

A3

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			CHEMISTRY (A) LIM JING XIANG			CHEMISTRY (A) LIM JING XIANG	PURE MATH (A) SOO JIAN YUAN			PURE MATH (A) SOO JIAN YUAN			
Tuesday		ECONOMICS (A) VISALASE				CHEMISTRY (A) LIM JING XIANG							
Wednesday		ECONOMICS (A) VISALASE				BIOLOGY (A) LOKE WAI CHUAN							
Thursday		BIOLOGY (A) LOKE WAI CHUAN				PHYSICS (A) LIM JING XIANG							
Friday		PHYSICS (A) LIM JING XIANG				PURE MATH (A) SOO JIAN YUAN							

A4

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			PURE MATH (A) SOO JIAN YUAN			PURE MATH (A) SOO JIAN YUAN	BIOLOGY (A) LOKE WAI CHUAN			BIOLOGY (A) LOKE WAI CHUAN			
Tuesday		PURE MATH (A) SOO JIAN YUAN				PHYSICS (A) LEE PAK FEI							
Wednesday		BIOLOGY (A) LOKE WAI CHUAN				PHYSICS (A) LEE PAK FEI							
Thursday		CHEMISTRY (A) LIM JING XIANG				FURTHER MATH (A) SOO JIAN YUAN							
Friday		FURTHER MATH (A) SOO JIAN YUAN				CHEMISTRY (A) LIM JING XIANG							

A5

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ECONOMICS (A) TAN YANN HANN			ECONOMICS (A) TAN YANN HANN	PHYSICS (A) ONG KAR WENG			PHYSICS (A) ONG KAR WENG			
Tuesday		PURE MATH (A) ONG EIK HOOI				BIOLOGY (A) TAN WOAN SEAN				ECONOMICS (A) TAN YANN HANN			
Wednesday		CHEMISTRY (A) OOI KAY ENG				CHEMISTRY (A) OOI KAY ENG				FURTHER MATH (A) SOO JIAN YUAN			
Thursday		FURTHER MATH (A) SOO JIAN YUAN				PURE MATH (A) ONG EIK HOOI							
Friday		PHYSICS (A) ONG KAR WENG				BIOLOGY (A) TAN WOAN SEAN							

J1ZH

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : CHAN SOK SIM

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			HISTORY HO WEI HOW	BAHASA MALAYSIA LING SOON CHING		CHINESE LANGUAGE CHAN SOK SIM	PHYSICAL EDUCATION ONG YOON PHENG	GENERAL SCIENCE KANG AI TING		ART LEE SHI HUI		ENGLISH LEI JIA WOEI	MATHS CHAI YOU WEI
Tuesday		GENERAL SCIENCE KANG AI TING		MATHS CHAI YOU WEI		BAHASA MALAYSIA LING SOON CHING	BAHASA MALAYSIA LING SOON CHING	ENGLISH LEI JIA WOEI		MUSIC FAERIE LEE	CHINESE LANGUAGE CHAN SOK SIM		GEOGRAPHY WONG CHOON YENG
Wednesday		MATHS CHAI YOU WEI	ENGLISH LEI JIA WOEI	CHINESE LANGUAGE CHAN SOK SIM		GENERAL SCIENCE KANG AI TING	COMPUTER HOR JUN YEN			GEOGRAPHY WONG CHOON YENG			
Thursday		ENGLISH LEI JIA WOEI		CHINESE LANGUAGE CHAN SOK SIM		BAHASA MALAYSIA LING SOON CHING	PT3 GEOGRAPHY ZAFIRAH	GENERAL SCIENCE KANG AI TING		INTERACTIVE ENGLISH SHAMIELAA		HISTORY HO WEI HOW	MATHS CHAI YOU WEI
Friday		PT3 SCIENCE SASITHARAN	MATHS CHAI YOU WEI			BAHASA MALAYSIA LING SOON CHING	PT3 HISTORY AMIELIA	CHINESE LANGUAGE CHAN SOK SIM		PT3 MATHS CHEN WAI MUN	ENGLISH LEI JIA WOEI	KEMAHIRAN HIDUP NITHYAKAMALAM	

J1XIN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : GOH JIEN XIN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			PT3 SCIENCE SASITHARAN	GENERAL SCIENCE NITHYAKAMALAM		ENGLISH UMAH MAGESWARI		HISTORY GOH JO HOOI		BAHASA MALAYSIA NURSYUHAI DA	CHINESE LANGUAGE WONG CHOON YENG	GEOGRAPHY SEAN DOMINIC WONG	MATHS DARCHINIE
Tuesday		MATHS DARCHINIE	PHYSICAL EDUCATION ONG YOON PHENG	KEMAHIRAN HIDUP NITHYAKAMALAM		CHINESE LANGUAGE WONG CHOON YENG	GEOGRAPHY SEAN DOMINIC WONG	CHINESE LANGUAGE WONG CHOON YENG		ENGLISH UMAH MAGESWARI	GENERAL SCIENCE NITHYAKAMALAM		BAHASA MALAYSIA NURSYUHAI DA
Wednesday		MATHS DARCHINIE	ART CHONG BOON FATT			PT3 GEOGRAPHY ZAFIRAH	HISTORY GOH JO HOOI	GENERAL SCIENCE NITHYAKAMALAM		BAHASA MALAYSIA NURSYUHAI DA			
Thursday		COMPUTER HOR JUN YEN		ENGLISH UMAH MAGESWARI		INTERACTIVE ENGLISH SHAMIELAA		CHINESE LANGUAGE WONG CHOON YENG		BAHASA MALAYSIA NURSYUHAI DA	MATHS DARCHINIE	MATHS DARCHINIE	MUSIC FAERIE LEE
Friday		MATHS DARCHINIE	CHINESE LANGUAGE WONG CHOON YENG			PT3 MATHS CHEN WAI MUN	BAHASA MALAYSIA NURSYUHAI DA	PT3 HISTORY AMIELIA		GENERAL SCIENCE NITHYAKAMALAM	ENGLISH UMAH MAGESWARI	ENGLISH UMAH MAGESWARI	

J1PIN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : KOK SHEE LOON

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			Group 1 PT3 GEOGR APHY NURUL	MATHS		HISTORY HO WEI HOW	Group 1 CHINESE LANGUAGE KOK SHEE LOON			GEOGRAP HY SHAMIELAA	Group 1 BAHASA MALAYSIA ZAFIRAH	ENGLISH UMAH MAGESWARI	
			BC 6 Group 2 BASIC SCIENCE WONG YAO WEN	TAN WOAN SEAN			Group 2 CHINESE LANGUAGE CHAI YOU WEI				BC 6 Group 2 BASIC MATH KOO KAR KEI		
Tuesday		Group 1 CHINESE LANGUAGE KOK SHEE LOON	MATHS	HISTORY		ENGLISH UMAH MAGESWA RI	Group 1 BAHASA MALAYSIA ZAFIRAH	ENGLISH		Group 1 PT3 HISTOR Y AMIELIA	GENERAL SCIENCE	INTERACTIVE ENGLISH SHAMIELAA	
		R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	TAN WOAN SEAN	HO WEI HOW			BC 5 Group 2 BASIC SCIENCE WONG YAO WEN	UMAH MAGESWA RI		BC 5 Group 2 BASIC MATH KOO KAR KEI	LAM HEW TONG		
Wednesday		MATHS	Group 1 CHINESE LANGUAGE KOK SHEE LOON	GEOGRAP HY		PT3 SCIEN CE SASITHARAN	GENERAL SCIENCE LAM HEW TONG			ENGLISH UMAH MAGESWA RI			
		TAN WOAN SEAN	R22-2 Group 2 CHINESE LANGUAGE CHAI YOU WEI	SHAMIELAA									
Thursday		MATHS	MATHS	Group 1 BAHASA MALAYSIA ZAFIRAH		PT3 MATHS TAN WOAN SEAN	ART LEE SHI HUI			Group 1 CHINESE LANGUAGE KOK SHEE LOON	Group 1 KEMAHIRAN HIDUP NITHIYAKAMALA M	MUSIC FAERIE LEE	GENERAL SCIENCE LAM HEW TONG
		TAN WOAN SEAN	TAN WOAN SEAN	BC 5 Group 2 BASIC SCIENCE WONG YAO WEN						R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	BC 5 Group 2 BASIC MATH KOO KAR KEI		
Friday		MATHS	GENERAL SCIENCE	PHYSICAL EDUCATIO N ONG YOON PHENG		ENGLISH UMAH MAGESWA RI	COMPUTER HOR JUN YEN			Group 1 CHINESE LANGUAGE KOK SHEE LOON	Group 1 BAHASA MALAYSIA ZAFIRAH		
		TAN WOAN SEAN	LAM HEW TONG							R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	BC 5 Group 2 BASIC SCIENCE WONG YAO WEN	BC 6 Group 2 BASIC MATH KOO KAR KEI	

J1LI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : TAN WOAN SEAN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH LEI JIA WOEI	PHYSICAL EDUCATION ONG YOON PHENG		BAHASA MALAYSIA ZAFIRAH	Group 1 CHINESE LANGUAGE HO WEI HOW Group 2 CHINESE LANGUAGE CHAI YOU WEI			PT3 SCIENCE SASITHARAN	Group 1 KEMAHIRAN HIDUP HASLINA Group 2 BASIC MATH KOO KAR KEI	Group 1 BAHASA MALAYSIA ZAFIRAH Group 2 BASIC SCIENCE KANG AI TING	MATHS TAN WOAN SEAN
Tuesday		Group 1 CHINESE LANGUAGE HO WEI HOW R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	ENGLISH LEI JIA WOEI			HISTORY HO WEI HOW	GENERAL SCIENCE NITHIYAKAMALAM			Group 1 BAHASA MALAYSIA ZAFIRAH Group 2 BASIC MATH KOO KAR KEI	GEOGRAPHY SEAN DOMINIC WONG	MUSIC FAERIE LEE	MATHS TAN WOAN SEAN
Wednesday		GENERAL SCIENCE NITHIYAKAMALAM	Group 1 CHINESE LANGUAGE HO WEI HOW Group 2 CHINESE LANGUAGE CHAI YOU WEI	Group 1 HISTORY HO WEI HOW Group 2 BASIC SCIENCE KANG AI TING		MATHS TAN WOAN SEAN	INTERACTIVE ENGLISH SHAMIELAA			MATHS TAN WOAN SEAN			
Thursday		GENERAL SCIENCE NITHIYAKAMALAM	Group 1 BAHASA MALAYSIA ZAFIRAH Group 2 BASIC SCIENCE KANG AI TING	GEOGRAPHY SEAN DOMINIC WONG		COMPUTER HOR JUN YEN		MATHS TAN WOAN SEAN		Group 1 CHINESE LANGUAGE HO WEI HOW Group 2 CHINESE LANGUAGE CHAI YOU WEI	Group 1 PT3 HISTORY AMIELIA Group 2 BASIC MATH KOO KAR KEI	PT3 MATHS TAN WOAN SEAN	ENGLISH LEI JIA WOEI
Friday		ENGLISH LEI JIA WOEI	MATHS TAN WOAN SEAN	Group 1 BAHASA MALAYSIA ZAFIRAH Group 2 BASIC SCIENCE KANG AI TING		ART CHONG BOON FATT		ENGLISH LEI JIA WOEI		Group 1 CHINESE LANGUAGE HO WEI HOW Group 2 CHINESE LANGUAGE CHAI YOU WEI	GENERAL SCIENCE NITHIYAKAMALAM	Group 1 PT3 GEOGRAPHY NURUL Group 2 BASIC MATH KOO KAR KEI	

J1ZI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LAM HEW TONG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS DARCHINIE	HISTORY GOH JO HOOI		ENGLISH LEI JIA WOEI	Group 1 CHINESE LANGUAGE WONG CHOON YENG Group 2 CHINESE LANGUAGE CHAI YOU WEI			BAHASA MALAYSIA LING SOON CHING	GENERAL SCIENCE LAM HEW TONG	ENGLISH LEI JIA WOEI	
Tuesday		Group 1 CHINESE LANGUAGE WONG CHOON YENG R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	GENERAL SCIENCE LAM HEW TONG			ART LEE SHI HUI	MATHS DARCHINIE			MATHS DARCHINIE	PT3 SCIENCE SASITHARAN	GEOGRAPHY SEAN DOMINIC WONG	BAHASA MALAYSIA LING SOON CHING
Wednesday		GENERAL SCIENCE LAM HEW TONG	Group 1 CHINESE LANGUAGE WONG CHOON YENG R22-2 Group 2 CHINESE LANGUAGE CHAI YOU WEI	PT3 GEOGRAPHY ZAFIRAH		ENGLISH LEI JIA WOEI	MATHS DARCHINIE			PT3 MATHS CHEN WAI MUN			
Thursday		BAHASA MALAYSIA LING SOON CHING	PHYSICAL EDUCATION ONG YOON PHENG	PT3 HISTORY AMIELIA		COMPUTER HEONG CHOON HO	ENGLISH LEI JIA WOEI			Group 1 CHINESE LANGUAGE WONG CHOON YENG R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	MUSIC FAERIE LEE	KEMAHIRAN HIDUP NITHIYAKAMALAM	MATHS DARCHINIE
Friday		GEOGRAPHY SEAN DOMINIC WONG	ENGLISH LEI JIA WOEI	BAHASA MALAYSIA LING SOON CHING		GENERAL SCIENCE LAM HEW TONG	INTERACTIVE ENGLISH ANNY FOONG			Group 1 CHINESE LANGUAGE WONG CHOON YENG R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	MATHS DARCHINIE	HISTORY GOH JO HOOI	

