

J1 - PIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : ENG SHU MING

	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 CHOW PEI YEE		UEC MATH ENG SHU MING	UEC SCIENC E WONG SHU FEN			BAHASA MALAYSIA SITI HAWA	HISTORY CHUAH HOOI THENG	ENGLISH KELVIN WONG KIN SING	
Selasa		UEC MATH ENG SHU MING		PHYSICAL EDUCATION KONG WAI LAM		CHINESE LANGUAGE CHOW PEI YEE	BAHASA MALAYSIA SITI HAWA			UEC GEO WONG CHOON YENG	ENGLISH KELVIN WONG KIN SING	UEC SCIENC E WONG SHU FEN	
Rabu		PT3 HISTORY FAIZ	UEC SCIENC E WONG SHU FEN	BAHASA MALAYSIA SITI HAWA		COMPUTER HEONG CHOON HO	ENGLISH KELVIN WONG KIN SING			CHINESE LANGUAGE CHOW PEI YEE			
Khamis		UEC SCIENC E WONG SHU FEN	CHINESE LANGUAGE CHOW PEI YEE	ENGLISH KELVIN WONG KIN SING		ART LEE SHI HUI	UEC MATH ENG SHU MING			UEC GEO WONG CHOON YENG	INTERACTIVE ENGLISH KALAIVANI	COUNSELING TEOW KOM LON	
Jumaat		UEC SCIENCE WONG SHU FEN		HISTORY CHUAH HOOI THENG		CHINESE LANGUAGE CHOW PEI YEE	UEC MATH ENG SHU MING			BAHASA MALAYSIA SITI HAWA	ENGLISH KELVIN WONG KIN SING		

Valid from 12-01-2026

J1 - LI

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			HISTORY CHUAH HOOI THENG			BAHASA MALAYSIA NUR FADZILAH	ENGLISH HARPREET			MATHS ANNY FOONG	CHINESE LANGUAGE LIEW MEI YEE	GENERAL SCIENCE KARTTHNEE	
Selasa		MATHS ANNY FOONG		ENGLISH HARPREET		BAHASA MALAYSIA NUR FADZILAH		GEOGRAPHY CHANG SHWU LING		GENERAL SCIENCE KARTTHNEE	HISTORY CHUAH HOOI THENG	PHYSICAL EDUCATION KONG WAI LAM	CHINESE LANGUAGE LIEW MEI YEE
Rabu		MATHS ANNY FOONG	INTERACTIVE ENGLISH KALAIVANI			ENGLISH HARPREET	ART LEE SHI HUI			GENERAL SCIENCE KARTTHNEE			
Khamis		COMPUTER HEONG CHOON HO		PT3 HISTORY FAIZ		CHINESE LANGUAGE LIEW MEI YEE		ENGLISH HARPREET		MATHS ANNY FOONG		BAHASA MALAYSIA NUR FADZILAH	GENERAL SCIENCE KARTTHNEE
Jumaat		GENERAL SCIENCE KARTTHNEE	ENGLISH HARPREET	BAHASA MALAYSIA NUR FADZILAH		COUNSELING TEOW KOM LON	GEOGRAPHY CHANG SHWU LING			MATHS ANNY FOONG	CHINESE LANGUAGE LIEW MEI YEE		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

J1 - REN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : CHOW PEI 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			GENERAL SCIENCE RUVANNYA	ENGLISH HARPREET		BAHASA MALAYSIA NUR AIN	CHINESE LANGUAGE CHOW PEI YEE			MATHS TAN WOAN SEAN		ART LEE SHI HUI		
Selasa		CHINESE LANGUAGE CHOW PEI YEE	HISTORY LIM BENG LEE	BAHASA MALAYSIA NUR AIN		MATHS TAN WOAN SEAN		ENGLISH HARPREET		COUNSELING TEOW KOM LON	COMPUTER HEONG CHOON HO		GENERAL SCIENCE RUVANNYA	
Rabu		MATHS TAN WOAN SEAN	CHINESE LANGUAGE CHOW PEI YEE	ENGLISH HARPREET		HISTORY LIM BENG LEE	BAHASA MALAYSIA NUR AIN			GENERAL SCIENCE RUVANNYA				
Khamis		CHINESE LANGUAGE CHOW PEI YEE	ENGLISH HARPREET			BAHASA MALAYSIA NUR AIN	GENERAL SCIENCE RUVANNYA			MATHS TAN WOAN SEAN	PT3 HISTORY SITI HAWA	GEOGRAPHY CHANG SHWU LING	HISTORY LIM BENG LEE	
Jumaat		MATHS TAN WOAN SEAN	GEOGRAPHY CHANG SHWU LING			ENGLISH HARPREET	PHYSICAL EDUCATION HJY / K	GENERAL SCIENCE RUVANNYA		INTERACTIVE ENGLISH KALAIVANI		CHINESE LANGUAGE CHOW PEI YEE		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

