMAAT	Aktiviti Keagamaan				Perhimpunan  DSR								

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	SCES3292  BMMB 1 PISMP SEPT 2021-JULAI 2026/ BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026  SN MS 1					<b>REHAT</b>			<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat									GAPD1032  BIBB PISMP OGOS 2025-JULAI 2030  ML4		
<b>RABU</b>												
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>	PJMS3232  BMMB PISMP OGOS 2023-JULAI 2028  GYM					<b>REHAT</b>			<b>REHAT</b>		
<b>SELASA</b>	Aktiviti Rajang Sihat		PJMS3232  SJHK PISMP OGOS 2023-JULAI 2028  DSR				PJMS3232  SJHK PISMP OGOS 2023-JULAI 2028  DSR	PJMS3232  SJHK PISMP OGOS 2023-JULAI 2028  DSR			
<b>RABU</b>											
<b>KHAMIS</b>											
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>	GPMK1012  SJHK PISMP OGOS 2025-JULAI 2030  ML3		
SELASA	Aktiviti Rajang Sihat						GPMK1012  TSLB 1 PISMP OGOS 2025-JULAI 2030  ML1			GPMK1012  TSLB 2 PISMP OGOS 2025-JULAI 2030  ML2		
RABU												
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							



	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15		
<b>ISNIN</b>	EDUP3103  BIBB PISMP OGOS 2024-JULAI 2029  AGR 4					<b>REHAT</b>			<b>REHAT</b>	GPMK1012  BMMB 1 PISMP OGOS 2025-JULAI 2030  CPK1			
<b>SELASA</b>	Aktiviti Rajang Sihat												
<b>RABU</b>													
<b>KHAMIS</b>												GPMK1012  BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK2	
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR								

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	EDUP3123  SJHK PISMP OGOS 2023-JULA I 2028  AGR 3	EDUP3123  SJHK PISMP OGOS 2023-JULA I 2028  AGR 3	EDUP3123  SJHK PISMP OGOS 2023-JULA I 2028  AGR 3			<b>REHAT</b>	EDUP3123  SJHK PISMP OGOS 2023-JULA I 2028  AGR 3		<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>	EDUP3123  BMMB PISMP OGOS 2023-JULA I 2028  AGR 2	EDUP3123  BMMB PISMP OGOS 2023-JULA I 2028  AGR 2	EDUP3123  BMMB PISMP OGOS 2023-JULA I 2028  AGR 2				EDUP3123  BMMB PISMP OGOS 2023-JULA I 2028  AGR 2					
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>	GPMK1012  BIBB PISMP OGOS 2025-JULAI 2030  ML4		
<b>SELASA</b>	Aktiviti Rajang Sihat						GPMK1012  BMMB 4 PISMP OGOS 2025-JULAI 2030  CPK 4			GPMK1012  BMMB 3 PISMP OGOS 2025-JULAI 2030  CPK3		
<b>RABU</b>												
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  BMMB PISMP OGOS 2023-JULA I 2028  AGR 2

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat						GHSS3013  BIBB PISMP JUN 2021-JULAI 2025 (Tanggung)/BMMB2 PISMP JUN 2021-JULAI 2025 (Tanggung)  PSV			GHSS3013  BIBB PISMP JUN 2021-JULAI 2025 (Tanggung)/BMMB2 PISMP JUN 2021-JULAI 2025 (Tanggung)  PSV		
RABU												
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							Mentor-mentee  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU												
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							

DSR

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>	SJHK3383 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2	SJHK3383 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2	SJHK3383 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2				SJHK3383 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2				
<b>SELASA</b>	Aktiviti Rajang Sihat										
<b>RABU</b>	SJHK3393 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2	SJHK3393 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2	SJHK3393 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2			<b>REHAT</b>	SJHK3393 BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026 KDP2				
<b>KHAMIS</b>	EDUP2122  PIMK PDPP PERDANA NOV 2025  KDP1							EDUP2122  MTES PDPP PERDANA NOV 2025  AGR 1		EDUP2122  MTES PDPP PERDANA NOV 2025  AGR 1	
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR					Mentor-mentee  BMMB 1 PISMP SEPT 2021-JULAI 2026 KDP1	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>	BIBB3152  BIBB PISMP JUN 2021-JULAI 2025 (Tanggung)  PSV		
SELASA	Aktiviti Rajang Sihat									BIBB3322  BIBB PISMP SEPT 2021-JULAI 2026  SIM		
RABU												
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>	MUZK3493  BMMB 1 PISMP SEPT 2021-JULAI 2026/ BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026  MZ MUZ					<b>REHAT</b>			<b>REHAT</b>		
<b>SELASA</b>	Aktiviti Rajang Sihat									EDUP2082  MTES PDPP PERDANA NOV 2025  MUZ	
<b>RABU</b>	MUZK3503  BMMB 1 PISMP SEPT 2021-JULAI 2026/ BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026  MZ MUZ						EDUP2082  PIMK PDPP PERDANA NOV 2025  MUZ				
<b>KHAMIS</b>											
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan						