J1YI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LEOW SOOK WAN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			INTERACTIVE ENGLISH ANNY FOONG			MATHS LEOW SOOK WAN	Group 1 CHINESE LANGUAGE CHAN SOK SIM Group 2 CHINESE LANGUAGE CHAI YOU WEI			ENGLISH UMAH MAGESWARI	Group 1 BAHASA MALAYSIA NURSYUHADA BC 6 Group 2 BASIC MATH KOO KAR KEI		GENERAL SCIENCE NITHIYAKAMALAM
Tuesday		Group 1 CHINESE LANGUAGE CHAN SOK SIM R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	GENERAL SCIENCE NITHIYAKAMALAM	PT3 MATHS CHEN WAI MUN		MATHS LEOW SOOK WAN	MATHS LEOW SOOK WAN	PHYSICAL EDUCATION ONG YOON PHENG		Group 1 HISTORY HO WEI HOW BC 5 Group 2 BASIC MATH KOO KAR KEI	MUSIC FAERIE LEE	COMPUTER HEONG CHOON HO	
Wednesday		PT3 GEOGRAPHY ZAFIRAH	Group 1 CHINESE LANGUAGE CHAN SOK SIM R22-2 Group 2 CHINESE LANGUAGE CHAI YOU WEI	Group 1 BAHASA MALAYSIA NURSYUHADA BC 6 Group 2 BASIC SCIENCE KANG AI TING		ENGLISH UMAH MAGESWARI	PT3 SCIENCE SASITHARAN	ENGLISH UMAH MAGESWARI		MATHS LEOW SOOK WAN			
Thursday		GEOGRAPHY SHAMIELAA	Group 1 BAHASA MALAYSIA NURSYUHADA BC 5 Group 2 BASIC SCIENCE KANG AI TING	HISTORY HO WEI HOW		MATHS LEOW SOOK WAN	GENERAL SCIENCE NITHIYAKAMALAM	ENGLISH UMAH MAGESWARI		Group 1 CHINESE LANGUAGE CHAN SOK SIM R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	Group 1 KEMAHIRAN HIDUP HASLINA BC 5 Group 2 BASIC MATH KOO KAR KEI	ART CHONG BOON FATT	
Friday		GENERAL SCIENCE NITHIYAKAMALAM		Group 1 PT3 HISTORY AMIELIA BC 5 Group 2 BASIC SCIENCE KANG AI TING		MATHS LEOW SOOK WAN	ENGLISH UMAH MAGESWARI			Group 1 CHINESE LANGUAGE CHAN SOK SIM R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	GEOGRAPHY SHAMIELAA	Group 1 BAHASA MALAYSIA NURSYUHADA BC 6 Group 2 BASIC MATH KOO KAR KEI	

J2ZH

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : CHAI YOU WEI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			GENERAL SCIENCE KANG AI TING	GEOGRAPHY WONG CHOON YENG		MATHS CHAI YOU WEI	COMPUTER HEONG CHOON HO			HISTORY OOI ZET FONG	BAHASA MALAYSIA AMIELIA	ENGLISH RAMINDER	
Tuesday		KEMAHIRAN HIDUP HASLINA	BAHASA MALAYSIA AMIELIA	CHINESE LANGUAGE CHAN SOK SIM		GENERAL SCIENCE KANG AI TING	PT3 SCIENCE LAM HEW TONG	CHINESE LANGUAGE CHAN SOK SIM		MATHS CHAI YOU WEI	PT3 HISTORY NURSUHAIDA	COUNSELLING COUNSELING TEACHER	ENGLISH RAMINDER
Wednesday		BAHASA MALAYSIA AMIELIA	INTERACTIVE ENGLISH UMAH MAGESWARI			MATHS CHAI YOU WEI		CHINESE LANGUAGE CHAN SOK SIM		GENERAL SCIENCE KANG AI TING			
Thursday		CHINESE LANGUAGE CHAN SOK SIM		GEOGRAPHY WONG CHOON YENG		MATHS CHAI YOU WEI	BAHASA MALAYSIA AMIELIA			ENGLISH RAMINDER	PT3 GEOGRAPHY ZAFIRAH	ENGLISH RAMINDER	HISTORY OOI ZET FONG
Friday		PT3 MATHS KOO KAR KEI	PHYSICAL EDUCATION ONG YOON PHENG	CHINESE LANGUAGE CHAN SOK SIM		MATHS CHAI YOU WEI	GENERAL SCIENCE KANG AI TING			ART CHONG BOON FATT		ENGLISH RAMINDER	

J2LI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : CHEAH CHUN FYE

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			Group 1 BAHASA MALAYSIA HASLINA BC 5 Group 2 BASIC MATH TAN WOAN SEAN	GEOGRAPHY SHAMIELAA		ENGLISH CHEAH CHUN FYE	GENERAL SCIENCE LAM HEW TONG	PHYSICAL EDUCATION ONG YOON PHENG		HISTORY TERESA CHAU CHUI MIN	MATHS DARCHINIE		Group 1 KEMAHIRAN HIDUP TAMILARASI BC 5 Group 2 BASIC SCIENCE KANG AI TING
Tuesday		GENERAL SCIENCE LAM HEW TONG	INTERACTIVE ENGLISH RAMINDER			ENGLISH CHEAH CHUN FYE	PT3 MATHS KOO KAR KEI	Group 1 CHINESE LANGUAGE GOH JO HOOI R22-2 Group 2 CHINESE LANGUAGE WONG SHU FENN		ENGLISH CHEAH CHUN FYE	Group 1 PT3 GEOGRAPHY ZAFIRAH BC 5 Group 2 BASIC SCIENCE KANG AI TING	Group 1 BAHASA MALAYSIA HASLINA BC 6 Group 2 BASIC MATH TAN WOAN SEAN	MATHS DARCHINIE
Wednesday		GEOGRAPHY SHAMIELAA	Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE WONG SHU FENN	PT3 SCIENCE LIM YOON FOO		MATHS DARCHINIE	ENGLISH CHEAH CHUN FYE			ENGLISH CHEAH CHUN FYE			
Thursday		MATHS DARCHINIE	ART LEE SHI HUI			Group 1 CHINESE LANGUAGE GOH JO HOOI R22-2 Group 2 CHINESE LANGUAGE WONG SHU FENN	R22-2 Group 2 CHINESE LANGUAGE WONG SHU FENN	GENERAL SCIENCE LAM HEW TONG		ENGLISH CHEAH CHUN FYE	COUNSELLING COUNSELING TEACHER	Group 1 BAHASA MALAYSIA HASLINA BC 6 Group 2 BASIC SCIENCE KANG AI TING	Group 1 BAHASA MALAYSIA HASLINA BC 6 Group 2 BASIC MATH TAN WOAN SEAN
Friday		Group 1 PT3 HISTORY NURSYUHADA BC 6 Group 2 BASIC SCIENCE KANG AI TING	Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE WONG SHU FENN	Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 CHINESE LANGUAGE WONG SHU FENN		COMPUTER HEONG CHOON HO	HISTORY TERESA CHAU CHUI MIN			GENERAL SCIENCE LAM HEW TONG		Group 1 BAHASA MALAYSIA HASLINA BC 5 Group 2 BASIC MATH TAN WOAN SEAN	

J2HE

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LEE SHI HUI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			Group 1 PT3 GEOGR APHY ZAFIRAH BC 5 Group 2 BASIC MATH TAN WOAN SEAN	ENGLISH RAMINDER		HISTORY OOI ZET FONG	MATHS DARCHINIE			GENERAL SCIENCE NITHIYAKAMALAM		GEOGRAP HY SHAMIELAA	Group 1 BAHASA MALAYSIA AMIELIA BC 5 Group 2 BASIC SCIENCE KANG AI TING
Tuesday		PHYSICAL EDUCATIO N ONG YOON PHENG	INTERACTIVE ENGLISH UMAH MAGESWARI			MATHS DARCHINIE	ENGLISH RAMINDER	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-2 Group 2 CHINESE LANGUAGE WONG SHU FENN		PT3 SCIEN CE LAM HEW TONG	Group 1 KEMAHIRAN HIDUP HASLINA BC 5 Group 2 BASIC SCIENCE KANG AI TING	Group 1 PT3 HISTOR Y NURSYUHADA BC 6 Group 2 BASIC MATH TAN WOAN SEAN	GENERAL SCIENCE NITHIYAKAMALA M
Wednesday		ENGLISH RAMINDER	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-1 Group 2 CHINESE LANGUAGE WONG SHU FENN	ENGLISH RAMINDER		COMPUTER HEONG CHOON HO		BAHASA MALAYSIA AMIELIA		GENERAL SCIENCE NITHIYAKAMALA M			
Thursday		PT3 MATHS KOO KAR KEI	GEOGRAP HY SHAMIELAA	MATHS DARCHINIE		Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-2 Group 2 CHINESE LANGUAGE WONG SHU FENN	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-2 Group 2 CHINESE LANGUAGE WONG SHU FENN	GENERAL SCIENCE NITHIYAKAMALA M		COUNSELI NG COUNSELING TEACHER	ENGLISH RAMINDER	Group 1 BAHASA MALAYSIA AMIELIA BC 6 Group 2 BASIC SCIENCE KANG AI TING BC 6 Group 2 BASIC MATH TAN WOAN SEAN	
Friday		Group 1 BAHASA MALAYSIA AMIELIA BC 6 Group 2 BASIC SCIENCE KANG AI TING	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-1 Group 2 CHINESE LANGUAGE WONG SHU FENN	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R23-2 Group 2 CHINESE LANGUAGE WONG SHU FENN		ENGLISH RAMINDER	MATHS DARCHINIE			ART LEE SHI HUI		Group 1 HISTORY OOI ZET FONG BC 5 Group 2 BASIC MATH TAN WOAN SEAN	

J2REN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : GOH JO HOOI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			Group 1 BAHASA MALAYSIA AMIELIA BC 5 Group 2 BASIC MATH TAN WOAN SEAN	MATHS DARCHINIE		ART CHONG BOON FATT	ENGLISH LEI JIA WOEI			GENERAL SCIENCE LAM HEW TONG	Group 1 CHINESE LANGUAGE GOH JO HOOI R22-2 Group 2 CHINESE LANGUAGE CHAI YOU WEI	Group 1 HISTORY LAU CHUAN SIN BC 5 Group 2 BASIC SCIENCE KANG AI TING	
Tuesday		ENGLISH LEI JIA WOEI	GEOGRAPHY SHAMIELAA	MATHS DARCHINIE		COMPUTER HEONG CHOON HO	PHYSICAL EDUCATION HOR JUN YEN			COUNSELLING COUNSELING TEACHER	Group 1 BAHASA MALAYSIA AMIELIA BC 5 Group 2 BASIC SCIENCE KANG AI TING	Group 2 BASIC MATH TAN WOAN SEAN	Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI
Wednesday		ENGLISH LEI JIA WOEI	MATHS DARCHINIE	HISTORY LAU CHUAN SIN		GENERAL SCIENCE LAM HEW TONG	BAHASA MALAYSIA AMIELIA	ENGLISH LEI JIA WOEI		Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI			
Thursday		GENERAL SCIENCE LAM HEW TONG		PT3 SCIENCE LIM YOON FOO		MATHS DARCHINIE		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI		INTERACTIVE ENGLISH UMAH MAGESWARI		Group 1 PT3 HISTORY NURSYUHADA BC 6 Group 2 BASIC SCIENCE KANG AI TING	Group 1 PT3 GEOGRAPHY ZAFIRAH BC 6 Group 2 BASIC MATH TAN WOAN SEAN
Friday		Group 1 KEMAHIRAN HIDUP HASLINA BC 6 Group 2 BASIC SCIENCE KANG AI TING	PT3 MATHS KOO KAR KEI	ENGLISH LEI JIA WOEI		MATHS DARCHINIE	GENERAL SCIENCE LAM HEW TONG	GEOGRAPHY SHAMIELAA		ENGLISH LEI JIA WOEI	Group 1 CHINESE LANGUAGE GOH JO HOOI R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	Group 1 BAHASA MALAYSIA AMIELIA BC 5 Group 2 BASIC MATH TAN WOAN SEAN	