J1 - QIN

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			ENGLISH KALAIVANI	HISTORY LIM BENG LEE		GENERAL SCIENCE YIP SIEW KENG		GEOGRAPHY CHANG SHWU LING		BAHASA MALAYSIA NUR AIN	CHINESE LANGUAGE WONG CHI YAN	MATHS TEO YUAN ZHE	
Selasa		GEOGRAPHY CHANG SHWU LING		MATHS TEO YUAN ZHE		INTERACTIVE ENGLISH JASPREET		ENGLISH KALAIVANI		GENERAL SCIENCE YIP SIEW KENG	CHINESE LANGUAGE WONG CHI YAN		
Rabu		COUNSELING TEOW KOM LON	GENERAL SCIENCE YIP SIEW KENG			ENGLISH KALAIVANI		MATHS TEO YUAN ZHE		MATHS TEO YUAN ZHE			
Khamis		PT3 HISTORY SITI HAWA	HISTORY LIM BENG LEE			MATHS TEO YUAN ZHE	ENGLISH KALAIVANI	CHINESE LANGUAGE WONG CHI YAN		BAHASA MALAYSIA NUR AIN	ART LEE SHI HUI		
Jumaat		BAHASA MALAYSIA NUR AIN		ENGLISH KALAIVANI		COMPUTER HEONG CHOON HO		CHINESE LANGUAGE WONG CHI YAN		MATHS TEO YUAN ZHE	PHYSICAL EDUCATION KONG WAI LAM		

J1 - XIN

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 NUR AIN			MATHS TAN WOAN SEAN		GENERAL SCIENCE RUVANNYA		Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE	HISTORY TEOW KOM LON	ENGLISH KALAIVANI		
Selasa		ENGLISH KALAIVANI		Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT		COMPUTER HEONG CHOON HO		BAHASA MALAYSIA NUR AIN		Kumpulan 2 BASIC CHINESE PHOON HONG TAT		GEOGRAPHY CHANG SHWU LING		MATHS TAN WOAN SEAN
Rabu		Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT	GENERAL SCIENCE RUVANNYA			PT3 HISTORY SITI HAWA	INTERACTIVE ENGLISH JASPREET			BAHASA MALAYSIA NUR AIN				
Khamis		GENERAL SCIENCE RUVANNYA	ENGLISH KALAIVANI			GEOGRAPHY CHANG SHWU LING	PHYSICAL EDUCATION KONG WAI LAM	COUNSELING LINITHA		Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT	MATHS TAN WOAN SEAN			
Jumaat		HISTORY TEOW KOM LON		Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT		MATHS TAN WOAN SEAN	ART LEE SHI HUI			GENERAL SCIENCE RUVANNYA		BAHASA MALAYSIA NUR AIN		

Valid from 12-01-2026

J1 - HE

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : ANNY FOONG

	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 ANNY FOONG	ENGLISH KALAIVANI		GEOGRAPHY SHARMILA	PHYSICAL EDUCATION HJY / K	BAHASA MALAYSIA NUR FADZILAH		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE PHOON HONG TAT	INTERACTIVE ENGLISH JASPREET		HISTORY LIM BENG LEE
Selasa		GENERAL SCIENCE KARTTHNEE		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE PHOON HONG TAT		MATHS ANNY FOONG		HISTORY LIM BENG LEE		ART LEE SHI HUI		ENGLISH KALAIVANI	
Rabu		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE PHOON HONG TAT	BAHASA MALAYSIA NUR FADZILAH			GENERAL SCIENCE KARTTHNEE	COUNSELING LINITHA	HISTORY LIM BENG LEE		ENGLISH KALAIVANI			
Khamis		MATHS ANNY FOONG		GENERAL SCIENCE KARTTHNEE		COMPUTER HEONG CHOON HO		ENGLISH KALAIVANI		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE PHOON HONG TAT	PT3 HISTORY FAIZ		BAHASA MALAYSIA NUR FADZILAH
Jumaat		GEOGRAPHY SHARMILA		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN Kumpulan 2 BASIC CHINESE PHOON HONG TAT		ENGLISH KALAIVANI	MATHS ANNY FOONG			BAHASA MALAYSIA NUR FADZILAH	GENERAL SCIENCE KARTTHNEE		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

