

J2 - PIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : WONG CHI YAN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			UEC SCIENCE WONG SHU FEN	BAHASA MALAYSIA NORNADIA		COMPUTER HEONG CHOON HO	HISTORY LIM BENG LEE			MATHS ENG SHU MING	CHINESE LANGUAGE WONG CHI YAN	ENGLISH NG IN YAN	
Selasa		PT3 HISTORY NATASYHA	MATHS ENG SHU MING			ENGLISH NG IN YAN	CHINESE LANGUAGE WONG CHI YAN			UEC SCIENCE WONG SHU FEN	PHYSICAL EDUCATION HOR JUN YEN	UEC GEO CHANG SHWU LING	
Rabu		ENGLISH NG IN YAN	BAHASA MALAYSIA NORNADIA			UEC SCIENCE WONG SHU FEN	HISTORY LIM BENG LEE	UEC GEO CHANG SHWU LING		CHINESE LANGUAGE WONG CHI YAN			
Khamis		CHINESE LANGUAGE WONG CHI YAN	ART LEE SHI HUI			BAHASA MALAYSIA NORNADIA	MATHS ENG SHU MING			UEC SCIENCE WONG SHU FEN	INTERACTIVE ENGLISH WONG KA CHUN		ENGLISH NG IN YAN
Jumaat		UEC SCIENCE WONG SHU FEN		CHINESE LANGUAGE WONG CHI YAN		MATHS ENG SHU MING		ENGLISH NG IN YAN		BAHASA MALAYSIA NORNADIA	UEC GEO CHANG SHWU LING	HISTORY LIM BENG LEE	

J2 - Y1

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : CHANG SHWU LING

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			BAHASA MALAYSIA NURFADZILAH			ENGLISH CHOONG WOAN JIUN	MATHS FU WAH KIT	PHYSICAL EDUCATION HOR JUN YEN		CHINESE LANGUAGE KOK KER WEI	GENERAL SCIENCE TAMILARASI		GEOGRAPHY CHANG SHWU LING
Selasa		PT3 HISTORY ATIKAH	MATHS FU WAH KIT	HISTORY TEOW KOM LON		CHINESE LANGUAGE KOK KER WEI	COMPUTER HEONG CHOON HO			BAHASA MALAYSIA NURFADZILAH	ENGLISH CHOONG WOAN JIUN	GENERAL SCIENCE TAMILARASI	
Rabu		HISTORY TEOW KOM LON	GEOGRAPHY CHANG SHWU LING	GENERAL SCIENCE TAMILARASI		CHINESE LANGUAGE KOK KER WEI	ENGLISH CHOONG WOAN JIUN			MATHS FU WAH KIT			
Khamis		CHINESE LANGUAGE KOK KER WEI		HISTORY TEOW KOM LON		BAHASA MALAYSIA NURFADZILAH	INTERACTIVE ENGLISH NG IN YAN			MATHS FU WAH KIT		GENERAL SCIENCE TAMILARASI	ENGLISH CHOONG WOAN JIUN
Jumaat		GEOGRAPHY CHANG SHWU LING	CHINESE LANGUAGE KOK KER WEI			BAHASA MALAYSIA NURFADZILAH	MATHS FU WAH KIT			ENGLISH CHOONG WOAN JIUN	ART LEE SHI HUI		

J2 - MIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : FU WAH KIT

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			INTERACTIVE ENGLISH WONG KA CHUN			ENGLISH NG IN YAN	HISTORY LIM BENG LEE	GENERAL SCIENCE NITHIYAKAMALA M		BAHASA MALAYSIA ATIKAH	MATHS FU WAH KIT		Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE CHAW WEI KEE
Selasa		HISTORY LIM BENG LEE	Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE CHAW WEI KEE			GENERAL SCIENCE NITHIYAKAMALA M	ART LEE SHI HUI			MATHS FU WAH KIT	ENGLISH NG IN YAN		GEOGRAPHY SHARMILA
Rabu		GEOGRAPHY SHARMILA	MATHS FU WAH KIT			GENERAL SCIENCE NITHIYAKAMALA M	ENGLISH NG IN YAN	Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE CHAW WEI KEE		BAHASA MALAYSIA ATIKAH			
Khamis		COMPUTER HEONG CHOON HO		ENGLISH NG IN YAN		BAHASA MALAYSIA ATIKAH	MATHS FU WAH KIT	HISTORY LIM BENG LEE		Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE CHAW WEI KEE	GENERAL SCIENCE NITHIYAKAMALAM		PT3 HISTORY NATASYHA
Jumaat		MATHS FU WAH KIT	BAHASA MALAYSIA ATIKAH			ENGLISH NG IN YAN	GEOGRAPHY SHARMILA			Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE CHAW WEI KEE	PHYSICAL EDUCATION HOR JUN YEN	GENERAL SCIENCE NITHIYAKAMALA M	

J2 - XIAO

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : BOBBY YAP

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			BAHASA MALAYSIA SYARIFAH	GENERAL SCIENCE NITHIYAKAMALA M		MATHS FU WAH KIT	HISTORY TEOW KOM LON	ENGLISH BOBBY YAP		COMPUTER HEONG CHOON HO		CHINESE LANGUAGE CHOW PEI YEE	GEOGRAPHY SHARMILA
Selasa		ENGLISH BOBBY YAP	ART LEE SHI HUI			MATHS FU WAH KIT		CHINESE LANGUAGE CHOW PEI YEE		GENERAL SCIENCE NITHIYAKAMALAM		BAHASA MALAYSIA SYARIFAH	PT3 HISTORY ATIKAH
Rabu		CHINESE LANGUAGE CHOW PEI YEE		GENERAL SCIENCE NITHIYAKAMALA M		ENGLISH BOBBY YAP	HISTORY TEOW KOM LON	MATHS FU WAH KIT		GEOGRAPHY SHARMILA			
Khamis		INTERACTIVE ENGLISH HENG YIK LIM		CHINESE LANGUAGE CHOW PEI YEE		GENERAL SCIENCE NITHIYAKAMALA M	GEOGRAPHY SHARMILA			BAHASA MALAYSIA SYARIFAH		MATHS FU WAH KIT	ENGLISH BOBBY YAP
Jumaat		BAHASA MALAYSIA SYARIFAH	PHYSICAL EDUCATION HOR JUN YEN	HISTORY TEOW KOM LON		CHINESE LANGUAGE CHOW PEI YEE	ENGLISH BOBBY YAP			GENERAL SCIENCE NITHIYAKAMALA M	MATHS FU WAH KIT		