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						REHAT		BMMB3273  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2	REHAT	BMMB3273  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2	BMMB3273  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2	
SELASA	Aktiviti Rajang Sihat						EDUP2093  PIMK PDPP PERDANA NOV 2025  AGR 3	EDUP2093  PIMK PDPP PERDANA NOV 2025  AGR 3		EDUP2093  PIMK PDPP PERDANA NOV 2025  AGR 3	EDUP2093  PIMK PDPP PERDANA NOV 2025  AGR 3	
RABU	EDUP2093  MTES PDPP PERDANA NOV 2025  AGR 1	EDUP2093  MTES PDPP PERDANA NOV 2025  AGR 1	EDUP2093  MTES PDPP PERDANA NOV 2025  AGR 1				EDUP2093  MTES PDPP PERDANA NOV 2025  AGR 1					
KHAMIS			BMMB3273  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2				BMMB3273  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1			BMMB3273  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1		
JUMAAT	Aktiviti Keagamaan				Perhimpunan  DSR							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	BIBB3163 BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)	BIBB3163 BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)	BIBB3163 BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)			<b>REHAT</b>	BIBB3163 BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)		<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>	BIBB3222 BIBB PISMP OGOS 2024-JULAI 2029  AGR 4						BIBB1094 BIBB PISMP OGOS 2025-JULAI 2030  ML4			BIBB1094 BIBB PISMP OGOS 2025-JULAI 2030  ML4		
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  BIBB PISMP SEPT 2021-JULAI 2026  SIM	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	EDUP2072  MTES PDPP PERDANA NOV 2025  AGR 1					<b>REHAT</b>			<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>							EDUP3083 BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)/ BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK2				EDUP3083 BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)/ BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK2	
<b>KHAMIS</b>								EDUP2072  PIMK PDPP PERDANA NOV 2025  CPK3			EDUP2072  PIMK PDPP PERDANA NOV 2025  CPK3	
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>	EDUP3093  BMMB PISMP OGOS 2024-JULAI 2029  AGR 5					<b>REHAT</b>			<b>REHAT</b>		
<b>SELASA</b>	Aktiviti Rajang Sihat						EDUP3093  BIBB PISMP OGOS 2024-JULAI 2029  AGR 4			EDUP3093  BIBB PISMP OGOS 2024-JULAI 2029  AGR 4	
<b>RABU</b>											
<b>KHAMIS</b>											
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	BMMB3163  BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK1	BMMB3163  BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK1	BMMB3163  BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK1			<b>REHAT</b>	BMMB3163  BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK1	BMMB3303  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1	<b>REHAT</b>	BMMB3303  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1		
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>	BMMB1074  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK	BMMB1074  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK	BMMB1074  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK				BMMB1074  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK					
<b>KHAMIS</b>	BMMB1074  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  DK	BMMB1074  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  DK	BMMB1074  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  DK				BMMB1074  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  DK					
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  BMMB 1 PISMP OGOS 2025-JULA I 2030  CPK1