J1 - AI

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			ENGLISH HARPREET	BAHASA MALAYSIA SITI HAWA		MATHS DARCHINIE	ART LEE SHI HUI			Kumpulan 1 CHINESE LANGUAGE LIEW MEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT	COMPUTER HEONG CHOON HO	GENERAL SCIENCE RUVANNYA	
Selasa		ENGLISH HARPREET	BAHASA MALAYSIA SITI HAWA	Kumpulan 1 CHINESE LANGUAGE LIEW MEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT		MATHS DARCHINIE		GENERAL SCIENCE RUVANNYA		HISTORY LIM BENG LEE	INTERACTIVE ENGLISH JASPREET	GEOGRAPHY CHANG SHWU LING	
Rabu		Kumpulan 1 CHINESE LANGUAGE LIEW MEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT	ENGLISH HARPREET	PT3 HISTORY FAIZ		MATHS DARCHINIE	GENERAL SCIENCE RUVANNYA			HISTORY LIM BENG LEE			
Khamis		COUNSELING LINITHA	PHYSICAL EDUCATION HJY / K	GENERAL SCIENCE RUVANNYA		MATHS DARCHINIE	BAHASA MALAYSIA SITI HAWA			Kumpulan 1 CHINESE LANGUAGE LIEW MEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT	ENGLISH HARPREET		
Jumaat		BAHASA MALAYSIA SITI HAWA	GENERAL SCIENCE RUVANNYA	Kumpulan 1 CHINESE LANGUAGE LIEW MEI YEE Kumpulan 2 BASIC CHINESE PHOON HONG TAT		HISTORY LIM BENG LEE	MATHS DARCHINIE			ENGLISH HARPREET	GEOGRAPHY CHANG SHWU LING		

Valid from 12-01-2026

J2 - PIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : KOK SHEE LOON

	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 SCIENC E YIP SIEW KENG	HISTORY TEOW KOM LON		ENGLISH KELVIN WONG KIN SING		BAHASA MALAYSIA HASLINA		CHINESE LANGUAGE KOK SHEE LOON		MATHS LEE CHEE YEH		
Selasa		HISTORY TEOW KOM LON		ENGLISH KELVIN WONG KIN SING		CHINESE LANGUAGE KOK SHEE LOON	UEC SCIENC E YIP SIEW KENG	MATHS LEE CHEE YEH		ART CHONG BOON FATT		PT3 HISTORY NUR AIN		
Rabu		COMPUTER HEONG CHOON HO		MATHS LEE CHEE YEH		BAHASA MALAYSIA HASLINA	UEC GEO WONG CHOON YENG			ENGLISH KELVIN WONG KIN SING				
Khamis		BAHASA MALAYSIA HASLINA	MATHS LEE CHEE YEH			COUNSELING TEOW KOM LON	PHYSICAL EDUCATION HOR JUN YEN	ENGLISH KELVIN WONG KIN SING		INTERACTIVE ENGLISH CHANG SHWU LING		UEC SCIENCE YIP SIEW KENG		
Jumaat		CHINESE LANGUAGE KOK SHEE LOON		ENGLISH KELVIN WONG KIN SING		UEC GEO WONG CHOON YENG	BAHASA MALAYSIA HASLINA			UEC SCIENCE YIP SIEW KENG		MATHS LEE CHEE YEH		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

J2 - REN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : TEOW KOM LON

	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 JASPREET	PHYSICAL EDUCATION HJY / K		GEOGRAPHY SEAN DOMINIC WONG	BAHASA MALAYSIA AMIELIA		GENERAL SCIENCE KHOO YEN TENG		CHINESE LANGUAGE SEE SU PENG	MATHS TAN WOAN SEAN	
Selasa		ENGLISH JASPREET	CHINESE LANGUAGE SEE SU PENG	MATHS TAN WOAN SEAN		COMPUTER JEEVA	GEOGRAPHY SEAN DOMINIC WONG		GENERAL SCIENCE KHOO YEN TENG	HISTORY TEOW KOM LON	BAHASA MALAYSIA AMIELIA		
Rabu		CHINESE LANGUAGE SEE SU PENG		MATHS TAN WOAN SEAN		BAHASA MALAYSIA AMIELIA	ART CHONG BOON FATT		ENGLISH JASPREET				
Khamis		MATHS TAN WOAN SEAN		COUNSELING TEOW KOM LON		GENERAL SCIENCE KHOO YEN TENG	ENGLISH JASPREET		HISTORY TEOW KOM LON		PT3 HISTORY ZAFIRAH	CHINESE LANGUAGE SEE SU PENG	
Jumaat		GENERAL SCIENCE KHOO YEN TENG		CHINESE LANGUAGE SEE SU PENG		BAHASA MALAYSIA AMIELIA	INTERACTIVE ENGLISH KELVIN WONG KIN SING		MATHS TAN WOAN SEAN		ENGLISH JASPREET		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