J2 - QIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : LEE SHI HUI

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			MATHS JAMES			GENERAL SCIENCE LEONG CHUN FARN	INTERACTIVE ENGLISH NG IN YAN			HISTORY TERESA CHAU		ENGLISH CHOONG WOAN JIUN	Group 1 CHINESE LANGUAGE KOK KER WEI Group 2 BASIC CHINESE CHAW WEI KEE
Selasa		GEOGRAPHY SHARMILA	Group 1 CHINESE LANGUAGE KOK KER WEI Group 2 BASIC CHINESE CHAW WEI KEE			GENERAL SCIENCE LEONG CHUN FARN		HISTORY TERESA CHAU		ENGLISH CHOONG WOAN JIUN	MATHS JAMES	COMPUTER HEONG CHOON HO	
Rabu		ENGLISH CHOONG WOAN JIUN	GEOGRAPHY SHARMILA	MATHS JAMES		BAHASA MALAYSIA SYARIFAH		Group 1 CHINESE LANGUAGE KOK KER WEI Group 2 BASIC CHINESE CHAW WEI KEE		GENERAL SCIENCE LEONG CHUN FARN			
Khamis		MATHS JAMES		PHYSICAL EDUCATION HOR JUN YEN		ENGLISH CHOONG WOAN JIUN	PT3 HISTORY ATIKAH	BAHASA MALAYSIA SYARIFAH		Group 1 CHINESE LANGUAGE KOK KER WEI Group 2 BASIC CHINESE CHAW WEI KEE	GEOGRAPHY SHARMILA		GENERAL SCIENCE LEONG CHUN FARN
Jumaat		GENERAL SCIENCE LEONG CHUN FARN	ENGLISH CHOONG WOAN JIUN			MATHS JAMES	ART LEE SHI HUI			Group 1 CHINESE LANGUAGE KOK KER WEI Group 2 BASIC CHINESE CHAW WEI KEE	BAHASA MALAYSIA SYARIFAH		

J2 - HUI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : TAMILARASI

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			HISTORY TEOW KOM LON	MATHS PUA YONG CHENG		GENERAL SCIENCE TAMILARASI	BAHASA MALAYSIA NURFADZILAH			ENGLISH BOBBY YAP	GEOGRAPHY SHARMILA	PT3 HISTORY ATIKAH	Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI Kumpulan 2 BASIC CHINESE CHAW WEI KEE
Selasa		GENERAL SCIENCE TAMILARASI	Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI Kumpulan 2 BASIC CHINESE CHAW WEI KEE			INTERACTIVE ENGLISH CHOONG WOAN JIUN		HISTORY TEOW KOM LON		MATHS PUA YONG CHENG		GEOGRAPHY SHARMILA	BAHASA MALAYSIA NURFADZILAH
Rabu		GENERAL SCIENCE TAMILARASI	ENGLISH BOBBY YAP			ART LEE SHI HUI		Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI Kumpulan 2 BASIC CHINESE CHAW WEI KEE		MATHS PUA YONG CHENG			
Khamis		HISTORY TEOW KOM LON	ENGLISH BOBBY YAP			MATHS PUA YONG CHENG	GENERAL SCIENCE TAMILARASI			Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI Kumpulan 2 BASIC CHINESE CHAW WEI KEE	BAHASA MALAYSIA NURFADZILAH	COMPUTER HEONG CHOON HO	
Jumaat		ENGLISH BOBBY YAP	GEOGRAPHY SHARMILA			GENERAL SCIENCE TAMILARASI	PHYSICAL EDUCATION HOR JUN YEN	BAHASA MALAYSIA NURFADZILAH		Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI Kumpulan 2 BASIC CHINESE CHAW WEI KEE	MATHS PUA YONG CHENG		

J2 - LI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : WONG YAO WEN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			ENGLISH NG IN YAN	MATHS FU WAH KIT		PT3 HISTORY NATASYHA	GENERAL SCIENCE WONG YAO WEN			GEOGRAPHY CHANG SHWU LING	ART LEE SHI HUI		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE CHAW WEI KEE
Selasa		ENGLISH NG IN YAN	Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE CHAW WEI KEE			HISTORY TERESA CHAU	GEOGRAPHY CHANG SHWU LING			BAHASA MALAYSIA NORNADIA		MATHS FU WAH KIT	
Rabu		GENERAL SCIENCE WONG YAO WEN		ENGLISH NG IN YAN		HISTORY TERESA CHAU	MATHS FU WAH KIT	Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE CHAW WEI KEE		BAHASA MALAYSIA NORNADIA			
Khamis		ENGLISH NG IN YAN	MATHS FU WAH KIT			GENERAL SCIENCE WONG YAO WEN	COMPUTER HEONG CHOON HO			Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE CHAW WEI KEE	GEOGRAPHY CHANG SHWU LING	HISTORY TERESA CHAU	BAHASA MALAYSIA NORNADIA
Jumaat		BAHASA MALAYSIA NORNADIA	MATHS FU WAH KIT	GENERAL SCIENCE WONG YAO WEN		INTERACTIVE ENGLISH HENG YIK LIM		PHYSICAL EDUCATION HOR JUN YEN		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE CHAW WEI KEE	ENGLISH NG IN YAN		

J3 - PIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : WONG SHU FEN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			UEC GEO WONG CHOON YENG	CHINESE LANGUAGE KOK KER WEI		UEC MATH ENG SHU MING		ENGLISH WONG KA CHUN		BAHASA MALAYSIA NURFADZILAH	HISTORY CHUAH HOOI THENG		UEC SCIENCE WONG SHU FEN
Selasa		ENGLISH WONG KA CHUN	COMPUTER HEONG CHOON HO			UEC SCIENCE WONG SHU FEN	BAHASA MALAYSIA NURFADZILAH			UEC MATH ENG SHU MING		CHINESE LANGUAGE KOK KER WEI	
Rabu		ART CHONG BOON FATT		BAHASA MALAYSIA NURFADZILAH		PT3 HISTORY NORNADIA	ENGLISH WONG KA CHUN			UEC SCIENCE WONG SHU FEN			
Khamis		UEC SCIENCE WONG SHU FEN	INTERACTIVE ENGLISH SHARMILA			HISTORY CHUAH HOOI THENG	CHINESE LANGUAGE KOK KER WEI			BAHASA MALAYSIA NURFADZILAH	UEC MATH ENG SHU MING	UEC GEO WONG CHOON YENG	
Jumaat		ENGLISH WONG KA CHUN		PHYSICAL EDUCATION GOKU		CHINESE LANGUAGE KOK KER WEI	UEC SCIENCE WONG SHU FEN			UEC MATH ENG SHU MING	UEC MATH ENG SHU MING	UEC GEO WONG CHOON YENG	

J3 - ZI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : PUA YONG CHENG

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			CHINESE LANGUAGE WONG CHI YAN	HISTORY LIM BENG LEE		PRINCIPLES OF ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA ZAFIRAH			MATHS PUA YONG CHENG		ENGLISH UMAH	
Selasa		BAHASA MALAYSIA ZAFIRAH	ENGLISH UMAH	PT3 HISTORY NORNADIA		HISTORY LIM BENG LEE	PHYSICAL EDUCATION GOKU	MATHS PUA YONG CHENG		BUSINESS STUDIES TEO YUAN ZHE		CHINESE LANGUAGE WONG CHI YAN	
Rabu		PRINCIPLES OF ACCOUNTS KOK KIM WAH	CHINESE LANGUAGE WONG CHI YAN	ENGLISH UMAH		ART CHONG BOON FATT		BAHASA MALAYSIA ZAFIRAH		ECONOMICS ANBARASAN			
Khamis		BAHASA MALAYSIA ZAFIRAH	CHINESE LANGUAGE WONG CHI YAN	BUSINESS STUDIES TEO YUAN ZHE		COMPUTER JEEVA		MATHS PUA YONG CHENG		ENGLISH UMAH	ECONOMICS ANBARASAN		HISTORY LIM BENG LEE
Jumaat		MATHS PUA YONG CHENG		ECONOMICS ANBARASAN		CHINESE LANGUAGE WONG CHI YAN	PRINCIPLES OF ACCOUNTS KOK KIM WAH			ENGLISH UMAH	INTERACTIVE ENGLISH SHARMILA		