J2XIN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : TERESA CHAU CHUI MIN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH SURVIN	PT3 MATHS BEH AI HUI		MATHS BEH AI HUI	GENERAL SCIENCE NITHIYAKAMALAM	ENGLISH SURVIN		HISTORY LAU CHUAN SIN	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN Group 2 CHINESE LANGUAGE CHAI YOU WEI	Group 1 BAHASA MALAYSIA HASLINDA Group 2 BASIC MATH NOORHASWANI	Group 1 BAHASA MALAYSIA HASLINDA Group 2 BASIC MATH NOORHASWANI
Tuesday		Group 1 BAHASA MALAYSIA HASLINDA BC 6 Group 2 BASIC SCIENCE WONG YAO WEN	MATHS BEH AI HUI			Group 1 PT3 GEOGRAPHY ZAFIRAH BC 5 Group 2 BASIC MATH NOORHASWANI	ART CHONG BOON FATT			GEOGRAPHY SHAMIELAA	COUNSELLING COUNSELING TEACHER	ENGLISH SURVIN	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI
Wednesday		Group 1 BAHASA MALAYSIA HASLINDA BC 6 Group 2 BASIC SCIENCE WONG YAO WEN	Group 1 PT3 HISTORY NURSYUHaida BC 6 Group 2 BASIC MATH NOORHASWANI	ENGLISH SURVIN		GENERAL SCIENCE NITHIYAKAMALAM	INTERACTIVE ENGLISH RAMINDER			Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI			
Thursday		ENGLISH SURVIN	GENERAL SCIENCE NITHIYAKAMALAM			MATHS BEH AI HUI		Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI		HISTORY LAU CHUAN SIN	PT3 SCIENCE LAM HEW TONG	PHYSICAL EDUCATION HOR JUN YEN	Group 1 BAHASA MALAYSIA HASLINDA BC 5 Group 2 BASIC SCIENCE WONG YAO WEN
Friday		COMPUTER HEONG CHOON HO		GEOGRAPHY SHAMIELAA		Group 1 BAHASA MALAYSIA HASLINDA BC 5 Group 2 BASIC MATH NOORHASWANI	GENERAL SCIENCE NITHIYAKAMALAM	MATHS BEH AI HUI		Group 1 KEMAHIRAN HIDUP HASLINA BC 5 Group 2 BASIC SCIENCE WONG YAO WEN	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI	ENGLISH SURVIN	

J2YI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : SHAMIELAA

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			GENERAL SCIENCE LAM HEW TONG			PT3 SCIENCE LIM YOON FOO	GEOGRAPHY SHAMIELAA	MATHS BEH AI HUI		ENGLISH CHEAH CHUN FYE	Group 1 CHINESE LANGUAGE CHAN SOK SIM	Group 1 BAHASA MALAYSIA HASLINA	Group 1 BAHASA MALAYSIA HASLINA
Tuesday		Group 1 PT3 GEOGRAPHY ZAFIRAH	ENGLISH	ENGLISH		Group 1 BAHASA MALAYSIA HASLINA	MATHS BEH AI HUI			ART LEE SHI HUI		GENERAL SCIENCE LAM HEW TONG	Group 1 CHINESE LANGUAGE CHAN SOK SIM
		BC 6 Group 2 BASIC SCIENCE WONG YAO WEN	CHEAH CHUN FYE	CHEAH CHUN FYE		BC 5 Group 2 BASIC MATH NOORHASWANI							R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI
Wednesday		Group 1 BAHASA MALAYSIA HASLINA		ENGLISH		PT3 MATHS BEH AI HUI	HISTORY SEE SU PENG	MATHS BEH AI HUI		Group 1 CHINESE LANGUAGE CHAN SOK SIM			
		BC 6 Group 2 BASIC SCIENCE WONG YAO WEN	BC 6 Group 2 BASIC MATH NOORHASWANI	CHEAH CHUN FYE						R22-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI			
Thursday		INTERACTIVE ENGLISH UMAH MAGESWARI		PHYSICAL EDUCATION ONG YOON PHENG		GENERAL SCIENCE LAM HEW TONG	ENGLISH CHEAH CHUN FYE	Group 1 CHINESE LANGUAGE CHAN SOK SIM		COMPUTER HEONG CHOON HO		COUNSELLING COUNSELING TEACHER	Group 1 PT3 HISTORY NURSYUHADA
								R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI					BC 5 Group 2 BASIC SCIENCE WONG YAO WEN
Friday		GENERAL SCIENCE LAM HEW TONG	MATHS BEH AI HUI			Group 1 BAHASA MALAYSIA HASLINA	GEOGRAPHY SHAMIELAA	HISTORY SEE SU PENG		Group 1 KEMAHIRAN HIDUP TAMILARASI	Group 1 CHINESE LANGUAGE CHAN SOK SIM	ENGLISH CHEAH CHUN FYE	
						BC 5 Group 2 BASIC MATH NOORHASWANI				BC 5 Group 2 BASIC SCIENCE WONG YAO WEN	R23-1 Group 2 CHINESE LANGUAGE CHAI YOU WEI		

J3ZH

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : YEOW GHEE RUEY

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			COMPUTER TEI KOK FONG			GENERAL SCIENCE KANG AI TING	MATHS YEOW GHEE RUEY	ENGLISH CHEAH CHUN FYE		ART CHONG BOON FATT	GEOGRAPHY KOK SHEE LOON	CHINESE LANGUAGE WONG CHOON YENG	
Tuesday		BAHASA MALAYSIA NURFADZILAH		CHINESE LANGUAGE WONG CHOON YENG		INTERACTIVE ENGLISH SHAMIELAA		GENERAL SCIENCE KANG AI TING		GEOGRAPHY KOK SHEE LOON	PHYSICAL EDUCATION HOR JUN YEN	MATHS YEOW GHEE RUEY	HISTORY QUI LEE LEE
Wednesday		ENGLISH CHEAH CHUN FYE	BAHASA MALAYSIA NURFADZILAH	HISTORY QUI LEE LEE		CHINESE LANGUAGE WONG CHOON YENG	MATHS YEOW GHEE RUEY	GENERAL SCIENCE KANG AI TING		GEOGRAPHY KOK SHEE LOON			
Thursday		KEMAHIRAN HIDUP TAMILARASI	BAHASA MALAYSIA NURFADZILAH	PT3 HISTORY LIM BENG LEE		GENERAL SCIENCE KANG AI TING		PT3 GEOGRAPHY ZAFIRAH		MATHS YEOW GHEE RUEY	ENGLISH CHEAH CHUN FYE		MATHS YEOW GHEE RUEY
Friday		PT3 MATHS YEOW GHEE RUEY	MATHS YEOW GHEE RUEY	ENGLISH CHEAH CHUN FYE		ENGLISH CHEAH CHUN FYE	PT3 SCIENCE WONG YAO WEN	BAHASA MALAYSIA NURFADZILAH		HISTORY QUI LEE LEE	CHINESE LANGUAGE WONG CHOON YENG	CHINESE LANGUAGE WONG CHOON YENG	

J3HE

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : WONG CHOON YENG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			PRINCIPLES OF ACCOUNTS KOK KIM WAH	KEMAHIRAN HIDUP TAMILARASI		MATHS/ ADD MATHS CHEN WAI MUN	ENGLISH RAMINDER	ECONOMICS SHARLINNADIA		BAHASA MALAYSIA HASLINA	ENGLISH RAMINDER	INTERACTIVE ENGLISH SURVIN	
Tuesday		ENGLISH RAMINDER	HISTORY LIM BENG LEE	PT3 HISTORY SYARIFAH		MATHS/ ADD MATHS CHEN WAI MUN	PHYSICAL EDUCATION HOR JUN YEN	BAHASA MALAYSIA HASLINA		PT3 SCIENCE WONG YAO WEN	Group 1 CHINESE LANGUAGE WONG CHOON YENG R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	Group 1 CHINESE LANGUAGE WONG CHOON YENG R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	PRINCIPLES OF ACCOUNTS KOK KIM WAH
Wednesday		Group 1 CHINESE LANGUAGE WONG CHOON YENG R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS/ ADD MATHS CHEN WAI MUN	ECONOMICS SHARLINNADIA		PRINCIPLES OF ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA HASLINA			ART LEE SHI HUI			
Thursday		Group 1 CHINESE LANGUAGE WONG CHOON YENG R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	Group 1 CHINESE LANGUAGE WONG CHOON YENG R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	BAHASA MALAYSIA HASLINA		ENGLISH RAMINDER	PRINCIPLES OF ACCOUNTS KOK KIM WAH	PT3 GEOGRAPHY NURUL		BUSINESS STUDIES VISALASE	HISTORY LIM BENG LEE	MATHS/ ADD MATHS CHEN WAI MUN	
Friday		ECONOMICS SHARLINNADIA	COMPUTER JEEVA			Group 1 CHINESE LANGUAGE WONG CHOON YENG R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	ENGLISH RAMINDER	ENGLISH RAMINDER		BUSINESS STUDIES VISALASE	MATHS/ ADD MATHS CHEN WAI MUN	HISTORY LIM BENG LEE	

J3MIN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : CHONG BOON FATT

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS/ ADD MATHS LEOW SOOK WAN			BAHASA MALAYSIA SITI HAWA	PRINCIPLE S OF ACCOUNTS KOK KIM WAH	PT3 GEOGRAPHY ZAFIRAH		HISTORY LIM BENG LEE	COMPUTER JEEVA		ENGLISH KALAISELVI
Tuesday		PRINCIPLE S OF ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA SITI HAWA	PHYSICAL EDUCATION ONG YOON PHENG		ART CHONG BOON FATT	ENGLISH KALAISELVI	ENGLISH KALAISELVI		MATHS/ ADD MATHS LEOW SOOK WAN	Group 1 CHINESE LANGUAGE GOH JO HOOI R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	ECONOMICS MOGANRAJ
Wednesday		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	BAHASA MALAYSIA SITI HAWA	MATHS/ ADD MATHS LEOW SOOK WAN		ENGLISH KALAISELVI	HISTORY LIM BENG LEE	BUSINESS STUDIES VISALASE		PRINCIPLE S OF ACCOUNTS KOK KIM WAH			
Thursday		Group 1 CHINESE LANGUAGE GOH JO HOOI R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN		R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	ECONOMICS MOGANRAJ	BUSINESS STUDIES VISALASE	BAHASA MALAYSIA SITI HAWA	MATHS/ ADD MATHS LEOW SOOK WAN		KEMAHIRAN HIDUP PRAMILAA	PT3 SCIENCE TAMILARASI	ENGLISH KALAISELVI	PT3 HISTORY LIM BENG LEE
Friday		ENGLISH KALAISELVI	INTERACTIVE ENGLISH KALAISELVI			Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	ECONOMICS MOGANRAJ	BAHASA MALAYSIA SITI HAWA		MATHS/ ADD MATHS LEOW SOOK WAN	HISTORY LIM BENG LEE	PRINCIPLE S OF ACCOUNTS KOK KIM WAH	

J3PIN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : NOORHASWANI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			CHEMISTRY KHOO YEN TENG	MATHS/ ADD MATHS NOORHASWANI		BAHASA MALAYSIA HASLINA	COMPUTER JEEVA			ENGLISH ANNY FOONG	INTERACTIVE ENGLISH KALAISELVI		PHYSICAL EDUCATIO N HOR JUN YEN
Tuesday		BIOLOGY ATHIRAH		BAHASA MALAYSIA HASLINA		KEMAHIRA N HIDUP PRAMILAA	MATHS/ ADD MATHS NOORHASWANI	ENGLISH ANNY FOONG		HISTORY LIM BENG LEE	Group 1 CHINESE LANGUAGE KOK SHEE LOON R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		PHYSICS WONG YI ZHI
Wednesday		Group 1 CHINESE LANGUAGE KOK SHEE LOON R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	PT3 HISTO RY SYARIFAH	ENGLISH ANNY FOONG		BAHASA MALAYSIA HASLINA	CHEMISTR Y KHOO YEN TENG	BIOLOGY ATHIRAH		MATHS/ ADD MATHS NOORHASWANI			
Thursday		Group 1 CHINESE LANGUAGE KOK SHEE LOON R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	Group 1 CHINESE LANGUAGE KOK SHEE LOON R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	PHYSICS WONG YI ZHI		PT3 GEOGRAP HY NURUL	BAHASA MALAYSIA HASLINA			ENGLISH ANNY FOONG	BIOLOGY ATHIRAH	MATHS/ ADD MATHS NOORHASWANI	MATHS/ ADD MATHS NOORHASWANI
Friday		PHYSICS WONG YI ZHI		HISTORY LIM BENG LEE		Group 1 CHINESE LANGUAGE KOK SHEE LOON R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	CHEMISTRY KHOO YEN TENG			ENGLISH ANNY FOONG	MATHS/ ADD MATHS NOORHASWANI	ENGLISH ANNY FOONG	