J2 - HUI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : SEAN DOMINIC WONG

	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			GENERAL SCIENCE CHAW WEI KEE	Kumpulan 1 CHINESE LANGUAGE OOI ZET FONG Kumpulan 2 BASIC CHINESE LEW KAI XUAN		BAHASA MALAYSIA HASLINA	ENGLISH PAVITHRA			MATHS ONG EIK HOOI	COUNSELING ERICA LIEW (COUNSELING)	ART CHONG BOON FATT	
Selasa		HISTORY CHUAH HOOI THENG		GENERAL SCIENCE CHAW WEI KEE		GEOGRAPHY SEAN DOMINIC WONG	ENGLISH PAVITHRA			MATHS ONG EIK HOOI	PHYSICAL EDUCATION HOR JUN YEN	Kumpulan 1 CHINESE LANGUAGE OOI ZET FONG Kumpulan 2 BASIC CHINESE LEW KAI XUAN	
Rabu		PT3 HISTORY NUR AIN	BAHASA MALAYSIA HASLINA			MATHS ONG EIK HOOI	GENERAL SCIENCE CHAW WEI KEE	HISTORY CHUAH HOOI THENG		Kumpulan 1 CHINESE LANGUAGE OOI ZET FONG Kumpulan 2 BASIC CHINESE LEW KAI XUAN			
Khamis		Kumpulan 1 CHINESE LANGUAGE OOI ZET FONG Kumpulan 2 BASIC CHINESE LEW KAI XUAN	COMPUTER JEEVA			BAHASA MALAYSIA HASLINA	GENERAL SCIENCE CHAW WEI KEE			MATHS ONG EIK HOOI	GEOGRAPHY SEAN DOMINIC WONG		
Jumaat		BAHASA MALAYSIA HASLINA	INTERACTIVE ENGLISH SEAN DOMINIC WONG			MATHS ONG EIK HOOI	ENGLISH PAVITHRA			Kumpulan 1 CHINESE LANGUAGE OOI ZET FONG Kumpulan 2 BASIC CHINESE LEW KAI XUAN	GENERAL SCIENCE CHAW WEI KEE		

J2 - QIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : LAM HEW TONG

	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 LEE KIN FAI	Kumpulan 1 CHINESE LANGUAGE SEE SU PENG Kumpulan 2 BASIC CHINESE LEW KAI XUAN		HISTORY CHUAH HOOI THENG	ENGLISH JASPREET			BAHASA MALAYSIA AMIELIA		GENERAL SCIENCE LAM HEW TONG	GEOGRAPHY SEAN DOMINIC WONG
Selasa		GENERAL SCIENCE LAM HEW TONG		PT3 HISTORY NUR FADZILAH		INTERACTIVE ENGLISH KELVIN WONG KIN SING		BAHASA MALAYSIA AMIELIA		ENGLISH JASPREET	MATHS LEE KIN FAI		Kumpulan 1 CHINESE LANGUAGE SEE SU PENG Kumpulan 2 BASIC CHINESE LEW KAI XUAN
Rabu		ENGLISH JASPREET	GENERAL SCIENCE LAM HEW TONG	MATHS LEE KIN FAI		GEOGRAPHY SEAN DOMINIC WONG		BAHASA MALAYSIA AMIELIA		Kumpulan 1 CHINESE LANGUAGE SEE SU PENG Kumpulan 2 BASIC CHINESE LEW KAI XUAN			
Khamis		Kumpulan 1 CHINESE LANGUAGE SEE SU PENG Kumpulan 2 BASIC CHINESE LEW KAI XUAN	HISTORY CHUAH HOOI THENG			BAHASA MALAYSIA AMIELIA	COMPUTER JEEVA			COUNSELING ERICA LIEW (COUNSELING)	ENGLISH JASPREET	MATHS LEE KIN FAI	GENERAL SCIENCE LAM HEW TONG
Jumaat		GENERAL SCIENCE LAM HEW TONG	MATHS LEE KIN FAI			ART CHONG BOON FATT		ENGLISH JASPREET		Kumpulan 1 CHINESE LANGUAGE SEE SU PENG Kumpulan 2 BASIC CHINESE LEW KAI XUAN		PHYSICAL EDUCATION HOR JUN YEN	