J3 - AI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : NORNADIA

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			PRINCIPLES OF ACCOUNTS KOK KIM WAH	MATHS TAN WOAN SEAN		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	PHYSICAL EDUCATION GOKU	BAHASA MALAYSIA NORNADIA		BUSINESS STUDIES TEO YUAN ZHE		ENGLISH WONG KA CHUN	ECONOMICS ANBARASAN
Selasa		PT3 HISTORY AMIELIA	MATHS TAN WOAN SEAN			COMPUTER JEEVA		BAHASA MALAYSIA NORNADIA		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	ECONOMICS ANBARASAN		ENGLISH WONG KA CHUN
Rabu		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	ENGLISH WONG KA CHUN			INTERACTIVE ENGLISH SHARMILA		ECONOMICS ANBARASAN		HISTORY LIM BENG LEE			
Khamis		ART CHONG BOON FATT		MATHS TAN WOAN SEAN		ENGLISH WONG KA CHUN		PRINCIPLES OF ACCOUNTS KOK KIM WAH		BAHASA MALAYSIA NORNADIA		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	
Jumaat		PRINCIPLES OF ACCOUNTS KOK KIM WAH		BAHASA MALAYSIA NORNADIA		HISTORY LIM BENG LEE		BUSINESS STUDIES TEO YUAN ZHE		MATHS TAN WOAN SEAN		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	

J3 - LI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : ANNIE SYLVIA

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			BAHASA MALAYSIA HASLINA	ENGLISH ANNIE SYLVIA		MATHS/ ADD MATHS PUA YONG CHENG	INTERACTIVE ENGLISH SHARMILA			PHYSICS LEONG CHUN FARN		PHYSICAL EDUCATION GOKU	CHINESE LANGUAGE TERESA CHAU
Selasa		CHEMISTRY SIEW TUCK HING		CHINESE LANGUAGE TERESA CHAU		BIOLOGY TAMILARASI		PT3 HISTORY AMELIA		ENGLISH ANNIE SYLVIA	BAHASA MALAYSIA HASLINA		MATHS/ ADD MATHS PUA YONG CHENG
Rabu		CHINESE LANGUAGE TERESA CHAU	MATHS/ ADD MATHS PUA YONG CHENG			HISTORY LIM BENG LEE	COMPUTER JEEVA			ENGLISH ANNIE SYLVIA			
Khamis		CHINESE LANGUAGE TERESA CHAU	BIOLOGY TAMILARASI			ENGLISH ANNIE SYLVIA		BAHASA MALAYSIA HASLINA		PHYSICS LEONG CHUN FARN		MATHS/ ADD MATHS PUA YONG CHENG	
Jumaat		HISTORY LIM BENG LEE		ENGLISH ANNIE SYLVIA		MATHS/ ADD MATHS PUA YONG CHENG	CHINESE LANGUAGE TERESA CHAU			BAHASA MALAYSIA HASLINA	CHEMISTRY SIEW TUCK HING		

J3 - XIAO

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : NITHIYAKAMALAM

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			ENGLISH UMAH			Group 1 CHINESE LANGUAGE WONG CHI YAN R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	CHEMISTRY SIEW TUCK HING			BIOLOGY NITHIYAKAMALAM		BAHASA MALAYSIA NURFADZILAH	MATHS/ ADD MATHS TAN WOAN SEAN
Selasa		ENGLISH UMAH	BAHASA MALAYSIA NURFADZILAH			INTERACTIVE ENGLISH SHARMILA		MATHS/ ADD MATHS TAN WOAN SEAN		Group 1 CHINESE LANGUAGE WONG CHI YAN R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	PHYSICAL EDUCATION GOKU	HISTORY LIM BENG LEE	PT3 HISTORY NORNADIA
Rabu		Group 1 CHINESE LANGUAGE WONG CHI YAN R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	MATHS/ ADD MATHS TAN WOAN SEAN			ENGLISH UMAH	PHYSICS LEONG CHUN FARN			BAHASA MALAYSIA NURFADZILAH			
Khamis		CHEMISTRY SIEW TUCK HING		HISTORY LIM BENG LEE		ENGLISH UMAH	MATHS/ ADD MATHS TAN WOAN SEAN			COMPUTER JEEVA		Group 1 CHINESE LANGUAGE WONG CHI YAN R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	
Jumaat		BIOLOGY NITHIYAKAMALAM		ENGLISH UMAH		PHYSICS LEONG CHUN FARN		MATHS/ ADD MATHS TAN WOAN SEAN		BAHASA MALAYSIA NURFADZILAH	HISTORY LIM BENG LEE	Group 1 CHINESE LANGUAGE WONG CHI YAN R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	

J3 - Y1

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : CHUAH HOOI THENG

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			BAHASA MALAYSIA ZAFIRAH	CHINESE LANGUAGE GOH JO HOOI		MATHS/ ADD MATHS TAN WOAN SEAN	PHYSICS LIM JING XIANG			CHEMISTRY OOI KAY ENG		ENGLISH ANNIE SYLVIA	
Selasa		HISTORY CHUAH HOOI THENG	ENGLISH ANNIE SYLVIA	BAHASA MALAYSIA ZAFIRAH		INTERACTIVE ENGLISH LEE NYEE HEAN		CHINESE LANGUAGE GOH JO HOOI		COMPUTER JEEVA		CHEMISTRY OOI KAY ENG	MATHS/ ADD MATHS TAN WOAN SEAN
Rabu		PHYSICS LIM JING XIANG		ENGLISH ANNIE SYLVIA		CHINESE LANGUAGE GOH JO HOOI	CHEMISTRY OOI KAY ENG	BIOLOGY NITHIYAKAMALAM		MATHS/ ADD MATHS TAN WOAN SEAN			
Khamis		BIOLOGY NITHIYAKAMALAM		PT3 HISTORY NORNADIA		CHINESE LANGUAGE GOH JO HOOI		PHYSICAL EDUCATION GOKU		ENGLISH ANNIE SYLVIA	MATHS/ ADD MATHS TAN WOAN SEAN		BAHASA MALAYSIA ZAFIRAH
Jumaat		CHINESE LANGUAGE GOH JO HOOI	MATHS/ ADD MATHS TAN WOAN SEAN			BAHASA MALAYSIA ZAFIRAH		BIOLOGY NITHIYAKAMALAM		ENGLISH ANNIE SYLVIA	HISTORY CHUAH HOOI THENG		