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	BMMB1084  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6	BMMB1084  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6	BMMB1084  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6			<b>REHAT</b>	BMMB1084  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6		<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat		BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2				BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2	BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2				
<b>RABU</b>												BMMB3313  BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026  BS
<b>KHAMIS</b>	BMMB3313  BMMB 1 PISMP SEPT 2021-JULAI 2026/BMMB 2 PISMP SEPT 2021-JULAI 2026  BS						BMMB1084  BMMB 3 PISMP OGOS 2025-JULAI 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  CPK5 6				BMMB1084  BMMB 3 PISMP OGOS 2025-JULAI 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  CPK5 6	
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  BMMB 2 PISMP OGOS 2022-JULA I 2027  MS 1	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>	GWCP1042  SJHK PISMP OGOS 2025-JULAI 2030  ML3					<b>REHAT</b>		GWCP1042  BMMB 2 PISMP OGOS 2025-JULA I 2030  CPK2	<b>REHAT</b>	GWCP1042  BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK2	
<b>SELASA</b>	Aktiviti Rajang Sihat				GAPD1032  BMMB 3 PISMP OGOS 2025-JULAI 2030  CPK3		GAPD1032  BMMB 4 PISMP OGOS 2025-JULAI 2030  CPK 4				
<b>RABU</b>											
<b>KHAMIS</b>	MTES2063R  MTES PDPP PERDANA NOV 2025  AGR 1										
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR					Mentor-mentee  MTES PDPP PERDANA NOV 2025  AGR 1	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>	PIMK2063R  PIMK PDPP PERDANA NOV 2025  CPK3	PIMK2063R  PIMK PDPP PERDANA NOV 2025  CPK3	PIMK2063R  PIMK PDPP PERDANA NOV 2025  CPK3			<b>REHAT</b>	PIMK2063R  PIMK PDPP PERDANA NOV 2025  CPK3		<b>REHAT</b>	GPML1022  TSLB 1 PISMP OGOS 2025-JULAI 2030/TSLB 2 PISMP OGOS 2025-JULAI 2030  ML2	
<b>SELASA</b>	Aktiviti Rajang Sihat						GPML1022  BIBB PISMP OGOS 2025-JULAI 2030  ML4			GPML1022  BMMB 1 PISMP OGOS 2025-JULAI 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK2	
<b>RABU</b>							GPML1022  SJHK PISMP OGOS 2025-JULAI 2030  ML3			GPML1022  BMMB 3 PISMP OGOS 2025-JULAI 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  CPK 4	
<b>KHAMIS</b>											
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  PIMK PDPP PERDANA NOV 2025  PSV

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU							BIBB3182  BIBB PISMP OGOS 2024-JULAI 2029  AGR 4					
KHAMIS	BIBB1074  BIBB PISMP OGOS 2025-JULAI 2030  ML4	BIBB1074  BIBB PISMP OGOS 2025-JULAI 2030  ML4	BIBB1074  BIBB PISMP OGOS 2025-JULAI 2030  ML4				BIBB1074  BIBB PISMP OGOS 2025-JULAI 2030  ML4					
JUMAAT	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  BIBB PISMP OGOS 2025-JULAI 2030  ML4	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>		
<b>SELASA</b>	Aktiviti Rajang Sihat						MPU3142  BMMB 1 PISMP SEPT 2021-JULAI 2026  KDP1				
<b>RABU</b>										Mentor-mentee  BIBB PISMP OGOS 2024-JULAI 1 2029  AGR 4	
<b>KHAMIS</b>	SJHK 1094  SJHK PISMP OGOS 2025-JULAI 2030  ML3									MPU3142  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2	
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU												
KHAMIS	PJMS3223  SJHK PISMP OGOS 2023-JULA I 2028  PDG	PJMS3223  SJHK PISMP OGOS 2023-JULA I 2028  PDG	PJMS3223  SJHK PISMP OGOS 2023-JULA I 2028  PDG				PJMS3223  SJHK PISMP OGOS 2023-JULA I 2028  PDG					
JUMAAT	Aktiviti Keagamaan				Perhimpunan  DSR							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	TSLB 1084  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2	TSLB 1084  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2	TSLB 1084  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2			<b>REHAT</b>	TSLB 1084  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2		<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>												
<b>KHAMIS</b>	TSLB 1084  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1	TSLB 1084  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1	TSLB 1084  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1					TSLB 1084  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1				
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU												
KHAMIS	PJMS3223  BMMB PISMP OGOS 2023-JULA I 2028  GYM	PJMS3223  BMMB PISMP OGOS 2023-JULA I 2028  GYM	PJMS3223  BMMB PISMP OGOS 2023-JULA I 2028  GYM				PJMS3223  BMMB PISMP OGOS 2023-JULA I 2028  GYM					
JUMAAT	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  BMMB2 PISMP JUN 2021-JULAI 2025 (Tanggung)  MUZ	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>	EDUP3133  SJHK PISMP OGOS 2023-JULAI 2028  AGR 3											
<b>KHAMIS</b>								EDUP3133  BMMB PISMP OGOS 2023-JULAI 2028  AGR 2			EDUP3133  BMMB PISMP OGOS 2023-JULAI 2028  AGR 2	
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  BIBB PISMP JUN 2021-JULAI 2025 (Tanggung)  CPK5 6	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	TSLB3493  BMMB 1 PISMP SEPT 2021-JULAI 2026/ BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026  ENG                      KDP1					<b>REHAT</b>			<b>REHAT</b>	BMMB3152  BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  MUZ		
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>	TSLB3553  BMMB 1 PISMP SEPT 2021-JULAI 2026/ BMMB 2 PISMP SEPT 2021-JULAI 2026/ BIBB PISMP SEPT 2021-JULAI 2026  ENG                      KDP1											
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  BMMB PISMP OGOS 2024-JULA I 2029  AGR 5