J2 - AI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : ZAFIRAH

	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 TAN WOAN SEAN	ENGLISH JASPREET		COMPUTER JEEVA		HISTORY CHUAH HOOI THENG		GENERAL SCIENCE CHAW WEI KEE		GEOGRAPHY SEAN DOMINIC WONG	BAHASA MALAYSIA ZAFIRAH
Selasa		BAHASA MALAYSIA ZAFIRAH		ENGLISH JASPREET		HISTORY CHUAH HOOI THENG	PT3 HISTORY NUR AIN	COUNSELING TEOW KOM LON		MATHS TAN WOAN SEAN	PHYSICAL EDUCATION HJY / K	CHINESE LANGUAGE KOK KER WEI	
Rabu		GEOGRAPHY SEAN DOMINIC WONG	HISTORY CHUAH HOOI THENG	ENGLISH JASPREET		GENERAL SCIENCE CHAW WEI KEE	MATHS TAN WOAN SEAN			BAHASA MALAYSIA ZAFIRAH			
Khamis		INTERACTIVE ENGLISH KELVIN WONG KIN SING		ENGLISH JASPREET		GEOGRAPHY SEAN DOMINIC WONG	MATHS TAN WOAN SEAN			CHINESE LANGUAGE KOK KER WEI	GENERAL SCIENCE CHAW WEI KEE		
Jumaat		ART CHONG BOON FATT		ENGLISH JASPREET		ENGLISH JASPREET	MATHS TAN WOAN SEAN	BAHASA MALAYSIA ZAFIRAH		GENERAL SCIENCE CHAW WEI KEE	CHINESE LANGUAGE KOK KER WEI		

Valid from 12-01-2026

J2 - HE

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : LEE KIN FAI

	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			PHYSICAL EDUCATION HOR JUN YEN	GEOGRAPHY SEAN DOMINIC WONG		MATHS LEE KIN FAI	HISTORY TEOW KOM LON			ENGLISH TAN SWEE MEE	BAHASA MALAYSIA HASLINA		
Selasa		MATHS LEE KIN FAI		COUNSELING LINITHA		ART CHONG BOON FATT	BAHASA MALAYSIA HASLINA		Group 1 CHINESE LANGUAGE OOI ZET FONG	GENERAL SCIENCE CHAW WEI KEE			
									R22-2 BASIC CHINESE LEW KAI XUAN				
Rabu		GENERAL SCIENCE CHAW WEI KEE		HISTORY TEOW KOM LON		Group 1 CHINESE LANGUAGE OOI ZET FONG	BAHASA MALAYSIA HASLINA		MATHS LEE KIN FAI				
						R22-2 BASIC CHINESE LEW KAI XUAN							
Khamis		MATHS LEE KIN FAI	GENERAL SCIENCE CHAW WEI KEE			Group 1 CHINESE LANGUAGE OOI ZET FONG	HISTORY TEOW KOM LON			INTERACTIVE ENGLISH KELVIN WONG KIN SING	ENGLISH TAN SWEE MEE		
						R22-2 BASIC CHINESE LEW KAI XUAN							
Jumaat		COMPUTER JEEVA		BAHASA MALAYSIA HASLINA		MATHS LEE KIN FAI	GEOGRAPHY SEAN DOMINIC WONG		PT3 HISTORY ZAFIRAH	ENGLISH TAN SWEE MEE			