J3 - LIAN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : KOK KER WEI

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			INTERACTIVE ENGLISH SHARMILA			Group 1 CHINESE LANGUAGE KOK KER WEI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	MATHS/ ADD MATHS PUA YONG CHENG	PHYSICAL EDUCATION GOKU		BAHASA MALAYSIA NORNADIA	COMPUTER TEI KOK FONG		ENGLISH WONG KA CHUN
Selasa		MATHS/ ADD MATHS PUA YONG CHENG		PT3 HISTORY AMIELIA		BAHASA MALAYSIA NORNADIA	CHEMISTRY SIEW TUCK HING			Group 1 CHINESE LANGUAGE KOK KER WEI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	ENGLISH WONG KA CHUN		HISTORY LIM BENG LEE
Rabu		Group 1 CHINESE LANGUAGE KOK KER WEI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING	PHYSICS LEONG CHUN FARN			MATHS/ ADD MATHS PUA YONG CHENG	BIOLOGY TAMILARASI			ENGLISH WONG KA CHUN			
Khamis		ENGLISH WONG KA CHUN	MATHS/ ADD MATHS PUA YONG CHENG			PHYSICS LEONG CHUN FARN	BAHASA MALAYSIA NORNADIA			HISTORY LIM BENG LEE	Group 1 CHINESE LANGUAGE KOK KER WEI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING		
Jumaat		CHEMISTRY SIEW TUCK HING		ENGLISH WONG KA CHUN		BAHASA MALAYSIA NORNADIA	MATHS/ ADD MATHS PUA YONG CHENG			BIOLOGY TAMILARASI	Group 1 CHINESE LANGUAGE KOK KER WEI R23-2 Group 2 BASIC CHINESE CHANG SHWU LING		

S1 - PIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : YIP SIEW KENG

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			SPM SCIENCE SIEW TUCK HING	ART LEE SHI HUI		HISTORY CHUAH HOI THENG	CHINESE LANGUAGE OOI ZET FONG			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	ENGLISH NG IN YAN	BOOK KEEPING AND ACCOUNTS KOK KIM WAH	MATHS YEOW GHEE RUEY
Selasa		PHYSICAL EDUCATION HOR JUN YEN	MATHS YEOW GHEE RUEY	ENGLISH NG IN YAN		COMMERCE TEO YUAN ZHE	CHINESE LANGUAGE OOI ZET FONG			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	BOOK KEEPING AND ACCOUNTS KOK KIM WAH	HISTORY CHUAH HOI THENG	
Rabu		CHINESE LANGUAGE OOI ZET FONG		SPM HISTORY ZAFIRAH		ENGLISH NG IN YAN	MATHS YEOW GHEE RUEY			HISTORY CHUAH HOI THENG			
Khamis		BOOK KEEPING AND ACCOUNTS KOK KIM WAH		SPM HISTORY ZAFIRAH		COMMERCE TEO YUAN ZHE	ART LEE SHI HUI			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	ENGLISH NG IN YAN	MATHS YEOW GHEE RUEY	
Jumaat		Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	ENGLISH NG IN YAN			BOOK KEEPING AND ACCOUNTS KOK KIM WAH	COMMERCE TEO YUAN ZHE	SPM MORAL ATIKAH		MATHS YEOW GHEE RUEY	COMPUTER HEONG CHOON HO		

S1 - REN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : YIP SIEW KENG

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			SPM SCIENCE SIEW TUCK HING	ADVANCED MATHS YEOW GHEE RUEY		ADVANCED MATHS YEOW GHEE RUEY	CHINESE LANGUAGE OOI ZET FONG			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	ENGLISH NG IN YAN	BIOLOGY YIP SIEW KENG	
Selasa		PHYSICAL EDUCATION HOR JUN YEN	PHYSICS ONG KAR WENG	ENGLISH NG IN YAN		ADVANCED MATHS YEOW GHEE RUEY	CHINESE LANGUAGE OOI ZET FONG			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	CHEMISTRY WONG SHU FEN		
Rabu		CHINESE LANGUAGE OOI ZET FONG		SPM HISTORY ZAFIRAH		ENGLISH NG IN YAN	PHYSICS ONG KAR WENG			ADVANCED MATHS YEOW GHEE RUEY			
Khamis		BIOLOGY YIP SIEW KENG		SPM HISTORY ZAFIRAH		PHYSICS ONG KAR WENG	ADVANCED MATHS YEOW GHEE RUEY			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	ENGLISH NG IN YAN	CHEMISTRY WONG SHU FEN	
Jumaat		Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH HENG YIK LIM	ENGLISH NG IN YAN			ADVANCED MATHS YEOW GHEE RUEY	SPM MORAL ATIKAH			PHYSICS ONG KAR WENG	COMPUTER HEONG CHOON HO		

S1 - XIAO

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : KOO KAR KEI

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			ECONOMICS LEE KIN FAI	PHYSICAL EDUCATION GOKU		CHINESE LANGUAGE WONG CHOON YENG Group 1 R23-1 CHINESE LANGUAGE CHAW WEI KEE Group 2	BAHASA MALAYSIA SITI HAWA		PRINCIPLES OF ACCOUNTS ANBARASAN	GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN Group 1(B) GF01 ENGLISH (2ND LANGUAGE) SURVIN Group 2(B)			
	Selasa		BUSINESS STUDIES KOK KIM WAH		MATHS KOO KAR KEI	ECONOMICS LEE KIN FAI	SPM SCIENC E NITHIYAKAMALA M			MATHS KOO KAR KEI	GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN Group 1(B) GF01 ENGLISH (2ND LANGUAGE) SURVIN Group 2(B)	BAHASA MALAYSIA SITI HAWA	
Rabu		ECONOMICS LEE KIN FAI	MATHS KOO KAR KEI			PRINCIPLES OF ACCOUNT S ANBARASAN	COMPUTER TEI KOK FONG			CHINESE LANGUAGE WONG CHOON YENG Group 1 R23-1 CHINESE LANGUAGE CHAW WEI KEE Group 2			
Khamis		PRINCIPLES OF ACCOUNT S ANBARASAN	SPM HISTOR Y NATASYHA	SPM MORAL ATIKAH		GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN Group 1(B) GF01 ENGLISH (2ND LANGUAGE) SURVIN Group 2(B)	MATHS KOO KAR KEI	CHINESE LANGUAGE WONG CHOON YENG Group 1 R23-1 CHINESE LANGUAGE CHAW WEI KEE Group 2		BUSINESS STUDIES KOK KIM WAH		ECONOMICS LEE KIN FAI	BAHASA MALAYSIA SITI HAWA
Jumaat		MATHS KOO KAR KEI	CHINESE LANGUAGE WONG CHOON YENG Group 1 R23-1 CHINESE LANGUAGE CHAW WEI KEE Group 2			SPM SCIENC E NITHIYAKAMALA M	PRINCIPLES OF ACCOUNT S ANBARASAN	SPM HISTOR Y NATASYHA		GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN Group 1(B) GF01 ENGLISH (2ND LANGUAGE) SURVIN Group 2(B)	BAHASA MALAYSIA SITI HAWA		