J3LI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : CHEN WAI MUN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45	
Monday			MATHS/ ADD MATHS CHEN WAI MUN	BAHASA MALAYSIA NURFADZILAH		ENGLISH ANNY FOONG	BIOLOGY TAMILARASI	PHYSICS TAN YANN HANN		KEMAHIRA N HIDUP PRAMILAA	PHYSICAL EDUCATIO N HOR JUN YEN	CHEMISTR Y OOI KAY ENG	CHEMISTR Y OOI KAY ENG	
Tuesday		HISTORY LIM BENG LEE	INTERACTIVE ENGLISH KALAISELVI			BIOLOGY TAMILARASI		MATHS/ ADD MATHS CHEN WAI MUN		ENGLISH ANNY FOONG	Group 1 CHINESE LANGUAGE CHUI MIN R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		Group 2 CHINESE LANGUAGE GHO LIE LUAN R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	BAHASA MALAYSIA NURFADZILAH
Wednesday		Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	BIOLOGY TAMILARASI	MATHS/ ADD MATHS CHEN WAI MUN		ENGLISH ANNY FOONG	PHYSICS TAN YANN HANN	ENGLISH ANNY FOONG		BAHASA MALAYSIA NURFADZILAH				
Thursday		Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS/ ADD MATHS CHEN WAI MUN		ENGLISH ANNY FOONG	BAHASA MALAYSIA NURFADZILAH			MATHS ADD MATHS CHEN WAI MUN	PT3 HISTO RY SYARIFAH	CHEMISTRY OOI KAY ENG		
Friday		PHYSICS TAN YANN HANN		ENGLISH ANNY FOONG		Group 1 CHINESE LANGUAGE TERESA CHAU CHUI MIN R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS ADD MATHS CHEN WAI MUN	HISTORY LIM BENG LEE		PT3 GEOGRAP HY ZAFIRAH	COMPUTER JEEVA			

J3ZI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : WONG YAO WEN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH RAMINDER	BIOLOGY WONG YAO WEN		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS ADD MATHS CHEN WAI MUN	ENGLISH RAMINDER		PHYSICS WONG YI ZHI	BAHASA MALAYSIA SITI HAWA		Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN
Tuesday		MATHS ADD MATHS CHEN WAI MUN	COMPUTER TEI KOK FONG			Group 1 CHINESE LANGUAGE GOH JO HOOI R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	PHYSICS WONG YI ZHI	ENGLISH RAMINDER		MATHS ADD MATHS CHEN WAI MUN	ENGLISH RAMINDER	PHYSICAL EDUCATIO N HOR JUN YEN	HISTORY LIM BENG LEE
Wednesday		HISTORY LIM BENG LEE	ENGLISH RAMINDER	KEMAHIRA N HIDUP TAMILARASI		PT3 HISTO RY LIM BENG LEE	MATHS ADD MATHS CHEN WAI MUN	CHEMISTR Y KHOO YEN TENG		BAHASA MALAYSIA SITI HAWA			
Thursday		BIOLOGY WONG YAO WEN		CHEMISTR Y KHOO YEN TENG		BAHASA MALAYSIA SITI HAWA	ENGLISH RAMINDER	MATHS ADD MATHS CHEN WAI MUN		INTERACTIVE ENGLISH SURVIN		Group 1 CHINESE LANGUAGE GOH JO HOOI R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	
Friday		MATHS ADD MATHS CHEN WAI MUN	BIOLOGY WONG YAO WEN	BAHASA MALAYSIA SITI HAWA		PHYSICS WONG YI ZHI		Group 1 CHINESE LANGUAGE GOH JO HOOI R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		PT3 GEOGRAP HY NURUL	CHEMISTRY KHOO YEN TENG		

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH KALAISELVI	BAHASA MALAYSIA HASLINDA		Group 1 CHINESE LANGUAGE LIEW MEI YEE R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS/ ADD MATHS NOORHASWANI	ENGLISH KALAISELVI		BIOLOGY TAMILARASI		PT3 HISTO RY SYARIFAH	Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN
Tuesday		ENGLISH KALAISELVI	PHYSICAL EDUCATIO N HOR JUN YEN	BAHASA MALAYSIA HASLINDA		Group 1 CHINESE LANGUAGE LIEW MEI YEE R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	INTERACTIVE ENGLISH SURVIN			BIOLOGY TAMILARASI	HISTORY LIM BENG LEE	CHEMISTR Y KHOO YEN TENG	MATHS ADD MATHS NOORHASWANI
Wednesday		COMPUTER TEI KOK FONG		KEMAHIRA N HIDUP PRAMILAA		BAHASA MALAYSIA HASLINDA	MATHS ADD MATHS NOORHASWANI	PT3 GEOGRAP HY ZAFIRAH		PHYSICS TAN YANN HANN			
Thursday		MATHS ADD MATHS NOORHASWANI	ENGLISH KALAISELVI	MATHS ADD MATHS NOORHASWANI		BIOLOGY TAMILARASI	PHYSICS TAN YANN HANN			CHEMISTR Y KHOO YEN TENG	BAHASA MALAYSIA HASLINDA	Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	
Friday		CHEMISTRY KHOO YEN TENG		PHYSICS TAN YANN HANN		HISTORY LIM BENG LEE	MATHS/ ADD MATHS NOORHASWANI	Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		BAHASA MALAYSIA HASLINDA	ENGLISH KALAISELVI	ENGLISH KALAISELVI	

J3AI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : HASLINDA

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			BAHASA MALAYSIA HASLINDA	PT3 GEOGRAPHY NURUL		Group 1 CHINESE LANGUAGE KOK SHEE LOON R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	HISTORY LIM BENG LEE	MATHS/ ADD MATHS LEOW SOOK WAN		CHEMISTRY OOI KAY ENG		ENGLISH CHEAH CHUN FYE	Group 1 CHINESE LANGUAGE KOK SHEE LOON R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN
Tuesday		PHYSICS WONG YI ZHI		MATHS/ ADD MATHS LEOW SOOK WAN		Group 1 CHINESE LANGUAGE KOK SHEE LOON R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	COMPUTER TEI KOK FONG			BAHASA MALAYSIA HASLINDA	BIOLOGY ATHIRAH	INTERACTIVE ENGLISH UMAH MAGESWARI	
Wednesday		BIOLOGY ATHIRAH		PHYSICS WONG YI ZHI		ENGLISH CHEAH CHUN FYE	KEMAHIRAN HIDUP TAMILARASI	MATHS/ ADD MATHS LEOW SOOK WAN		BAHASA MALAYSIA HASLINDA			
Thursday		ENGLISH CHEAH CHUN FYE	PT3 HISTORY LIM BENG LEE	MATHS/ ADD MATHS LEOW SOOK WAN		ENGLISH CHEAH CHUN FYE	HISTORY LIM BENG LEE	BAHASA MALAYSIA HASLINDA		CHEMISTRY OOI KAY ENG	CHEMISTRY OOI KAY ENG	Group 1 CHINESE LANGUAGE KOK SHEE LOON R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	Group 1 CHINESE LANGUAGE KOK SHEE LOON R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN
Friday		MATHS/ ADD MATHS LEOW SOOK WAN	MATHS/ ADD MATHS LEOW SOOK WAN	BAHASA MALAYSIA HASLINDA		BIOLOGY ATHIRAH	ENGLISH CHEAH CHUN FYE	Group 1 CHINESE LANGUAGE KOK SHEE LOON R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		ENGLISH CHEAH CHUN FYE	PHYSICAL EDUCATION HOR JUN YEN	PHYSICS WONG YI ZHI	

S1ZH

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			HISTORY QUI LEE LEE	BOOK KEEPING AND ACCOUNTS SHARLINNADIA		COMMERC E ONG CHING CHING	CHINESE LANGUAGE LIEW MEI YEE			ENGLISH ONG CHING CHING	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	BAHASA MALAYSIA NURUL	MATHS YEOW GHEE RUEY
Tuesday		BAHASA MALAYSIA NURUL		MATHS YEOW GHEE RUEY		ENGLISH ONG CHING CHING	SPM HISTORY AMELIA	ENGLISH ONG CHING CHING		HISTORY QUI LEE LEE	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	CHINESE LANGUAGE LIEW MEI YEE	SPM SCIENCE KANG AI TING
Wednesday		MATHS YEOW GHEE RUEY	PHYSICAL EDUCATION HOR JUN YEN	MATHS YEOW GHEE RUEY		GEOGRAPHY YAU KONG CHIN	COMMERC E ONG CHING CHING	CHINESE LANGUAGE LIEW MEI YEE		ART CHONG BOON FATT			
Thursday		COMPUTER HEONG CHOON HO		CHINESE LANGUAGE LIEW MEI YEE		MATHS YEOW GHEE RUEY	ENGLISH ONG CHING CHING			SPM MORAL IDAYU	SPM SCIENCE KANG AI TING	COMMERC E ONG CHING CHING	BAHASA MALAYSIA NURUL
Friday		BAHASA MALAYSIA NURUL	INTERACTIVE ENGLISH JEYA			ENGLISH ONG CHING CHING	MATHS YEOW GHEE RUEY	HISTORY QUI LEE LEE		CHINESE LANGUAGE LIEW MEI YEE	SPM HISTORY AMELIA	GEOGRAPHY YAU KONG CHIN	

S1REN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : HEONG CHOON HO

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			COMPUTER HEONG CHOON HO			MATHS YEOW GHEE RUEY	CHINESE LANGUAGE LIEW MEI YEE			ENGLISH ONG CHING CHING	MATHS YEOW GHEE RUEY	BAHASA MALAYSIA NURUL	CHEMISTRY LIM YOON FOO
Tuesday		BAHASA MALAYSIA NURUL		SPM HISTORY NURSYUHADA		ENGLISH ONG CHING CHING	CHEMISTRY LIM YOON FOO	ENGLISH ONG CHING CHING		MATHS YEOW GHEE RUEY	PHYSICS ONG KAR WENG	CHINESE LANGUAGE LIEW MEI YEE	BIOLOGY YIP SIEW KENG
Wednesday		PHYSICS ONG KAR WENG		BIOLOGY YIP SIEW KENG		CHEMISTRY LIM YOON FOO	SPM HISTORY NURSYUHADA	CHINESE LANGUAGE LIEW MEI YEE		MATHS YEOW GHEE RUEY			
Thursday		INTERACTIVE ENGLISH Amreet		CHINESE LANGUAGE LIEW MEI YEE		PHYSICS ONG KAR WENG	ENGLISH ONG CHING CHING			SPM MORAL IDAYU	BIOLOGY YIP SIEW KENG		BAHASA MALAYSIA NURUL
Friday		BAHASA MALAYSIA NURUL	CHEMISTRY LIM YOON FOO			ENGLISH ONG CHING CHING	PHYSICAL EDUCATION ONG YOON PHENG	BIOLOGY YIP SIEW KENG		CHINESE LANGUAGE LIEW MEI YEE	MATHS YEOW GHEE RUEY	MATHS YEOW GHEE RUEY	