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

J2 - ZI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : AMIELIA

	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			GENERAL SCIENCE LAM HEW TONG	BAHASA MALAYSIA AMIELIA		HISTORY TEOW KOM LON	MATHS ANNY FOONG			GEOGRAPHY SEAN DOMINIC WONG	ENGLISH PAVITHRA	PHYSICAL EDUCATION HOR JUN YEN	PT3 HISTORY NUR AIN
Selasa		ENGLISH PAVITHRA		HISTORY TEOW KOM LON		BAHASA MALAYSIA AMIELIA	GENERAL SCIENCE LAM HEW TONG			Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE R22-2 Kumpulan 2 BASIC CHINESE LEW KAI XUAN		MATHS ANNY FOONG	
Rabu		GENERAL SCIENCE LAM HEW TONG	INTERACTIVE ENGLISH KELVIN WONG KIN SING			Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE R22-2 Kumpulan 2 BASIC CHINESE LEW KAI XUAN		HISTORY TEOW KOM LON		ENGLISH PAVITHRA			
Khamis		ENGLISH PAVITHRA	GEOGRAPHY SEAN DOMINIC WONG			Kumpulan 1 CHINESE LANGUAGE CHOW PEI YEE R22-2 Kumpulan 2 BASIC CHINESE LEW KAI XUAN		GENERAL SCIENCE LAM HEW TONG		BAHASA MALAYSIA AMIELIA		COUNSELING ERICA LIEW (COUNSELING)	MATHS ANNY FOONG
Jumaat		ENGLISH PAVITHRA	MATHS ANNY FOONG			COMPUTER JEEVA	BAHASA MALAYSIA AMIELIA			ART CHONG BOON FATT		GENERAL SCIENCE LAM HEW TONG	

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

J2 - SAN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : KHOO YEN TENG

	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 LING SOON CHING			GENERAL SCIENCE KHOO YEN TENG		MATHS ONG EIK HOOI		INTERACTIVE ENGLISH KELVIN WONG KIN SING		COMPUTER JEEVA	
Selasa		GENERAL SCIENCE KHOO YEN TENG	GEOGRAPHY SEAN DOMINIC WONG			BAHASA MALAYSIA LING SOON CHING		MATHS ONG EIK HOOI		Kumpulan 1 CHINESE LANGUAGE SEE SU PENG		ENGLISH TAN SWEE MEE	
										R22-2 Kumpulan 2 BASIC CHINESE LEW KAI XUAN			
Rabu		GENERAL SCIENCE KHOO YEN TENG	ENGLISH TAN SWEE MEE			Kumpulan 1 CHINESE LANGUAGE SEE SU PENG		MATHS ONG EIK HOOI		GEOGRAPHY SEAN DOMINIC WONG			
						R22-2 Kumpulan 2 BASIC CHINESE LEW KAI XUAN							
Khamis		MATHS ONG EIK HOOI		PT3 HISTORY ZAFIRAH		Kumpulan 1 CHINESE LANGUAGE SEE SU PENG		GENERAL SCIENCE KHOO YEN TENG		HISTORY CHUAH HOOI THENG		ART CHONG BOON FATT	
						R22-2 Kumpulan 2 BASIC CHINESE LEW KAI XUAN							
Jumaat		BAHASA MALAYSIA LING SOON CHING	MATHS ONG EIK HOOI			ENGLISH TAN SWEE MEE		GENERAL SCIENCE KHOO YEN TENG		HISTORY CHUAH HOOI THENG		PHYSICAL EDUCATION HOR JUN YEN	COUNSELING ERICA LIEW (COUNSELING)

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

J3 - 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			CHINESE LANGUAGE WONG CHI YAN	UEC SCIENC E WONG SHU FEN		BAHASA MALAYSIA NORNADIA	MATHS LEE CHEE YEH	PT3 HISTORY FAIZ		ENGLISH NG IN YAN	PHYSICAL EDUCATION HJY / K	UEC GEO CHANG SHWU LING			
Selasa		BAHASA MALAYSIA NORNADIA	MATHS LEE CHEE YEH			CHINESE LANGUAGE WONG CHI YAN	ENGLISH NG IN YAN			UEC SCIENC E WONG SHU FEN	HISTORY TERESA CHAU	INTERACTIVE ENGLISH SHARMILA			
Rabu		UEC SCIENC E WONG SHU FEN	HISTORY TERESA CHAU	ENGLISH NG IN YAN		BAHASA MALAYSIA NORNADIA	CHINESE LANGUAGE WONG CHI YAN			UEC GEO CHANG SHWU LING					
Khamis		ART LEE SHI HUI				UEC SCIENC E WONG SHU FEN	ENGLISH NG IN YAN	MATHS LEE CHEE YEH			HISTORY TERESA CHAU	COMPUTER HEONG CHOON HO		CHINESE LANGUAGE WONG CHI YAN	
Jumaat		UEC GEO CHANG SHWU LING	BAHASA MALAYSIA NORNADIA			MATHS LEE CHEE YEH				ENGLISH NG IN YAN	CHINESE LANGUAGE WONG CHI YAN	UEC SCIENCE WONG SHU FEN			