S1 - MIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : TERESA CHAU

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			PRINCIPLES OF ACCOUNTS ANBARASAN	MATHS DARCHINIE		CHINESE LANGUAGE TERESA CHAU R23-1 CHINESE LANGUAGE CHAW WEI KEE	SPM MORAL ATIKAH			ECONOMICS LEE KIN FAI	SPM HISTORY ZAFIRAH	ENGLISH (1ST LANGUAGE) LEE NYEE HEAN ENGLISH (2ND LANGUAGE) BOBBY YAP	
Selasa		MATHS DARCHINIE	PRINCIPLES OF ACCOUNTS ANBARASAN			BAHASA MALAYSIA IDAYU	BUSINESS STUDIES KOK KIM WAH			SPM SCIENCE SIEW TUCK HING	ENGLISH (1ST LANGUAGE) LEE NYEE HEAN ENGLISH (2ND LANGUAGE) BOBBY YAP	ENGLISH (2ND LANGUAGE) BOBBY YAP	ECONOMICS LEE KIN FAI
Rabu		COMPUTER TEI KOK FONG		BAHASA MALAYSIA IDAYU		BUSINESS STUDIES KOK KIM WAH	MATHS DARCHINIE			CHINESE LANGUAGE TERESA CHAU R23-1 CHINESE LANGUAGE CHAW WEI KEE			
Khamis		ECONOMICS LEE KIN FAI		PRINCIPLES OF ACCOUNTS ANBARASAN		ENGLISH (1ST LANGUAGE) LEE NYEE HEAN ENGLISH (2ND LANGUAGE) BOBBY YAP	PHYSICAL EDUCATION GOKU	CHINESE LANGUAGE TERESA CHAU CHINESE LANGUAGE CHAW WEI KEE		BAHASA MALAYSIA IDAYU		SPM SCIENCE SIEW TUCK HING	MATHS DARCHINIE
Jumaat		ECONOMICS LEE KIN FAI	CHINESE LANGUAGE TERESA CHAU R23-1 CHINESE LANGUAGE CHAW WEI KEE			MATHS DARCHINIE		BAHASA MALAYSIA IDAYU		ENGLISH (1ST LANGUAGE) LEE NYEE HEAN ENGLISH (2ND LANGUAGE) BOBBY YAP	SPM HISTORY ZAFIRAH	PRINCIPLES OF ACCOUNTS ANBARASAN	

S1 - QIN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			BIOLOGY TAMILARASI			MATHS/ ADD MATHS ONG EIK HOOI		GF01 Group 1B ENGLISH (1ST LANGUAGE) SONISHA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		PHYSICS LEE PAK FEI		CHEMISTRY KHOO YEN TENG	
Selasa		CHINESE LANGUAGE LIEW MEI YEE		GF01 Group 1B ENGLISH (1ST LANGUAGE) SONISHA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		MATHS/ ADD MATHS ONG EIK HOOI		BAHASA MALAYSIA NATASYHA		BIOLOGY TAMILARASI	PHYSICS LEE PAK FEI		CHEMISTRY KHOO YEN TENG
Rabu		SPM MORAL ATIKAH	GF01 Group 1B ENGLISH (1ST LANGUAGE) SONISHA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN			CHINESE LANGUAGE LIEW MEI YEE		MATHS/ ADD MATHS ONG EIK HOOI		BAHASA MALAYSIA NATASYHA			
Khamis		COMPUTER TEI KOK FONG		PHYSICS LEE PAK FEI		BAHASA MALAYSIA NATASYHA		MATHS/ ADD MATHS ONG EIK HOOI		CHINESE LANGUAGE LIEW MEI YEE	SPM HISTOR Y ZAFIRAH	GF01 Group 1B ENGLISH (1ST LANGUAGE) SONISHA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	BIOLOGY TAMILARASI
Jumaat		GF01 Group 1B ENGLISH (1ST LANGUAGE) SONISHA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	BIOLOGY TAMILARASI	MATHS/ ADD MATHS ONG EIK HOOI		CHINESE LANGUAGE LIEW MEI YEE	BAHASA MALAYSIA NATASYHA	PHYSICAL EDUCATION GOKU		SPM HISTOR Y ZAFIRAH	CHEMISTRY KHOO YEN TENG		

S1 - LIAN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			SPM MORAL ATIKAH	BIOLOGY WONG YAO WEN		Group 1 CHINESE LANGUAGE SEE SU PENG R23-1	Group 2 CHINESE LANGUAGE CHAW WEI KEE	BAHASA MALAYSIA IDAYU		Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	PHYSICAL EDUCATION GOKU	MATHS/ ADD MATHS DARCHINIE	
Selasa		Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	BIOLOGY WONG YAO WEN			PHYSICS LIM JING XIANG	MATHS/ ADD MATHS DARCHINIE			COMPUTER TEI KOK FONG		BAHASA MALAYSIA IDAYU	
Rabu		BAHASA MALAYSIA IDAYU	MATHS/ ADD MATHS DARCHINIE	SPM HISTOR Y NATASYHA		CHEMISTRY SIEW TUCK HING	PHYSICS LIM JING XIANG	Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		Group 1 CHINESE LANGUAGE SEE SU PENG R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE			
Khamis		Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	MATHS/ ADD MATHS DARCHINIE		CHEMISTRY SIEW TUCK HING		Group 1 CHINESE LANGUAGE SEE SU PENG R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE		BIOLOGY WONG YAO WEN		PHYSICS LIM JING XIANG	
Jumaat		BAHASA MALAYSIA IDAYU	Group 1 CHINESE LANGUAGE SEE SU PENG R23-1	Group 2 CHINESE LANGUAGE CHAW WEI KEE		PHYSICS LIM JING XIANG	CHEMISTRY SIEW TUCK HING			MATHS/ ADD MATHS DARCHINIE	Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	SPM HISTOR Y NATASYHA	

S1 - AI

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			SPM MORAL IDAYU	MATHS/ ADD MATHS KOO KAR KEI		Group 1 CHINESE LANGUAGE LIEW MEI YEE	Group 1B ENGLISH (1ST LANGUAGE) SONISHA			PHYSICS LIM JING XIANG	BAHASA MALAYSIA SITI HAWA	CHEMISTRY SIEW TUCK HING	
				Group 1B ENGLISH (1ST LANGUAGE) SONISHA		Group 2 CHINESE LANGUAGE CHAW WEI KEE	Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN						
Selasa		PHYSICS LIM JING XIANG		Group 1B ENGLISH (1ST LANGUAGE) SONISHA		MATHS/ ADD MATHS KOO KAR KEI	PHYSICAL EDUCATION GOKU			BAHASA MALAYSIA SITI HAWA	BIOLOGY WONG YAO WEN		SPM HISTOR Y NATASYHA
Rabu		CHEMISTRY SIEW TUCK HING	Group 1B ENGLISH (1ST LANGUAGE) SONISHA			SPM HISTOR Y NATASYHA	MATHS/ ADD MATHS KOO KAR KEI			Group 1 CHINESE LANGUAGE LIEW MEI YEE			
			Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN					Group 2 CHINESE LANGUAGE CHAW WEI KEE					
Khamis		PHYSICS LIM JING XIANG		BIOLOGY WONG YAO WEN		BAHASA MALAYSIA SITI HAWA	Group 1 CHINESE LANGUAGE LIEW MEI YEE			CHEMISTRY SIEW TUCK HING	Group 1B ENGLISH (1ST LANGUAGE) SONISHA	MATHS/ ADD MATHS KOO KAR KEI	
					Group 2 CHINESE LANGUAGE CHAW WEI KEE				Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN				
Jumaat		Group 1B ENGLISH (1ST LANGUAGE) SONISHA	Group 1 CHINESE LANGUAGE LIEW MEI YEE			COMPUTER TEI KOK FONG	BAHASA MALAYSIA SITI HAWA			BIOLOGY WONG YAO WEN	MATHS/ ADD MATHS KOO KAR KEI		
		Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	R23-1 CHINESE LANGUAGE CHAW WEI KEE										