S1PI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : TEI KOK FONG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			SPM HISTORY NURSYUHADA	Group 1 CHINESE LANGUAGE YAU KONG CHIN Group 2 CHINESE LANGUAGE WONG SHU FENN		SPM SCIENCE SASITHARAN	GEOGRAPHY SEAN DOMINIC WONG	ENGLISH JEYA		MATHS/ ADD MATHS NOORHASWANI	PRINCIPLES OF ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA NURFADZILAH	Group 1 CHINESE LANGUAGE YAU KONG CHIN Group 2 CHINESE LANGUAGE WONG SHU FENN
Tuesday		ENGLISH JEYA	ECONOMICS SHARLINNADIA	ENGLISH JEYA		SPM HISTORY NURSYUHADA	PHYSICAL EDUCATION GOKU	SPM MORAL IDAYU		MATHS/ ADD MATHS NOORHASWANI	BUSINESS STUDIES KOK KIM WAH	Group 1 CHINESE LANGUAGE YAU KONG CHIN Group 2 CHINESE LANGUAGE WONG SHU FENN Group 2 CHINESE LANGUAGE WONG SHU FENN	
Wednesday		MATHS/ ADD MATHS NOORHASWANI	PRINCIPLES OF ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA NURFADZILAH		ENGLISH JEYA	BUSINESS STUDIES KOK KIM WAH	ECONOMICS SHARLINNADIA		Group 1 CHINESE LANGUAGE YAU KONG CHIN Group 2 CHINESE LANGUAGE WONG SHU FENN			
Thursday		COMPUTER TEI KOK FONG		ECONOMICS SHARLINNADIA		BUSINESS STUDIES KOK KIM WAH	MATHS/ ADD MATHS NOORHASWANI	Group 1 CHINESE LANGUAGE YAU KONG CHIN Group 2 CHINESE LANGUAGE WONG SHU FENN		GEOGRAPHY SEAN DOMINIC WONG	PRINCIPLES OF ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA NURFADZILAH	
Friday		MATHS/ ADD MATHS NOORHASWANI	PRINCIPLES OF ACCOUNTS KOK KIM WAH			BAHASA MALAYSIA NURFADZILAH	GEOGRAPHY SEAN DOMINIC WONG	ENGLISH JEYA		ECONOMICS SHARLINNADIA	ENGLISH JEYA	SPM SCIENCE SASITHARAN	

S1YI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : SHARLINNADIA

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			BAHASA MALAYSIA SYARIFAH	Group 1 CHINESE LANGUAGE OOI ZET FONG Group 2 CHINESE LANGUAGE WONG SHU FENN		BUSINESS STUDIES VISALASE	ECONOMIC S SHARLINNADIA	MATHS KOO KAR KEI		ENGLISH Amreet	GEOGRAPHY SEAN DOMINIC WONG	PRINCIPLES OF ACCOUNTS MOGANRAJ	Group 1 CHINESE LANGUAGE OOI ZET FONG Group 2 CHINESE LANGUAGE WONG SHU FENN
Tuesday		MATHS KOO KAR KEI	BAHASA MALAYSIA SYARIFAH	ENGLISH Amreet		GEOGRAPHY SEAN DOMINIC WONG	ENGLISH Amreet	ECONOMIC S SHARLINNADIA		SPM SCIENCE KANG AI TING	PRINCIPLES OF ACCOUNTS MOGANRAJ	Group 1 CHINESE LANGUAGE OOI ZET FONG Group 2 CHINESE LANGUAGE WONG SHU FENN Group 2 CHINESE LANGUAGE WONG SHU FENN	
Wednesday		MATHS KOO KAR KEI		PRINCIPLES OF ACCOUNTS MOGANRAJ		ENGLISH Amreet	ENGLISH Amreet	SPM MORAL IDAYU		Group 1 CHINESE LANGUAGE OOI ZET FONG Group 2 CHINESE LANGUAGE WONG SHU FENN			
Thursday		PRINCIPLES OF ACCOUNTS MOGANRAJ	MATHS KOO KAR KEI	SPM HISTORY NURSYUHADA		BAHASA MALAYSIA SYARIFAH		Group 1 CHINESE LANGUAGE OOI ZET FONG Group 2 CHINESE LANGUAGE WONG SHU FENN		COMPUTER TEI KOK FONG		BUSINESS STUDIES VISALASE	ECONOMIC S SHARLINNADIA
Friday		BAHASA MALAYSIA SYARIFAH	PHYSICAL EDUCATION GOKU	SPM HISTORY NURSYUHADA		BUSINESS STUDIES VISALASE	ECONOMIC S SHARLINNADIA	ENGLISH Amreet		GEOGRAPHY SEAN DOMINIC WONG	MATHS KOO KAR KEI	SPM SCIENCE KANG AI TING	

S1XI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : MOGANRAJ

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS/ ADD MATHS NOORHASWANI	ENGLISH KALAISELVI		PRINCIPLE S OF ACCOUNTS MOGANRAJ	ENGLISH KALAISELVI	BUSINESS STUDIES KOK KIM WAH		BAHASA MALAYSIA SYARIFAH	Group 1 CHINESE LANGUAGE YAU KONG CHIN R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	ECONOMIC S SHARLINNADIA	GEOGRAP HY SEAN DOMINIC WONG
Tuesday		MATHS/ ADD MATHS NOORHASWANI		ECONOMIC S SHARLINNADIA		PRINCIPLE S OF ACCOUNTS MOGANRAJ	SPM HISTO RY NURSYUHADA	Group 1 CHINESE LANGUAGE YAU KONG CHIN R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		Group 1 CHINESE LANGUAGE YAU KONG CHIN R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	BAHASA MALAYSIA SYARIFAH		GEOGRAP HY SEAN DOMINIC WONG
Wednesday		SPM SCIEN CE SASITHARAN	ECONOMIC S SHARLINNADIA	PHYSICAL EDUCATIO N HOR JUN YEN		MATHS ADD MATHS NOORHASWANI	ENGLISH KALAISELVI	ENGLISH KALAISELVI		PRINCIPLE S OF ACCOUNTS MOGANRAJ			
Thursday		SPM HISTO RY NURSYUHADA	SPM SCIEN CE SASITHARAN	ENGLISH KALAISELVI		COMPUTER TEI KOK FONG		MATHS ADD MATHS NOORHASWANI		BAHASA MALAYSIA SYARIFAH	Group 1 CHINESE LANGUAGE YAU KONG CHIN R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	BUSINESS STUDIES KOK KIM WAH	GEOGRAP HY SEAN DOMINIC WONG
Friday		BUSINESS STUDIES KOK KIM WAH	Group 1 CHINESE LANGUAGE YAU KONG CHIN R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN			PRINCIPLE S OF ACCOUNTS MOGANRAJ	BAHASA MALAYSIA SYARIFAH	ENGLISH KALAISELVI		MATHS ADD MATHS NOORHASWANI	ECONOMIC S SHARLINNADIA	SPM MORAL IDAYU	

S1ZI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : WONG YI ZHI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			PHYSICS WONG YI ZHI			ENGLISH JEYA	BIOLOGY SASITHARAN	BAHASA MALAYSIA NURUL		CHEMISTRY SIEW TUCK HING	Group 1 CHINESE LANGUAGE LIEW MEI YEE R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS/ ADD MATHS ANNY FOONG	
Tuesday		BIOLOGY SASITHARAN		PHYSICS WONG YI ZHI		MATHS ADD MATHS ANNY FOONG	CHEMISTRY SIEW TUCK HING	Group 1 CHINESE LANGUAGE LIEW MEI YEE R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	BAHASA MALAYSIA NURUL		ENGLISH JEYA
Wednesday		MATHS ADD MATHS ANNY FOONG	CHEMISTRY SIEW TUCK HING			COMPUTER TEI KOK FONG		BAHASA MALAYSIA NURUL		SPM HISTORY LIM BENG LEE			
Thursday		ENGLISH JEYA	PHYSICS WONG YI ZHI	SPM MORAL IDAYU		BIOLOGY SASITHARAN	BAHASA MALAYSIA NURUL	SPM HISTORY LIM BENG LEE		ENGLISH JEYA	Group 1 CHINESE LANGUAGE LIEW MEI YEE R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS/ ADD MATHS ANNY FOONG	
Friday		MATHS ADD MATHS ANNY FOONG	Group 1 CHINESE LANGUAGE LIEW MEI YEE R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN			ENGLISH JEYA	CHEMISTRY SIEW TUCK HING	PHYSICAL EDUCATION ONG YOON PHENG		BIOLOGY SASITHARAN	PHYSICS WONG YI ZHI	ENGLISH JEYA	

S1AI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : OOI ZET FONG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			PHYSICS LEE PAK FEI			CHEMISTRY KHOO YEN TENG	BIOLOGY WONG YAO WEN	BAHASA MALAYSIA HASYAH		SPM HISTORY AMIELIA	Group 1 CHINESE LANGUAGE OOI ZET FONG R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	MATHS/ ADD MATHS KOO KAR KEI	
Tuesday		BAHASA MALAYSIA HASYAH	MATHS/ ADD MATHS KOO KAR KEI			CHEMISTRY KHOO YEN TENG		Group 1 CHINESE LANGUAGE OOI ZET FONG R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN		Group 1 CHINESE LANGUAGE OOI ZET FONG R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN	ENGLISH KALAISELVI	ENGLISH KALAISELVI	BIOLOGY WONG YAO WEN
Wednesday		ENGLISH KALAISELVI	PHYSICS LEE PAK FEI	BAHASA MALAYSIA HASYAH		MATHS/ ADD MATHS KOO KAR KEI	BIOLOGY WONG YAO WEN			CHEMISTRY KHOO YEN TENG			
Thursday		SPM HISTORY AMIELIA	BAHASA MALAYSIA HASYAH			MATHS/ ADD MATHS KOO KAR KEI	ENGLISH KALAISELVI	PHYSICAL EDUCATION ONG YOON PHENG		ENGLISH KALAISELVI	Group 1 CHINESE LANGUAGE OOI ZET FONG R22-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN	CHEMISTRY KHOO YEN TENG	PHYSICS LEE PAK FEI
Friday		BIOLOGY WONG YAO WEN	Group 1 CHINESE LANGUAGE OOI ZET FONG R23-1 Group 2 CHINESE LANGUAGE GHO LIE LUAN R22-2 Group 2 CHINESE LANGUAGE GHO LIE LUAN			MATHS/ ADD MATHS KOO KAR KEI	ENGLISH KALAISELVI	SPM MORAL IDAYU		PHYSICS LEE PAK FEI	COMPUTER TEI KOK FONG		

S1QIN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LIM BENG LEE

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			SPM MORAL IDAYU	PHYSICAL EDUCATION HOR JUN YEN		SPM HISTORY LIM BENG LEE	COMPUTER TEI KOK FONG			MATHS/ ADD MATHS ONG EIK HOOI	PHYSICS WONG YI ZHI	CHEMISTRY LIM JING XIANG	BIOLOGY SASITHARAN
Tuesday		Group 1 CHINESE LANGUAGE OOI ZET FONG		ENGLISH ANANDA		SPM HISTORY LIM BENG LEE	ENGLISH ANANDA	MATHS/ ADD MATHS ONG EIK HOOI		PHYSICS WONG YI ZHI	BAHASA MALAYSIA HASYAH	CHEMISTRY LIM JING XIANG	
		Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 2 CHINESE LANGUAGE CHONG BOON FATT										
Wednesday		BAHASA MALAYSIA HASYAH	BIOLOGY SASITHARAN	MATHS/ ADD MATHS ONG EIK HOOI		CHEMISTRY LIM JING XIANG	Group 1 CHINESE LANGUAGE OOI ZET FONG	ENGLISH ANANDA		PHYSICS WONG YI ZHI			
						Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 2 CHINESE LANGUAGE CHONG BOON FATT						
Thursday		MATHS/ ADD MATHS ONG EIK HOOI		ENGLISH ANANDA		Group 1 CHINESE LANGUAGE OOI ZET FONG	Group 1 CHINESE LANGUAGE OOI ZET FONG	BAHASA MALAYSIA HASYAH		BIOLOGY SASITHARAN		PHYSICS WONG YI ZHI	
						Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 2 CHINESE LANGUAGE CHONG BOON FATT						
Friday		Group 1 CHINESE LANGUAGE OOI ZET FONG	ENGLISH ANANDA	BIOLOGY SASITHARAN		MATHS/ ADD MATHS ONG EIK HOOI		ENGLISH ANANDA		BAHASA MALAYSIA HASYAH		CHEMISTRY LIM JING XIANG	
		Group 2 CHINESE LANGUAGE CHONG BOON FATT											

S1HE

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : KOO KAR KEI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS/ ADD MATHS KOO KAR KEI			SPM HISTO RY NURSYUHaida	CHEMISTR Y KHOO YEN TENG	PHYSICAL EDUCATIO N HOR JUN YEN		PHYSICS LEE PAK FEI	BIOLOGY WONG YAO WEN	COMPUTER LEOW SOOK WAN	
Tuesday		Group 1 CHINESE LANGUAGE YAU KONG CHIN		BIOLOGY WONG YAO WEN		ENGLISH Amreet	BAHASA MALAYSIA SYARIFAH			ENGLISH Amreet	CHEMISTR Y KHOO YEN TENG	PHYSICS LEE PAK FEI	MATHS ADD MATHS KOO KAR KEI
		Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 2 CHINESE LANGUAGE CHONG BOON FATT										
Wednesday		SPM MORAL IDAYU	CHEMISTRY KHOO YEN TENG			BAHASA MALAYSIA SYARIFAH	Group 1 CHINESE LANGUAGE YAU KONG CHIN	MATHS ADD MATHS KOO KAR KEI		ENGLISH Amreet			
						Group 2 CHINESE LANGUAGE CHONG BOON FATT							
Thursday		PHYSICS LEE PAK FEI	BAHASA MALAYSIA SYARIFAH	ENGLISH Amreet		Group 1 CHINESE LANGUAGE YAU KONG CHIN	Group 1 CHINESE LANGUAGE YAU KONG CHIN	CHEMISTR Y KHOO YEN TENG		BIOLOGY WONG YAO WEN		MATHS/ ADD MATHS KOO KAR KEI	
						Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 2 CHINESE LANGUAGE CHONG BOON FATT						
Friday		Group 1 CHINESE LANGUAGE YAU KONG CHIN	PHYSICS LEE PAK FEI			BIOLOGY WONG YAO WEN	ENGLISH Amreet	MATHS ADD MATHS KOO KAR KEI		SPM HISTO RY NURSYUHaida	BAHASA MALAYSIA SYARIFAH	ENGLISH Amreet	