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

J3 - HUI

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			ECONOMICS ANNE CHIRSTINA	CHINESE LANGUAGE GOH JO HOOI		MATHS FU WAH KIT	ENGLISH NG IN YAN			PT3 HISTORY NORNADIA	BAHASA MALAYSIA NUR FADZILAH		HISTORY TERESA CHAU
Selasa		BAHASA MALAYSIA NUR FADZILAH	ENGLISH NG IN YAN			ART LEE SHI HUI	CHINESE LANGUAGE GOH JO HOOI		MATHS FU WAH KIT	BUSINESS STUDIES SHARLINNADIA	ECONOMICS ANNE CHIRSTINA		
Rabu		INTERACTIVE ENGLISH S / P		HISTORY TERESA CHAU		MATHS FU WAH KIT	ECONOMICS ANNE CHIRSTINA	CHINESE LANGUAGE GOH JO HOOI	ENGLISH NG IN YAN				
Khamis		MATHS FU WAH KIT		ENGLISH NG IN YAN		HISTORY TERESA CHAU	CHINESE LANGUAGE GOH JO HOOI		BAHASA MALAYSIA NUR FADZILAH	PHYSICAL EDUCATION G / K	PRINCIPLES OF ACCOUNTS MOGANRAJ		
Jumaat		ENGLISH NG IN YAN	PRINCIPLES OF ACCOUNTS MOGANRAJ			COMPUTER TEI KOK FONG	BAHASA MALAYSIA NUR FADZILAH	CHINESE LANGUAGE GOH JO HOOI	BUSINESS STUDIES SHARLINNADIA				

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

J3 - LI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : MOGANRAJ

	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 S / P			Kumpulan 1 CHINESE LANGUAGE KOK KER WEI		HISTORY LIM BENG LEE		PRINCIPLES OF ACCOUNTS MOGANRAJ		BAHASA MALAYSIA SYARIFAH			
						Kumpulan 2 BASIC CHINESE CHONG BOON FATT									
Selasa		HISTORY LIM BENG LEE	PHYSICAL EDUCATION G / K	ECONOMICS ANNE CHIRSTINA		ECONOMICS ANNE CHIRSTINA	MATHS FU WAH KIT				ENGLISH AKSHAYA	COMPUTER JEEVA			
Rabu		PRINCIPLES OF ACCOUNT S MOGANRAJ	Kumpulan 1 CHINESE LANGUAGE KOK KER WEI			ENGLISH AKSHAYA		ECONOMICS ANNE CHIRSTINA			MATHS FU WAH KIT				
			Kumpulan 2 BASIC CHINESE CHONG BOON FATT												
Khamis		ECONOMICS ANNE CHIRSTINA	Kumpulan 1 CHINESE LANGUAGE KOK KER WEI		ENGLISH AKSHAYA		PT3 HISTORY FAIZ		MATHS FU WAH KIT	BUSINESS STUDIES SHARLINNADIA	BAHASA MALAYSIA SYARIFAH	BAHASA MALAYSIA SYARIFAH			
			Kumpulan 2 BASIC CHINESE CHONG BOON FATT												
Jumaat		ART LEE SHI HUI		HISTORY LIM BENG LEE		PRINCIPLES OF ACCOUNT S MOGANRAJ	BUSINESS STUDIES SHARLINNADIA			MATHS FU WAH KIT		BAHASA MALAYSIA SYARIFAH			

Valid from 12-01-2026

J3 - XIN

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			BAHASA MALAYSIA SYARIFAH	HISTORY TERESA CHAU		ENGLISH AKSHAYA	PHYSICS KARTTHNEE			MATHS/ ADD MATHS JAMES		INTERACTIVE ENGLISH P / S					
Selasa		MATHS/ ADD MATHS JAMES	BAHASA MALAYSIA SYARIFAH			ENGLISH AKSHAYA	CHINESE LANGUAGE WONG CHOON YENG				CHEMISTRY OOI KAY ENG		PHYSICS KARTTHNEE				
Rabu		ENGLISH AKSHAYA	BIOLOGY TAMILARASI			COMPUTER TEI KOK FONG		BAHASA MALAYSIA SYARIFAH				HISTORY TERESA CHAU					
Khamis		MATHS/ ADD MATHS JAMES				HISTORY TERESA CHAU	PT3 HISTORY NORNADIA	CHINESE LANGUAGE WONG CHOON YENG					ENGLISH AKSHAYA		CHEMISTRY OOI KAY ENG		
Jumaat		BAHASA MALAYSIA SYARIFAH	PHYSICAL EDUCATION G / K	MATHS/ ADD MATHS JAMES		MATHS/ ADD MATHS JAMES	BIOLOGY TAMILARASI							CHINESE LANGUAGE WONG CHOON YENG		ENGLISH AKSHAYA	