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15		
<b>ISNIN</b>						<b>REHAT</b>		SJHK3252  SJHK PISMP OGOS 2023-JULAI I 2028  AGR 3	<b>REHAT</b>	SJHK3252  SJHK PISMP OGOS 2023-JULAI 2028  AGR 3			
<b>SELASA</b>	Aktiviti Rajang Sihat						MPU3142  BIBB PISMP SEPT 2021-JULAI 2026  SIM						
<b>RABU</b>	SJHK 1084  SJHK PISMP OGOS 2025-JULAI 2030  ML3												
<b>KHAMIS</b>													
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR								

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>	<b>GPIM1022</b>  TSLB 1 PISMP OGOS 2025-JULAI 2030/TSLB 2 PISMP OGOS 2025-JULAI 2030  ML1		
<b>SELASA</b>	Aktiviti Rajang Sihat									<b>GPIM1022</b>  BMMB 1 PISMP OGOS 2025-JULAI 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK1		
<b>RABU</b>	BAMB2092R  PIMK PDPP PERDANA NOV 2025  CPK3									<b>GPIM1022</b>  BMMB 3 PISMP OGOS 2025-JULAI 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  CPK3		
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>	MPU2071  MTES PDPP PERDANA NOV 2025  AGR 1		
<b>SELASA</b>	Aktiviti Rajang Sihat		PJMS3203  BMMB PISMP OGOS 2024-JULAI 2029  GYM				PJMS3203  BMMB PISMP OGOS 2024-JULAI 2029  GYM	PJMS3203  BMMB PISMP OGOS 2024-JULAI 2029  GYM				
<b>RABU</b>												
<b>KHAMIS</b>	PJMS3193  BMMB PISMP OGOS 2024-JULAI 2029  DSR											
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  SJHK PISMP OGOS 2023-JULAI 2028  AGR 3

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>		
<b>SELASA</b>	Aktiviti Rajang Sihat						MPU3132  BMMB PISMP OGOS 2023-JULAI 2028  AGR 2	MPU3132  BMMB PISMP OGOS 2023-JULAI 2028  AGR 2			
<b>RABU</b>	GWCP1042  BIBB PISMP OGOS 2025-JULAI 2030  ML4						GWCP1042  BMMB 1 PISMP OGOS 2025-JULAI 2030  CPK1	GWCP1042  BMMB 1 PISMP OGOS 2025-JULAI 2030  CPK1			
<b>KHAMIS</b>							MPU3132  SJHK PISMP OGOS 2023-JULAI 2028  AGR 3	MPU3132  SJHK PISMP OGOS 2023-JULAI 2028  AGR 3			
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR					Mentor-mentee  BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK2	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat						MTES2092R  MTES PDPP PERDANA NOV 2025  AGR 1					
<b>RABU</b>	GWCP1042  TSLB 2 PISMP OGOS 2025-JULAI 2030  ML2							GWCP1042  TSLB 1 PISMP OGOS 2025-JULAI 2030  ML1			GWCP1042  TSLB 1 PISMP OGOS 2025-JULAI 2030  ML1	
<b>KHAMIS</b>							GAPD1032  SJHK PISMP OGOS 2025-JULAI 2030  ML3				GAPD1032  BMMB 1 PISMP OGOS 2025-JULAI 2030  CPK1	
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  SJHK PISMP OGOS 2025-JULAI 2030  ML3	

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15		
<b>ISNIN</b>	BMMB1094  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK	BMMB1094  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK	BMMB1094  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK			<b>REHAT</b>	BMMB1094  BMMB 3 PISMP OGOS 2025-JULA I 2030/BMMB 4 PISMP OGOS 2025-JULAI 2030  DK		<b>REHAT</b>				
<b>SELASA</b>	Aktiviti Rajang Sihat		BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2				BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2	BMMB3303  BMMB 2 PISMP SEPT 2021-JULAI 2026  KDP2					
<b>RABU</b>	BMMB1094  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6	BMMB1094  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6	BMMB1094  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6				BMMB1094  BMMB 1 PISMP OGOS 2025-JULA I 2030/BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK5 6			<b>REHAT</b>			
<b>KHAMIS</b>							BMMB3183  BMMB PISMP OGOS 2024-JULAI 2029  AGR 5				BMMB3183  BMMB PISMP OGOS 2024-JULAI 2029  AGR 5		
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR						Mentor-mentee  BMMB 4 PISMP OGOS 2025-JULA I 2030  CPK 4		