S1LI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : ONG EIK HOOI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS/ ADD MATHS ONG EIK HOOI			ENGLISH Amreet	ENGLISH Amreet	CHEMISTR Y SIEW TUCK HING		BAHASA MALAYSIA NURFADZILAH		BIOLOGY SASITHARAN	PHYSICS WONG YI ZHI
Tuesday		Group 1 CHINESE LANGUAGE LIEW MEI YEE		SPM HISTO RY AMIELIA		CHEMISTR Y SIEW TUCK HING	BIOLOGY SASITHARAN			BAHASA MALAYSIA NURFADZILAH	PHYSICS WONG YI ZHI	MATHS ADD MATHS ONG EIK HOOI	ENGLISH Amreet
		Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 2 CHINESE LANGUAGE CHONG BOON FATT										
Wednesday		PHYSICS WONG YI ZHI		SPM HISTO RY AMIELIA		MATHS ADD MATHS ONG EIK HOOI	Group 1 CHINESE LANGUAGE LIEW MEI YEE	MATHS ADD MATHS ONG EIK HOOI		BIOLOGY SASITHARAN			
						Group 2 CHINESE LANGUAGE CHONG BOON FATT							
Thursday		CHEMISTRY SIEW TUCK HING		BAHASA MALAYSIA NURFADZILAH		Group 1 CHINESE LANGUAGE LIEW MEI YEE	Group 1 CHINESE LANGUAGE LIEW MEI YEE	ENGLISH Amreet		COMPUTER LEOW SOOK WAN		BIOLOGY SASITHARAN	MATHS ADD MATHS ONG EIK HOOI
						Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 2 CHINESE LANGUAGE CHONG BOON FATT						
Friday		Group 1 CHINESE LANGUAGE LIEW MEI YEE	PHYSICAL EDUCATIO N HOR JUN YEN	ENGLISH Amreet		SPM MORAL IDAYU	BAHASA MALAYSIA NURFADZILAH	MATHS ADD MATHS ONG EIK HOOI		PHYSICS WONG YI ZHI	ENGLISH Amreet	CHEMISTR Y SIEW TUCK HING	
		Group 2 CHINESE LANGUAGE CHONG BOON FATT											

S2ZH

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			INTERACTIVE ENGLISH ANANDA			CHINESE LANGUAGE LAU CHUAN SIN	GEOGRAPHY YAU KONG CHIN	HISTORY OOI ZET FONG		BOOK KEEPING AND ACCOUNTS SHARLINNADIA	MATHS LEE CHEE YEH		BAHASA MALAYSIA NURUL
Tuesday		SPM HISTORY SYARIFAH	ENGLISH SURVIN	SPM SCIENCE KHOO YEN TENG		CHINESE LANGUAGE LAU CHUAN SIN	BAHASA MALAYSIA NURUL	COMMERCIAL KOK KIM WAH		CHINESE LANGUAGE LAU CHUAN SIN	PHYSICAL EDUCATION GOKU	SPM MORAL IDAYU	BOOK KEEPING AND ACCOUNTS SHARLINNADIA
Wednesday		MATHS LEE CHEE YEH		BAHASA MALAYSIA NURUL		HISTORY OOI ZET FONG	ENGLISH SURVIN	ENGLISH SURVIN		CHINESE LANGUAGE LAU CHUAN SIN			
Thursday		GEOGRAPHY YAU KONG CHIN	CHINESE LANGUAGE LAU CHUAN SIN			ENGLISH SURVIN		BOOK KEEPING AND ACCOUNTS SHARLINNADIA		COMMERCIAL KOK KIM WAH	BAHASA MALAYSIA NURUL	SPM HISTORY SYARIFAH	SPM SCIENCE KHOO YEN TENG
Friday		ENGLISH SURVIN	COMPUTER TEI KOK FONG			MATHS LEE CHEE YEH		COMMERCIAL KOK KIM WAH		HISTORY OOI ZET FONG	GEOGRAPHY YAU KONG CHIN	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	

S2XO

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LEE CHEE YEY

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			BOOK KEEPING AND ACCOUNTS SHARLINNADIA	ENGLISH SURVIN		MATHS LEE CHEE YEY		HISTORY OOI ZET FONG		GEOGRAPHY YAU KONG CHIN	COMPUTER TEI KOK FONG		BAHASA MALAYSIA HASYAH
Tuesday		BOOK KEEPING AND ACCOUNTS SHARLINNADIA	CHINESE LANGUAGE SEE SU PENG	BAHASA MALAYSIA HASYAH		GEOGRAPHY YAU KONG CHIN	SPM HISTORY HASYAH	COMMERC E KOK KIM WAH		SPM SCIENCE KHOO YEN TENG	MATHS LEE CHEE YEY		ENGLISH SURVIN
Wednesday		ENGLISH SURVIN		CHINESE LANGUAGE SEE SU PENG		HISTORY OOI ZET FONG	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	SPM MORAL ONG YING YING		CHINESE LANGUAGE SEE SU PENG			
Thursday		SPM HISTORY HASYAH	GEOGRAPHY YAU KONG CHIN	PHYSICAL EDUCATION GOKU		BOOK KEEPING AND ACCOUNTS SHARLINNADIA	CHINESE LANGUAGE SEE SU PENG			COMMERC E KOK KIM WAH	BAHASA MALAYSIA HASYAH	INTERACTIVE ENGLISH JEYA	
Friday		BAHASA MALAYSIA HASYAH	ENGLISH SURVIN	ENGLISH SURVIN		SPM SCIENCE KHOO YEN TENG	CHINESE LANGUAGE SEE SU PENG	COMMERC E KOK KIM WAH		HISTORY OOI ZET FONG	MATHS LEE CHEE YEY		

S2REN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : HOR JUN YEN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			CHEMISTRY LIM YOON FOO	CHINESE LANGUAGE LAU CHUAN SIN		SPM HISTORY NURFADZILAH	ENGLISH SURVIN	PHYSICAL EDUCATION GOKU		ADVANCED MATHS LEE CHEE YEH	COMPUTER TEI KOK FONG		BAHASA MALAYSIA PRAMILAA
Tuesday		BIOLOGY YIP SIEW KENG		ENGLISH SURVIN		CHEMISTRY LIM YOON FOO	ADVANCED MATHS LEE CHEE YEH	BAHASA MALAYSIA PRAMILAA		ADVANCED MATHS LEE CHEE YEH	ENGLISH SURVIN	PHYSICS ONG KAR WENG	
Wednesday		INTERACTIVE ENGLISH ANANDA		PHYSICS ONG KAR WENG		CHINESE LANGUAGE LAU CHUAN SIN	BIOLOGY YIP SIEW KENG	SPM MORAL ONG YING YING		ADVANCED MATHS LEE CHEE YEH			
Thursday		BIOLOGY YIP SIEW KENG	ENGLISH SURVIN	BAHASA MALAYSIA PRAMILAA		ADVANCED MATHS LEE CHEE YEH	CHINESE LANGUAGE LAU CHUAN SIN			SPM HISTORY NURFADZILAH	PHYSICS ONG KAR WENG	CHEMISTRY LIM YOON FOO	
Friday		BAHASA MALAYSIA PRAMILAA	CHINESE LANGUAGE LAU CHUAN SIN	ADVANCED MATHS LEE CHEE YEH		CHEMISTRY LIM YOON FOO	PHYSICS ONG KAR WENG	CHINESE LANGUAGE LAU CHUAN SIN		ENGLISH SURVIN		BIOLOGY YIP SIEW KENG	

S2YI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : SEE SU PENG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			SPM HISTORY HASYAH	GEOGRAPHY ANNIE LIM		ENGLISH JANE IRENE	ENGLISH JANE IRENE	MATHS ONG EIK HOI		PRINCIPLES OF ACCOUNTS MOGANRAJ	Group 1 CHINESE LANGUAGE SEE SU PENG R23-2 Group 2 CHINESE LANGUAGE CHONG BOON FATT	ECONOMICS VISALASE	BAHASA MALAYSIA IDAYU
Tuesday		BAHASA MALAYSIA IDAYU		PHYSICAL EDUCATION GOKU		ENGLISH JANE IRENE		PRINCIPLES OF ACCOUNTS MOGANRAJ		BUSINESS STUDIES VISALASE	Group 1 CHINESE LANGUAGE SEE SU PENG R23-2 Group 2 CHINESE LANGUAGE CHONG BOON FATT	MATHS ONG EIK HOI	
Wednesday		ENGLISH JANE IRENE	MATHS ONG EIK HOI	BAHASA MALAYSIA IDAYU		PRINCIPLES OF ACCOUNTS MOGANRAJ	ECONOMICS VISALASE	Group 1 CHINESE LANGUAGE SEE SU PENG R22-1 Group 2 CHINESE LANGUAGE CHONG BOON FATT		BUSINESS STUDIES VISALASE			
Thursday		Group 1 CHINESE LANGUAGE SEE SU PENG R23-1 Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 1 CHINESE LANGUAGE SEE SU PENG R23-1 Group 2 CHINESE LANGUAGE CHONG BOON FATT	SPM MORAL ONG YING YING		GENERAL SCIENCE ATHIRAH	SPM HISTORY HASYAH	GEOGRAPHY ANNIE LIM		PRINCIPLES OF ACCOUNTS MOGANRAJ	MATHS ONG EIK HOI	BAHASA MALAYSIA IDAYU	ECONOMICS VISALASE
Friday		MATHS ONG EIK HOI	MATHS ONG EIK HOI	BUSINESS STUDIES VISALASE		ENGLISH JANE IRENE	COMPUTER JEEVA			PRINCIPLES OF ACCOUNTS MOGANRAJ	GEOGRAPHY ANNIE LIM	GENERAL SCIENCE ATHIRAH	

S2XIN

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : SITI HAWA

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS BEH AI HUI	PRINCIPLE S OF ACCOUNTS MOGANRAJ		GEOGRAP HY ANNIE LIM	ECONOMIC S VISALASE	SPM SCIEN CE ATHIRAH		BUSINESS STUDIES VISALASE	Group 1 CHINESE LANGUAGE KONG ZEE CHING R23-2 Group 2 CHINESE LANGUAGE CHONG BOON FATT	ENGLISH ANANDA	SPM HISTO RY SYARIFAH
Tuesday		MATHS BEH AI HUI	PRINCIPLE S OF ACCOUNTS MOGANRAJ	BAHASA MALAYSIA SITI HAWA		COMPUTER JEEVA		ECONOMIC S VISALASE		ENGLISH ANANDA	Group 1 CHINESE LANGUAGE KONG ZEE CHING R23-2 Group 2 CHINESE LANGUAGE CHONG BOON FATT	BUSINESS STUDIES VISALASE	
Wednesday		BAHASA MALAYSIA SITI HAWA	MATHS BEH AI HUI	MATHS BEH AI HUI		SPM SCIEN CE ATHIRAH	PRINCIPLE S OF ACCOUNTS MOGANRAJ	Group 1 CHINESE LANGUAGE KONG ZEE CHING R22-1 Group 2 CHINESE LANGUAGE CHONG BOON FATT		ENGLISH ANANDA			
Thursday		Group 1 CHINESE LANGUAGE KONG ZEE CHING R23-1 Group 2 CHINESE LANGUAGE CHONG BOON FATT	Group 1 CHINESE LANGUAGE KONG ZEE CHING R23-1 Group 2 CHINESE LANGUAGE CHONG BOON FATT	BUSINESS STUDIES VISALASE		PRINCIPLE S OF ACCOUNTS MOGANRAJ	GEOGRAP HY ANNIE LIM	MATHS BEH AI HUI		ENGLISH ANANDA		BAHASA MALAYSIA SITI HAWA	
Friday		ECONOMIC S VISALASE	PRINCIPLE S OF ACCOUNTS MOGANRAJ	SPM MORAL ONG YING YING		MATHS BEH AI HUI	ENGLISH ANANDA	GEOGRAP HY ANNIE LIM		BAHASA MALAYSIA SITI HAWA	PHYSICAL EDUCATIO N GOKU	SPM HISTO RY SYARIFAH	