S1 - SAN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			BAHASA MALAYSIA NATASYHA			Group 1 CHINESE LANGUAGE CHIEW TECK SENG R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE	MATHS/ ADD MATHS DARCHINIE			Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	BIOLOGY WONG YAO WEN		SPM HISTOR Y ZAFIRAH
Selasa		Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	PHYSICS LEE PAK FEI			BAHASA MALAYSIA NATASYHA	BIOLOGY WONG YAO WEN			SPM MORAL ATIKAH	MATHS/ ADD MATHS DARCHINIE		SPM HISTOR Y ZAFIRAH
Rabu		CHEMISTRY KHOO YEN TENG		PHYSICS LEE PAK FEI		MATHS/ ADD MATHS DARCHINIE	BAHASA MALAYSIA NATASYHA	Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		Group 1 CHINESE LANGUAGE CHIEW TECK SENG R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE			
Khamis		Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	PHYSICAL EDUCATION GOKU			COMPUTER TEI KOK FONG		Group 1 CHINESE LANGUAGE CHIEW TECK SENG R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE		MATHS/ ADD MATHS DARCHINIE		CHEMISTRY KHOO YEN TENG	
Jumaat		CHEMISTRY KHOO YEN TENG	Group 1 CHINESE LANGUAGE CHIEW TECK SENG R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE			BIOLOGY WONG YAO WEN	PHYSICS LEE PAK FEI			BAHASA MALAYSIA NATASYHA	Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	MATHS/ ADD MATHS DARCHINIE	

S2 - PIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : SHARLINNADIA

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			ART CHONG BOON FATT	HISTORY CHUAH HOI THENG		CHINESE LANGUAGE KOK SHEE LOON	ENGLISH WONG KA CHUN	COMMERCE LEE KIN FAI		ADVANCED MATHS LEE CHEE YEH		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM	
	Selasa	ART CHONG BOON FATT		SPM SCIENCE NITHIYAKAMALAM		ADVANCED MATHS LEE CHEE YEH	ENGLISH WONG KA CHUN			SPM HISTORY SYARIFAH	CHINESE LANGUAGE KOK SHEE LOON	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	
Rabu		ENGLISH WONG KA CHUN	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	ADVANCED MATHS LEE CHEE YEH		COMPUTER HEONG CHOON HO		HISTORY CHUAH HOI THENG		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM			
	Khamis	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	HISTORY CHUAH HOI THENG	SPM MORAL IDAYU		CHINESE LANGUAGE KOK SHEE LOON		ENGLISH WONG KA CHUN		COMMERCE LEE KIN FAI	Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM	ADVANCED MATHS LEE CHEE YEH	
Jumaat		PHYSICAL EDUCATION HOR JUN YEN	ADVANCED MATHS LEE CHEE YEH	SPM HISTORY SYARIFAH		CHINESE LANGUAGE KOK SHEE LOON		COMMERCE LEE KIN FAI		ENGLISH WONG KA CHUN	Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	

S2 - REN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : SHARLINNADIA

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			ADVANCED MATHS LEE CHEE YEH			CHINESE LANGUAGE KOK SHEE LOON	ENGLISH WONG KA CHUN	BIOLOGY YIP SIEW KENG		CHEMISTRY WONG SHU FEN		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM	
			CHEMISTRY WONG SHU FEN	SPM SCIENCE NITHIYAKAMALAM		PHYSICS ONG KAR WENG	ENGLISH WONG KA CHUN			SPM HISTORY SYARIFAH	CHINESE LANGUAGE KOK SHEE LOON	ADVANCED MATHS LEE CHEE YEH	
Selasa		CHEMISTRY WONG SHU FEN		SPM SCIENCE NITHIYAKAMALAM		PHYSICS ONG KAR WENG	ENGLISH WONG KA CHUN			SPM HISTORY SYARIFAH	CHINESE LANGUAGE KOK SHEE LOON	ADVANCED MATHS LEE CHEE YEH	
Rabu		ENGLISH WONG KA CHUN	ADVANCED MATHS LEE CHEE YEH	PHYSICS ONG KAR WENG		COMPUTER HEONG CHOON HO		BIOLOGY YIP SIEW KENG		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM			
Khamis		PHYSICS ONG KAR WENG		SPM MORAL IDAYU		CHINESE LANGUAGE KOK SHEE LOON		ENGLISH WONG KA CHUN		ADVANCED MATHS LEE CHEE YEH	Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM	BIOLOGY YIP SIEW KENG	
Jumaat		PHYSICAL EDUCATION HOR JUN YEN	BIOLOGY YIP SIEW KENG	SPM HISTORY SYARIFAH		CHINESE LANGUAGE KOK SHEE LOON		PHYSICS ONG KAR WENG		ENGLISH WONG KA CHUN	Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH HENG YIK LIM	ADVANCED MATHS LEE CHEE YEH	

S2 - HUI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : GOH JO HOOI

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			Group 1B ENGLISH (2ND LANGUAGE) BOBBY YAP	BUSINESS STUDIES MOGANRAJ		MATHS CHAI SIEW YIN		ECONOMICS ANBARASAN		Group 1 CHINESE LANGUAGE GOH JO HOOI	SPM HISTORY SYARIFAH	BAHASA MALAYSIA SITI HAWA	
			GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN							R22-2 Group 2 BASIC CHINESE CHONG BOON FATT			
Selasa		PRINCIPLES OF ACCOUNTS SHARLINNADIA	PHYSICAL EDUCATION GOKU	SPM HISTORY SYARIFAH		COMPUTER TEI KOK FONG		ECONOMICS ANBARASAN		MATHS CHAI SIEW YIN	Group 1 CHINESE LANGUAGE GOH JO HOOI	BASIC CHINESE CHONG BOON FATT	
											R22-2 Group 2		
Rabu		BAHASA MALAYSIA SITI HAWA	ECONOMICS ANBARASAN	PRINCIPLES OF ACCOUNTS SHARLINNADIA		SPM SCIENCE LEE PAK FEI	BUSINESS STUDIES MOGANRAJ	PRINCIPLES OF ACCOUNTS SHARLINNADIA		Group 1B ENGLISH (2ND LANGUAGE) BOBBY YAP			
										GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN			
Khamis		BAHASA MALAYSIA SITI HAWA		Group 1 CHINESE LANGUAGE GOH JO HOOI	SPM SCIENCE LEE PAK FEI	ECONOMICS ANBARASAN	SPM MORAL IDAYU			Group 1B ENGLISH (2ND LANGUAGE) BOBBY YAP	BUSINESS STUDIES MOGANRAJ	MATHS CHAI SIEW YIN	
				R22-2 Group 2 BASIC CHINESE CHONG BOON FATT						GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN			
Jumaat		ECONOMICS ANBARASAN	Group 1B ENGLISH (2ND LANGUAGE) BOBBY YAP	BUSINESS STUDIES MOGANRAJ		BAHASA MALAYSIA SITI HAWA	Group 1 CHINESE LANGUAGE GOH JO HOOI			PRINCIPLES OF ACCOUNTS SHARLINNADIA	MATHS CHAI SIEW YIN		
			GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN				R22-2 Group 2 BASIC CHINESE CHONG BOON FATT						