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15		
<b>ISNIN</b>						<b>REHAT</b>		GWCP1042  BMMB 4 PISMP OGOS 2025-JULAI I 2030  CPK 4	<b>REHAT</b>	GWCP1042  BMMB 4 PISMP OGOS 2025-JULAI 2030  CPK 4			
<b>SELASA</b>	Aktiviti Rajang Sihat						GAPD1032  BMMB 2 PISMP OGOS 2025-JULAI 2030  CPK2						
<b>RABU</b>													
<b>KHAMIS</b>	GWCP1042  BMMB 3 PISMP OGOS 2025-JULAI 2030  CPK3												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR								

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>			<b>REHAT</b>			
<b>SELASA</b>	Aktiviti Rajang Sihat						GAPD1032  TSLB 2 PISMP OGOS 2025-JULAI 2030  ML2			GAPD1032  TSLB 1 PISMP OGOS 2025-JULAI 2030  ML1		
<b>RABU</b>												
<b>KHAMIS</b>	LASS3013  BIBB PISMP JUN 2021-JULAI 2025 (Tangguh) BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK 4	LASS3013  BIBB PISMP JUN 2021-JULAI 2025 (Tangguh) BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK 4	LASS3013  BIBB PISMP JUN 2021-JULAI 2025 (Tangguh)/ BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK 4				LASS3013  BIBB PISMP JUN 2021-JULAI 2025 (Tangguh) BMMB2 PISMP JUN 2021-JULAI 2025 (Tangguh)  CPK 4					
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>	TSLB1074  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1	TSLB1074  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1	TSLB1074  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1			<b>REHAT</b>	TSLB1074  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1		<b>REHAT</b>	<b>MPU3122M</b>  BMMB PISMP OGOS 2024-JULAI 2029  AGR 5		
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>							TSLB1074  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2	TSLB1074  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2			TSLB1074  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2	TSLB1074  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						REHAT			REHAT	<b>MPU3122M</b>  BIBB PISMP OGOS 2024-JULAI 2029  AGR 4		
<b>SELASA</b>	Aktiviti Rajang Sihat											
<b>RABU</b>	TSLB 1094  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1	TSLB 1094  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1	TSLB 1094  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1				TSLB 1094  TSLB 1 PISMP OGOS 2025-JULA I 2030  ML1					
<b>KHAMIS</b>	TSLB 1094  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2	TSLB 1094  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2	TSLB 1094  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2				TSLB 1094  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2					
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  TSLB 2 PISMP OGOS 2025-JULA I 2030  ML2

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
<b>ISNIN</b>						<b>REHAT</b>	MPU3421  BMMB PISMP OGOS 2023-JULAI 2028  DSR		<b>REHAT</b>	MPU2071  PIMK PDPP PERDANA NOV 2025  DSR		
<b>SELASA</b>	Aktiviti Rajang Sihat										MPU3421  SJHK PISMP OGOS 2023-JULAI 2028  DSR	
<b>RABU</b>												
<b>KHAMIS</b>												
<b>JUMAAT</b>	Aktiviti Keagamaan				Perhimpunan  DSR							Mentor-mentee  BMMB 3 PISMP OGOS 2025-JULA I 2030  CPK3

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU												
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							

DSR

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU												
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							

DSR

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU												
KHAMIS												
JUMAAT	Aktiviti Keagamaan				Perhimpunan							

DSR

	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU											Mentor-mentee	
KHAMIS											BIBB PISMP OGOS 2024-JULAI 2029	AGR 4
JUMAAT	Aktiviti Keagamaan				Perhimpunan							

Mentor-mentee 2021-JULAI 2025 (Termin) MUZ  
 BIBB PISMP SEPT 2021-JULAI 2026 SIM  
 Mentee PISMP OGOS 2023-JULAI 2028 3  
 Mentee PISMP OGOS 2025-JULAI 2028 4  
 Mentee PISMP OGOS 2025-JULAI 2028 5  
 Mentee PISMP OGOS 2025-JULAI 2028 6  
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 Mentee PISMP OGOS 2025-JULAI 2028 100

DSR



	1 7:30 - 8:30	2 8:30 - 9:30	3 9:30 - 10:30	3A 10:30 - 11:30	3B 10:00 - 11:30	REHAT 10:30 - 11:00	4 11:00 - 12:00	5 12:00 - 13:00	REHAT 13:00 - 14:15	6 14:15 - 15:15	7 15:15 - 16:15	
ISNIN						<b>REHAT</b>			<b>REHAT</b>			
SELASA	Aktiviti Rajang Sihat											
RABU												
KHAMIS	PSVK3413  BIBB PISMP OGOS 2024-JULAI 2029  PSV											
JUMAAT	Aktiviti Keagamaan											