S2ZI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			CHEMISTRY SIEW TUCK HING			MATHS/ ADD MATHS CHAI SIEW YIN	MATHS/ ADD MATHS CHAI SIEW YIN	Group 1 CHINESE LANGUAGE LAU CHUAN SIN R22-1 Group 2 CHINESE LANGUAGE LEE SHI HUI		ENGLISH ANANDA		PHYSICS LEE PAK FEI	BIOLOGY ATHIRAH
Tuesday		COMPUTER JEEVA		CHEMISTR Y SIEW TUCK HING		MATHS/ ADD MATHS CHAI SIEW YIN	BIOLOGY ATHIRAH			BAHASA MALAYSIA PRAMILAA	ENGLISH ANANDA	SPM MORAL ONG YING YING	Group 1 CHINESE LANGUAGE LAU CHUAN SIN R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI
Wednesday		PHYSICS LEE PAK FEI	SPM HISTO RY HASYAH	ENGLISH ANANDA		CHEMISTR Y SIEW TUCK HING	BAHASA MALAYSIA PRAMILAA	MATHS/ ADD MATHS CHAI SIEW YIN		BIOLOGY ATHIRAH			
Thursday		PHYSICAL EDUCATIO N GOKU	BAHASA MALAYSIA PRAMILAA	MATHS/ ADD MATHS CHAI SIEW YIN		CHEMISTR Y SIEW TUCK HING	ENGLISH ANANDA	BIOLOGY ATHIRAH		PHYSICS LEE PAK FEI		Group 1 CHINESE LANGUAGE LAU CHUAN SIN BC 5 Group 2 CHINESE LANGUAGE LEE SHI HUI R23-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	
Friday		ENGLISH ANANDA	BAHASA MALAYSIA PRAMILAA			Group 1 CHINESE LANGUAGE LAU CHUAN SIN R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	PHYSICS LEE PAK FEI	SPM HISTO RY HASYAH		MATHS/ ADD MATHS CHAI SIEW YIN		Group 1 CHINESE LANGUAGE LAU CHUAN SIN R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	

S2LI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : ONG CHING CHING

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS/ ADD MATHS CHAI SIEW YIN	SPM HISTO RY SYARIFAH		PHYSICS CAPTAIN CHAN	ENGLISH JEYA	Group 1 CHINESE LANGUAGE CHIEW TECK SENG R22-1 Group 2 CHINESE LANGUAGE LEE SHI HUI		MATHS/ ADD MATHS CHAI SIEW YIN	BAHASA MALAYSIA NURUL	CHEMISTRY SIEW TUCK HING	
Tuesday		MATHS/ ADD MATHS CHAI SIEW YIN	MATHS/ ADD MATHS CHAI SIEW YIN	BIOLOGY TAMILARASI		PHYSICS CAPTAIN CHAN		ENGLISH JEYA		BAHASA MALAYSIA NURUL	CHEMISTR Y SIEW TUCK HING	CHEMISTR Y SIEW TUCK HING	Group 1 CHINESE LANGUAGE CHIEW TECK SENG R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI
Wednesday		PHYSICAL EDUCATIO N GOKU	BAHASA MALAYSIA NURUL	SPM MORAL ONG YING YING		COMPUTER JEEVA		BIOLOGY TAMILARASI		ENGLISH JEYA			
Thursday		BAHASA MALAYSIA NURUL	ENGLISH JEYA			PHYSICS CAPTAIN CHAN	MATHS/ ADD MATHS CHAI SIEW YIN			BIOLOGY TAMILARASI	CHEMISTR Y SIEW TUCK HING	Group 1 CHINESE LANGUAGE CHIEW TECK SENG BC 5 Group 2 CHINESE LANGUAGE LEE SHI HUI R23-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	
Friday		BIOLOGY TAMILARASI		PHYSICS CAPTAIN CHAN		Group 1 CHINESE LANGUAGE CHIEW TECK SENG R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	MATHS/ ADD MATHS CHAI SIEW YIN	SPM HISTO RY SYARIFAH		ENGLISH JEYA	BAHASA MALAYSIA NURUL	Group 1 CHINESE LANGUAGE CHIEW TECK SENG R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	

S2PIN

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH JEYA	BIOLOGY LOKE WAI CHUAN		BAHASA MALAYSIA PRAMILAA	PHYSICAL EDUCATION GOKU	Group 1 CHINESE LANGUAGE SEE SU PENG R22-1 Group 2 CHINESE LANGUAGE LEE SHI HUI		CHEMISTRY LUM KOK SENG		MATHS/ ADD MATHS TAN YANN HANN	PHYSICS LEE PAK FEI
Tuesday		PHYSICS LEE PAK FEI		MATHS/ ADD MATHS TAN YANN HANN		BIOLOGY LOKE WAI CHUAN	ENGLISH JEYA	SPM HISTORY HASYAH		ENGLISH JEYA	SPM MORAL IDAYU	BAHASA MALAYSIA PRAMILAA	Group 1 CHINESE LANGUAGE SEE SU PENG R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI
Wednesday		MATHS/ ADD MATHS TAN YANN HANN	ENGLISH JEYA			CHEMISTRY LUM KOK SENG	SPM HISTORY HASYAH	MATHS/ ADD MATHS TAN YANN HANN		BAHASA MALAYSIA PRAMILAA			
Thursday		BAHASA MALAYSIA PRAMILAA	PHYSICS LEE PAK FEI	MATHS/ ADD MATHS TAN YANN HANN		CHEMISTRY LUM KOK SENG	ENGLISH JEYA	BIOLOGY LOKE WAI CHUAN		COMPUTER JEEVA		Group 1 CHINESE LANGUAGE SEE SU PENG BC 5 Group 2 CHINESE LANGUAGE LEE SHI HUI	R23-2 Group 2 CHINESE LANGUAGE LEE SHI HUI
Friday		PHYSICS LEE PAK FEI	BIOLOGY LOKE WAI CHUAN			Group 1 CHINESE LANGUAGE SEE SU PENG R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	MATHS/ ADD MATHS TAN YANN HANN	CHEMISTRY LUM KOK SENG		BAHASA MALAYSIA PRAMILAA	MATHS/ ADD MATHS TAN YANN HANN	Group 1 CHINESE LANGUAGE SEE SU PENG R22-2 Group 2 CHINESE LANGUAGE LEE SHI HUI	

S2HE

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LOKE WAI CHUAN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			BIOLOGY T / A / LWC	BAHASA MALAYSIA I / SH		CHEMISTRY LKS / STH	PHYSICS LPF / CC			BAHASA MALAYSIA I / SH	MATHS/ ADD MATHS S / JY / CSY / YT	Group 1 CHINESE LANGUAGE KZC / CTS / SSP Group 2 CHINESE LANGUAGE HO WEI HOW	Group 1 CHINESE LANGUAGE KZC / CTS / SSP Group 2 CHINESE LANGUAGE HO WEI HOW
Tuesday		ENGLISH AL / A / JI	ENGLISH AL / A / JI	Group 1 CHINESE LANGUAGE KZC / CTS / SSP R23-2 Group 2 CHINESE LANGUAGE LAU CHUAN SIN		SPM MORAL OYY / I	MATHS/ ADD MATHS S / JY / CSY / YT	MATHS/ ADD MATHS S / JY / CSY / YT		CHEMISTRY LKS / STH	PHYSICS LPF / CC	BIOLOGY T / A / LWC	BIOLOGY T / A / LWC
Wednesday		Group 1 CHINESE LANGUAGE KZC / CTS / SSP R22-1 Group 2 CHINESE LANGUAGE LAU CHUAN SIN	MATHS/ ADD MATHS S / JY / CSY / YT	MATHS/ ADD MATHS S / JY / CSY / YT		BAHASA MALAYSIA I / SH	ENGLISH AL / A / JI	CHEMISTRY LKS / STH		SPM HISTORY S / H			
Thursday		ENGLISH AL / A / JI		PHYSICS LPF / CC		COMPUTER JEEVA		PHYSICAL EDUCATION G / HJY		CHEMISTRY LKS / STH	BAHASA MALAYSIA I / SH	MATHS/ ADD MATHS S / JY / CSY / YT	BIOLOGY T / A / LWC
Friday		Group 1 CHINESE LANGUAGE KZC / CTS / SSP R22-1 Group 2 CHINESE LANGUAGE LAU CHUAN SIN		Group 2 CHINESE LANGUAGE HO WEI HOW		ENGLISH AL / A / JI	SPM HISTORY S / H	BAHASA MALAYSIA I / SH	PHYSICS LPF / CC	CHEMISTRY LKS / STH	BIOLOGY T / A / LWC	MATHS/ ADD MATHS S / JY / CSY / YT	

S2QI

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LUM KOK SENG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			BIOLOGY T / A / LWC	BAHASA MALAYSIA I / SH		CHEMISTRY LKS / STH	PHYSICS LPF / CC			BAHASA MALAYSIA I / SH	MATHS/ ADD MATHS S / JY / CSY / YT	Group 1 CHINESE LANGUAGE KZC / CTS / SSP Group 2 CHINESE LANGUAGE HO WEI HOW	Group 1 CHINESE LANGUAGE KZC / CTS / SSP Group 2 CHINESE LANGUAGE HO WEI HOW
Tuesday		ENGLISH AL / A / JI	ENGLISH AL / A / JI	Group 1 CHINESE LANGUAGE KZC / CTS / SSP R23-2 Group 2 CHINESE LANGUAGE LAU CHUAN SIN		SPM MORAL OYY / I	MATHS/ ADD MATHS S / JY / CSY / YT	MATHS/ ADD MATHS S / JY / CSY / YT		CHEMISTRY LKS / STH	PHYSICS LPF / CC	BIOLOGY T / A / LWC	BIOLOGY T / A / LWC
Wednesday		Group 1 CHINESE LANGUAGE KZC / CTS / SSP R22-1 Group 2 CHINESE LANGUAGE LAU CHUAN SIN	MATHS/ ADD MATHS S / JY / CSY / YT	MATHS/ ADD MATHS S / JY / CSY / YT		BAHASA MALAYSIA I / SH	ENGLISH AL / A / JI	CHEMISTRY LKS / STH		SPM HISTORY S / H			
Thursday		ENGLISH AL / A / JI		PHYSICS LPF / CC		COMPUTER JEEVA		PHYSICAL EDUCATION G / HJY		CHEMISTRY LKS / STH	BAHASA MALAYSIA I / SH	MATHS/ ADD MATHS S / JY / CSY / YT	BIOLOGY T / A / LWC
Friday		Group 1 CHINESE LANGUAGE KZC / CTS / SSP R22-1 Group 2 CHINESE LANGUAGE LAU CHUAN SIN		Group 2 CHINESE LANGUAGE HO WEI HOW	ENGLISH AL / A / JI	SPM HISTORY S / H	BAHASA MALAYSIA I / SH	PHYSICS LPF / CC		CHEMISTRY LKS / STH	BIOLOGY T / A / LWC	MATHS ADD MATHS S / JY / CSY / YT	

S2AI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			BIOLOGY T / A / LWC	BAHASA MALAYSIA I / SH		CHEMISTRY LKS / STH	PHYSICS LPF / CC			BAHASA MALAYSIA I / SH	MATHS ADD MATHS SJY / CSY / YT	Group 1 CHINESE LANGUAGE KZC / CTS / SSP Group 2 CHINESE LANGUAGE HO WEI HOW	Group 1 CHINESE LANGUAGE KZC / CTS / SSP Group 2 CHINESE LANGUAGE HO WEI HOW
Tuesday		ENGLISH AL / A / JI	ENGLISH AL / A / JI	Group 1 CHINESE LANGUAGE KZC / CTS / SSP R23-2 Group 2 CHINESE LANGUAGE LAU CHUAN SIN		SPM MORAL OYY / I	MATHS ADD MATHS SJY / CSY / YT	MATHS ADD MATHS SJY / CSY / YT		CHEMISTRY LKS / STH	PHYSICS LPF / CC	BIOLOGY T / A / LWC	BIOLOGY T / A / LWC
Wednesday		Group 1 CHINESE LANGUAGE KZC / CTS / SSP R22-1 Group 2 CHINESE LANGUAGE LAU CHUAN SIN	MATHS ADD MATHS SJY / CSY / YT	MATHS ADD MATHS SJY / CSY / YT		BAHASA MALAYSIA I / SH	ENGLISH AL / A / JI	CHEMISTRY LKS / STH		SPM HISTORY S / H			
Thursday		ENGLISH AL / A / JI		PHYSICS LPF / CC		COMPUTER JEEVA		PHYSICAL EDUCATION G / HJY		CHEMISTRY LKS / STH	BAHASA MALAYSIA I / SH	MATHS ADD MATHS SJY / CSY / YT	BIOLOGY T / A / LWC
Friday		Group 1 CHINESE LANGUAGE KZC / CTS / SSP R22-1 Group 2 CHINESE LANGUAGE LAU CHUAN SIN	Group 2 CHINESE LANGUAGE HO WEI HOW	ENGLISH AL / A / JI		SPM HISTORY S / H	BAHASA MALAYSIA I / SH	PHYSICS LPF / CC		CHEMISTRY LKS / STH	BIOLOGY T / A / LWC	MATHS ADD MATHS SJY / CSY / YT	