S2 - SAN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			Group 1B ENGLISH (2ND LANGUAGE) SURVIN GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	ECONOMICS ANBARASAN		PRINCIPLES OF ACCOUNTS MOGANRAJ	COMPUTER TEI KOK FONG			BAHASA MALAYSIA AMIELIA	BUSINESS STUDIES MOGANRAJ	MATHS CHAI SIEW YIN	
Selasa		BUSINESS STUDIES MOGANRAJ	PRINCIPLES OF ACCOUNTS MOGANRAJ	MATHS CHAI SIEW YIN		ECONOMICS ANBARASAN	CHINESE LANGUAGE WONG CHOON YENG			BAHASA MALAYSIA AMIELIA		PHYSICAL EDUCATION GOKU	SPM SCIENCE NITHIYAKAMALAM
Rabu		BUSINESS STUDIES MOGANRAJ	MATHS CHAI SIEW YIN	ECONOMICS ANBARASAN		CHINESE LANGUAGE WONG CHOON YENG		PRINCIPLES OF ACCOUNTS MOGANRAJ		Group 1B ENGLISH (2ND LANGUAGE) SURVIN GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN			
Khamis		CHINESE LANGUAGE WONG CHOON YENG	SPM HISTORY SYARIFAH	SPM MORAL HASLINA		ECONOMICS ANBARASAN	BAHASA MALAYSIA AMIELIA	SPM SCIENCE NITHIYAKAMALAM		Group 1B ENGLISH (2ND LANGUAGE) SURVIN GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN		MATHS CHAI SIEW YIN	PRINCIPLES OF ACCOUNTS MOGANRAJ
Jumaat		BUSINESS STUDIES MOGANRAJ	Group 1B ENGLISH (2ND LANGUAGE) SURVIN GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN			ECONOMICS ANBARASAN	CHINESE LANGUAGE WONG CHOON YENG	SPM HISTORY SYARIFAH		BAHASA MALAYSIA AMIELIA	MATHS CHAI SIEW YIN	PRINCIPLES OF ACCOUNTS MOGANRAJ	

S2 - LI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : LIEW MEI YEE

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			SPM HISTOR Y AMIELIA	BIOLOGY LAM HEW TONG		MATHS/ ADD MATHS DARCHINIE	GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	Group 2B ENGLISH (2ND LANGUAGE) SURVIN		Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-2 Group 2 BASIC CHINESE CHONG BOON FATT		CHEMISTRY OOI KAY ENG	
Selasa		BAHASA MALAYSIA IDAYU		MATHS/ ADD MATHS DARCHINIE		GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	BIOLOGY LAM HEW TONG			Group 1 PHYSICS LIM JING XIANG		Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-2 Group 2 BASIC CHINESE CHONG BOON FATT	
Rabu		PHYSICAL EDUCATION GOKU	GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	MATHS/ ADD MATHS DARCHINIE		PHYSICS LIM JING XIANG	BAHASA MALAYSIA IDAYU	SPM MORAL HASLINA		CHEMISTRY OOI KAY ENG			
Khamis		BAHASA MALAYSIA IDAYU	SPM HISTOR Y AMIELIA	Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-2 Group 2 BASIC CHINESE CHONG BOON FATT		MATHS/ ADD MATHS DARCHINIE		PHYSICS LIM JING XIANG		CHEMISTRY OOI KAY ENG		BIOLOGY LAM HEW TONG	
Jumaat		MATHS/ ADD MATHS DARCHINIE		BAHASA MALAYSIA IDAYU		GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	PHYSICS LIM JING XIANG	Group 1 CHINESE LANGUAGE LIEW MEI YEE R22-2 Group 2 BASIC CHINESE CHONG BOON FATT		COMPUTER TEI KOK FONG		BIOLOGY LAM HEW TONG	

S2 - LIAN

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			BAHASA MALAYSIA SITI HAWA			CHEMISTRY KHOO YEN TENG	GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	Group 2B ENGLISH (2ND LANGUAGE) SURVIN		Group 1 CHINESE LANGUAGE KONG ZEE CHING R22-2 Group 2 BASIC CHINESE CHONG BOON FATT	MATHS/ ADD MATHS ANNY FOONG		
Selasa		MATHS/ ADD MATHS ANNY FOONG	CHEMISTRY KHOO YEN TENG			GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	PHYSICS LIM JING XIANG			BIOLOGY LAM HEW TONG	Group 1 CHINESE LANGUAGE KONG ZEE CHING R22-2 Group 2 BASIC CHINESE CHONG BOON FATT		
Rabu		MATHS/ ADD MATHS ANNY FOONG	GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	BAHASA MALAYSIA SITI HAWA		SPM HISTOR Y NURFADZILAH	CHEMISTRY KHOO YEN TENG			PHYSICS LIM JING XIANG			
Khamis		BIOLOGY LAM HEW TONG		Group 1 CHINESE LANGUAGE KONG ZEE CHING R22-2 Group 2 BASIC CHINESE CHONG BOON FATT		PHYSICS LIM JING XIANG	MATHS/ ADD MATHS ANNY FOONG	SPM HISTOR Y NURFADZILAH		COMPUTER TEI KOK FONG		BAHASA MALAYSIA SITI HAWA	SPM MORAL IDAYU
Jumaat		PHYSICS LIM JING XIANG		BAHASA MALAYSIA SITI HAWA		GF02 Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) SURVIN	PHYSICAL EDUCATION GOKU	Group 1 CHINESE LANGUAGE KONG ZEE CHING R22-2 Group 2 BASIC CHINESE CHONG BOON FATT		BIOLOGY LAM HEW TONG	MATHS/ ADD MATHS ANNY FOONG		