S3ZH

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : LEOW WAI HONG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH JANE IRENE	MATHS LEOW WAI HONG		MATHS LEOW WAI HONG	COMMERC E ONG CHING CHING	CHINESE LANGUAGE QUI LEE LEE		CHINESE LANGUAGE QUI LEE LEE	BAHASA MALAYSIA PRAMILAA	PHYSICAL EDUCATIO N GOKU	BOOK KEEPING AND ACCOUNTS KOK KIM WAH
Tuesday		COMPUTER HEONG CHOON HO		BOOK KEEPING AND ACCOUNTS KOK KIM WAH		MATHS LEOW WAI HONG	SPM MORAL IDAYU	HISTORY QUI LEE LEE		GEOGRAP HY WONG SHU FENN	COMMERC E ONG CHING CHING	SPM HISTO RY HASYAH	BAHASA MALAYSIA PRAMILAA
Wednesday		BAHASA MALAYSIA PRAMILAA	CHINESE LANGUAGE QUI LEE LEE	ENGLISH JANE IRENE		ENGLISH JANE IRENE	HISTORY QUI LEE LEE	GEOGRAP HY WONG SHU FENN		MATHS LEOW WAI HONG			
Thursday		CHINESE LANGUAGE QUI LEE LEE	BOOK KEEPING AND ACCOUNTS KOK KIM WAH	MATHS LEOW WAI HONG		ENGLISH JANE IRENE		HISTORY QUI LEE LEE		SPM SCIEN CE LIM YOON FOO	BAHASA MALAYSIA PRAMILAA		SPM HISTO RY HASYAH
Friday		CHINESE LANGUAGE QUI LEE LEE		COMMERC E ONG CHING CHING		GEOGRAP HY WONG SHU FENN	ENGLISH JANE IRENE	SPM SCIEN CE LIM YOON FOO		MATHS LEOW WAI HONG	BOOK KEEPING AND ACCOUNTS KOK KIM WAH	MATHS LEOW WAI HONG	

S3XO

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : KOK KIM WAH

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH ONG CHING CHING	BOOK KEEPING AND ACCOUNTS KOK KIM WAH		BAHASA MALAYSIA ONG YING YING	CHINESE LANGUAGE QUI LEE LEE	MATHS YEOW GHEE RUEY		GEOGRAPHY WONG SHU FENN	SPM HISTORY HASYAH	HISTORY QUI LEE LEE	ENGLISH ONG CHING CHING
Tuesday		COMMERC E ONG CHING CHING	CHINESE LANGUAGE QUI LEE LEE			GEOGRAPHY WONG SHU FENN	MATHS YEOW GHEE RUEY	PHYSICAL EDUCATION GOKU		COMPUTER HEONG CHOON HO	SPM MORAL ONG YING YING	BOOK KEEPING AND ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA ONG YING YING
Wednesday		CHINESE LANGUAGE QUI LEE LEE	MATHS LEOW WAI HONG	ENGLISH ONG CHING CHING		GEOGRAPHY WONG SHU FENN	SPM SCIENCE LIM YOON FOO	SPM HISTORY HASYAH		COMMERC E ONG CHING CHING			
Thursday		BOOK KEEPING AND ACCOUNTS KOK KIM WAH	CHINESE LANGUAGE QUI LEE LEE	CHINESE LANGUAGE QUI LEE LEE		ENGLISH ONG CHING CHING	MATHS LEOW WAI HONG	MATHS YEOW GHEE RUEY		BAHASA MALAYSIA ONG YING YING		HISTORY QUI LEE LEE	MATHS LEOW WAI HONG
Friday		COMMERC E ONG CHING CHING	BOOK KEEPING AND ACCOUNTS KOK KIM WAH	HISTORY QUI LEE LEE		MATHS YEOW GHEE RUEY	BAHASA MALAYSIA ONG YING YING	COMPUTER HEONG CHOON HO		SPM SCIENCE LIM YOON FOO	ENGLISH ONG CHING CHING		

S3REN

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MATHS/ ADD MATHS LEE CHEE YEH	SPM HISTO RY ATHIRAH		CHINESE LANGUAGE KONG ZEE CHING	CHEMISTRY LIM YOON FOO			BAHASA MALAYSIA ONG YING YING		BIOLOGY YIP SIEW KENG	
Tuesday		BAHASA MALAYSIA ONG YING YING	MATHS/ ADD MATHS LEE CHEE YEH	BIOLOGY YIP SIEW KENG		PHYSICS ONG KAR WENG		CHINESE LANGUAGE KONG ZEE CHING		CHEMISTR Y LIM YOON FOO	ENGLISH ANNIE LIM		PHYSICAL EDUCATIO N GOKU
Wednesday		COMPUTER HEONG CHOON HO		MATHS/ ADD MATHS LEE CHEE YEH		BAHASA MALAYSIA ONG YING YING	PHYSICS ONG KAR WENG	ENGLISH ANNIE LIM		CHEMISTR Y LIM YOON FOO			
Thursday		CHEMISTR Y LIM YOON FOO	SPM MORAL ONG YING YING	MATHS/ ADD MATHS LEE CHEE YEH		CHINESE LANGUAGE KONG ZEE CHING	CHINESE LANGUAGE KONG ZEE CHING	BIOLOGY YIP SIEW KENG		ENGLISH ANNIE LIM	MATHS/ ADD MATHS LEE CHEE YEH	ENGLISH ANNIE LIM	BAHASA MALAYSIA ONG YING YING
Friday		MATHS/ ADD MATHS LEE CHEE YEH	ENGLISH ANNIE LIM	BIOLOGY YIP SIEW KENG		CHINESE LANGUAGE KONG ZEE CHING		SPM HISTO RY ATHIRAH		MATHS/ ADD MATHS LEE CHEE YEH	PHYSICS ONG KAR WENG		

S3LI

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			BIOLOGY YIP SIEW KENG	MATHS/ ADD MATHS CHAI SIEW YIN		CHINESE LANGUAGE CHIEW TECK SENG	CHEMISTR Y LUM KOK SENG			BAHASA MALAYSIA ONG YING YING	PHYSICS ONG KAR WENG		
Tuesday		BAHASA MALAYSIA ONG YING YING	CHEMISTRY LUM KOK SENG			CHINESE LANGUAGE CHIEW TECK SENG	BIOLOGY YIP SIEW KENG	PHYSICS ONG KAR WENG		CHINESE LANGUAGE CHIEW TECK SENG	ENGLISH ANNIE LIM		MATHS/ ADD MATHS CHAI SIEW YIN
Wednesday		BIOLOGY YIP SIEW KENG		CHEMISTR Y LUM KOK SENG		BAHASA MALAYSIA ONG YING YING	MATHS/ ADD MATHS CHAI SIEW YIN	ENGLISH ANNIE LIM		PHYSICS ONG KAR WENG			
Thursday		MATHS/ ADD MATHS CHAI SIEW YIN	MATHS/ ADD MATHS CHAI SIEW YIN	CHEMISTR Y LUM KOK SENG		CHINESE LANGUAGE CHIEW TECK SENG	BIOLOGY YIP SIEW KENG	PHYSICS ONG KAR WENG		ENGLISH ANNIE LIM	PHYSICAL EDUCATIO N GOKU	ENGLISH ANNIE LIM	BAHASA MALAYSIA ONG YING YING
Friday		MATHS/ ADD MATHS CHAI SIEW YIN	ENGLISH ANNIE LIM	MATHS/ ADD MATHS CHAI SIEW YIN		CHEMISTR Y LUM KOK SENG	BIOLOGY YIP SIEW KENG	PHYSICS ONG KAR WENG		CHINESE LANGUAGE CHIEW TECK SENG	COMPUTER ONG EIK HOOI		

CNA

SM Poi Lam, 31500 Ipoh, Perak

Class teacher : ONG KAR WENG

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			ENGLISH Amreet	HISTORY QUI LEE LEE		CHINESE LANGUAGE CHIEW TECK SENG		GEOGRAPHY WONG SHU FENN		MATHS LEOW WAI HONG		ENGLISH Amreet	
Tuesday		HISTORY QUI LEE LEE	INTERACTIVE ENGLISH ANNY FOONG			CHINESE LANGUAGE CHIEW TECK SENG	MATHS LEOW WAI HONG			CHINESE LANGUAGE CHIEW TECK SENG	ENGLISH Amreet	ENGLISH ONG CHING CHING	
Wednesday		ENGLISH ONG CHING CHING		GEOGRAPHY WONG SHU FENN		MATHS LEOW WAI HONG		HISTORY QUI LEE LEE		INTERACTIVE ENGLISH ANNY FOONG			
Thursday		GEOGRAPHY WONG SHU FENN	PHYSICAL EDUCATION GOKU	INTERACTIVE ENGLISH ANNY FOONG		CHINESE LANGUAGE CHIEW TECK SENG	HISTORY QUI LEE LEE	CHINESE LANGUAGE CHIEW TECK SENG		MATHS LEOW WAI HONG		ENGLISH Amreet	
Friday		ENGLISH Amreet		PHYSICAL EDUCATION GOKU		MATHS LEOW WAI HONG		GEOGRAPHY WONG SHU FENN		CHINESE LANGUAGE CHIEW TECK SENG	COMPUTER ONG EIK HOOI		

Valid from 07-09-2020

CHI MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday			MEETING GJH / KZC / LSH / CBF / LMY / OZF / SSP / TCCM / WCY / YKC / C / CSS / L / SW										
Tuesday													
Wednesday													
Thursday													
Friday													

Valid from 07-09-2020

BM MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday							MEETING H/H/H/I/LSC/ N/N/N/P/SH/ S/ZA/OYY/A						
Tuesday													
Wednesday													
Thursday													
Friday													

Valid from 07-09-2020

ENG MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													

MATHS MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday											MEETING D / LSW / N / OEH / T / G / CSY / SJY / CWM / FA		
Wednesday													
Thursday													
Friday													

Valid from 07-09-2020

COMP MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday													
Thursday													MEETING HCH / HJY / J / LSW / TKF
Friday													

UEC MATHS MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday													
Thursday		MEETING LWH / LCY / C / YGR											
Friday													

Valid from 07-09-2020

GS MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday			MEETING N / LHT / KAT / W										
Thursday													
Friday													

BIO/PHY/CHEM MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday													
Thursday							MEETING A / STH / T / KYT W / LKS / LWC LPF / OKW / LYF S / T / W						
Friday													

HISTORY MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday							MEETING LBL / OZF / TCCM GJH / L / H / CSS SSP / QLL						
Wednesday													
Thursday													
Friday													

PT3/SPM SEJ MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday													
Thursday													
Friday			MEETING										

LBL / A / H / S / N
A

Valid from 07-09-2020

SPM MORAL

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday												MEETING I/OYY	
Tuesday													
Wednesday													
Thursday													
Friday													

Valid from 07-09-2020

GEO MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday													
Thursday												MEETING	
Friday												S / ZA / N / SDW YKC / WCY / SW	

Valid from 07-09-2020

ART MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday													
Wednesday		MEETING CBF / LSH											
Thursday													
Friday													

ACC/BS MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday													
Tuesday							MEETING M/S/OC/V/ KKW						
Wednesday													
Thursday													
Friday													

Valid from 07-09-2020

PE MEETING

SM Poi Lam, 31500 Ipoh, Perak

	MS 7:15 - 7:45	1 7:45 - 8:25	2 8:25 - 9:05	3 9:05 - 9:45	FIRST RECESS 9:45 - 10:25	4 10:25 - 11:05	5 11:05 - 11:45	6 11:45 - 12:25	SECOND RECESS 12:25 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Monday		MEETING HJY / G / O											
Tuesday													
Wednesday													
Thursday													
Friday													