S2 - MIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : WONG CHOON YENG

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			Group 1B ENGLISH (2ND LANGUAGE) SURVIN	MATHS/ ADD MATHS CHAI SIEW YIN		BIOLOGY LAM HEW TONG	PHYSICS LEE PAK FEI		Group 1 CHINESE LANGUAGE WONG CHOON YENG	Group 2 R22-2 BASIC CHINESE CHONG BOON FATT	BAHASA MALAYSIA IDAYU		
			GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN										
Selasa		COMPUTER TEI KOK FONG		PHYSICAL EDUCATION GOKU		MATHS/ ADD MATHS CHAI SIEW YIN	PHYSICS LEE PAK FEI		CHEMISTRY OOI KAY ENG		Group 1 CHINESE LANGUAGE WONG CHOON YENG	Group 2 R22-2 BASIC CHINESE CHONG BOON FATT	
Rabu		MATHS/ ADD MATHS CHAI SIEW YIN	SPM MORAL HASLINA	SPM HISTOR Y SYARIFAH		BAHASA MALAYSIA IDAYU	PHYSICS LEE PAK FEI	CHEMISTRY OOI KAY ENG		Group 1B ENGLISH (2ND LANGUAGE) SURVIN			
										GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN			
Khamis		MATHS/ ADD MATHS CHAI SIEW YIN		Group 1 CHINESE LANGUAGE WONG CHOON YENG		BAHASA MALAYSIA IDAYU	BIOLOGY LAM HEW TONG		Group 1B ENGLISH (2ND LANGUAGE) SURVIN	Group 2 GF04 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	CHEMISTRY OOI KAY ENG		
				Group 2 R22-2 BASIC CHINESE CHONG BOON FATT									
Jumaat		MATHS/ ADD MATHS CHAI SIEW YIN	Group 1B ENGLISH (2ND LANGUAGE) SURVIN		SPM HISTOR Y SYARIFAH	BIOLOGY LAM HEW TONG	Group 1 CHINESE LANGUAGE WONG CHOON YENG		BAHASA MALAYSIA IDAYU	PHYSICS LEE PAK FEI			
			GF04 Group 2B ENGLISH (1ST LANGUAGE) LEE NYEE HEAN					Group 2 R22-2 BASIC CHINESE CHONG BOON FATT					

S3 - PIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : LIM BENG LEE

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			CHINESE LANGUAGE LIEW MEI YEE	ENGLISH SONISHA		Group 1 BAHASA MALAYSIA SYARIFAH		MATHS LEE CHEE YEH		COMMERCE KOK KIM WAH	BOOK KEEPING AND ACCOUNTS SHARLINNADIA		HISTORY LIM BENG LEE
						Group 2 BASIC ENGLISH TAN CHOR SHENG							
Selasa		MATHS LEE CHEE YEH	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	SPM MORAL HASLINA		SPM HISTORY ZAFIRAH	Group 1 BAHASA MALAYSIA SYARIFAH Group 2 BASIC ENGLISH TAN CHOR SHENG	HISTORY LIM BENG LEE		CHINESE LANGUAGE LIEW MEI YEE	ART LEE SHI HUI		ENGLISH SONISHA
Rabu		Group 1 BAHASA MALAYSIA SYARIFAH Group 2 BASIC ENGLISH TAN CHOR SHENG	HISTORY LIM BENG LEE	COMMERCE KOK KIM WAH		ENGLISH SONISHA	BOOK KEEPING AND ACCOUNTS SHARLINNADIA	SPM SCIENCE LOKE WAI CHUAN		MATHS LEE CHEE YEH			
Khamis		ENGLISH SONISHA		Group 1 BAHASA MALAYSIA SYARIFAH Group 2 BASIC ENGLISH TAN CHOR SHENG		MATHS LEE CHEE YEH		SPM HISTORY ZAFIRAH		ART LEE SHI HUI	PHYSICAL EDUCATION GOKU	CHINESE LANGUAGE LIEW MEI YEE	
Jumaat		COMPUTER HEONG CHOON HO		BOOK KEEPING AND ACCOUNTS SHARLINNADIA		ENGLISH SONISHA	MATHS LEE CHEE YEH			CHINESE LANGUAGE LIEW MEI YEE		COMMERCE KOK KIM WAH	

S3 - RE

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : HEONG CHOON HO

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45
Isnin			CHINESE LANGUAGE LIEW MEI YEE	ENGLISH SONISHA		Group 1 BAHASA MALAYSIA SYARIFAH		CHEMISTRY WONG SHU FEN		BIOLOGY YIP SIEW KENG	ADVANCED MATHS YEOW GHEE RUEY	PHYSICS ONG KAR WENG	
						Group 2 BASIC ENGLISH TAN CHOR SHENG							
Selasa		BIOLOGY YIP SIEW KENG		SPM MORAL HASLINA		SPM HISTOR Y ZAFIRAH	Group 1 BAHASA MALAYSIA SYARIFAH Group 2 BASIC ENGLISH TAN CHOR SHENG	PHYSICS ONG KAR WENG		CHINESE LANGUAGE LIEW MEI YEE	ADVANCED MATHS YEOW GHEE RUEY		ENGLISH SONISHA
		Group 1 BAHASA MALAYSIA SYARIFAH Group 2 BASIC ENGLISH TAN CHOR SHENG	PHYSICS ONG KAR WENG	ADVANCED MATHS YEOW GHEE RUEY		ENGLISH SONISHA	CHEMISTRY WONG SHU FEN	SPM SCIENCE LOKE WAI CHUAN		BIOLOGY YIP SIEW KENG			
Rabu													
Khamis		ENGLISH SONISHA		Group 1 BAHASA MALAYSIA SYARIFAH Group 2 BASIC ENGLISH TAN CHOR SHENG		CHEMISTRY WONG SHU FEN		SPM HISTOR Y ZAFIRAH		ADVANCED MATHS YEOW GHEE RUEY	PHYSICAL EDUCATION GOKU	CHINESE LANGUAGE LIEW MEI YEE	
Jumaat		COMPUTER HEONG CHOON HO		ADVANCED MATHS YEOW GHEE RUEY		ENGLISH SONISHA	PHYSICS ONG KAR WENG	BIOLOGY YIP SIEW KENG		CHINESE LANGUAGE LIEW MEI YEE		ADVANCED MATHS YEOW GHEE RUEY	

A -10

	MS 7:45 - 8:05	1 8:05 - 8:45	2 8:45 - 9:25	3 9:25 - 10:05	FIRST RECESS 10:05 - 10:35	4 10:35 - 11:15	5 11:15 - 11:55	6 11:55 - 12:35	SECOND RECESS 12:35 - 1:05	7 1:05 - 1:45	8 1:45 - 2:25	9 2:25 - 3:05	10 3:05 - 3:45	
Isnin		CHEMISTRY (A) CHONG YOKE CHENG				PHYSICS (A) ONG KAR WENG BIOLOGY (A) LOKE WAI CHUAN ECONOMICS (A) SHARLINNADIA				FURTHER MATH (A) JAMES				
Selasa		FURTHER MATH (A) JAMES				CHEMISTRY (A) CHONG YOKE CHENG				BUSINESS STUDIES (A) MOGANRAJ				
Rabu		CHEMISTRY (A) CHONG YOKE CHENG				PURE MATH (A) CHAI SIEW YIN								
Khamis		BUSINESS STUDIES (A) MOGANRAJ				PURE MATH (A) CHAI SIEW YIN				PHYSICS (A) ONG KAR WENG BIOLOGY (A) LOKE WAI CHUAN ECONOMICS (A) SHARLINNADIA				
Jumaat		BIOLOGY (A) LOKE WAI CHUAN Group 1		PHYSICS (A) ONG KAR WENG Group 2		PURE MATH (A) CHAI SIEW YIN				FURTHER MATH (A) JAMES				