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

J3 - LIAN

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			PHYSICS KARTTHNEE			Kumpulan 1 CHINESE LANGUAGE WONG CHOON YENG		PT3 HISTORY NORNADIA		CHEMISTRY OOI KAY ENG	ENGLISH HARPREET		MATHS/ ADD MATHS FU WAH KIT	
						Kumpulan 2 BASIC CHINESE CHONG BOON FATT								
Selasa		MATHS/ ADD MATHS FU WAH KIT	BIOLOGY RUVANNYA			HISTORY LIM BENG LEE	PHYSICAL EDUCATION K / HJY	CHEMISTRY OOI KAY ENG		ENGLISH HARPREET	BAHASA MALAYSIA SYARIFAH			
Rabu		HISTORY LIM BENG LEE	Kumpulan 1 CHINESE LANGUAGE WONG CHOON YENG			CHEMISTRY OOI KAY ENG		MATHS/ ADD MATHS FU WAH KIT		BAHASA MALAYSIA SYARIFAH				
			Kumpulan 2 BASIC CHINESE CHONG BOON FATT											
Khamis		ENGLISH HARPREET	Kumpulan 1 CHINESE LANGUAGE WONG CHOON YENG		MATHS/ ADD MATHS FU WAH KIT		BAHASA MALAYSIA SYARIFAH	PHYSICS KARTTHNEE	BIOLOGY RUVANNYA					
			Kumpulan 2 BASIC CHINESE CHONG BOON FATT											
Jumaat		COMPUTER TEI KOK FONG		BAHASA MALAYSIA SYARIFAH	MATHS/ ADD MATHS FU WAH KIT		ENGLISH HARPREET	HISTORY LIM BENG LEE	INTERACTIVE ENGLISH S / P					

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

J3 - HE

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			BIOLOGY TAMILARASI			Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI		ENGLISH AKSHAYA		HISTORY LIM BENG LEE	CHEMISTRY OOI KAY ENG	MATHS/ ADD MATHS PUA YONG CHENG		
						Kumpulan 2 BASIC CHINESE CHONG BOON FATT								
Selasa		COMPUTER TEI KOK FONG		ENGLISH AKSHAYA		BIOLOGY TAMILARASI		PHYSICS KARTTHNEE		BAHASA MALAYSIA NUR FADZILAH		MATHS/ ADD MATHS PUA YONG CHENG		
Rabu		PT3 HISTORY NORNADIA	Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI			INTERACTIVE ENGLISH S / P		CHEMISTRY OOI KAY ENG			ENGLISH AKSHAYA			
			Kumpulan 2 BASIC CHINESE CHONG BOON FATT											
Khamis		PHYSICS KARTTHNEE	Kumpulan 1 CHINESE LANGUAGE GOH JO HOOI			BAHASA MALAYSIA NUR FADZILAH		MATHS/ ADD MATHS PUA YONG CHENG		CHEMISTRY OOI KAY ENG			HISTORY LIM BENG LEE	ENGLISH AKSHAYA
			Kumpulan 2 BASIC CHINESE CHONG BOON FATT											
Jumaat		BAHASA MALAYSIA NUR FADZILAH	MATHS/ ADD MATHS PUA YONG CHENG			PHYSICS KARTTHNEE		PHYSICAL EDUCATION HJY / K		ENGLISH AKSHAYA			HISTORY LIM BENG LEE	

J3 - MIN

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		Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN	BIOLOGY WONG YAO WEN		MATHS/ ADD MATHS FU WAH KIT	PHYSICS LOKE WAI CHUAN				
Selasa		BIOLOGY WONG YAO WEN	MATHS/ ADD MATHS FU WAH KIT		Kumpulan 2 BASIC CHINESE CHONG BOON FATT					COMPUTER TEI KOK FONG	PHYSICAL EDUCATION HJY / K	BAHASA MALAYSIA NORNADIA	CHEMISTRY KHOO YEN TENG
Rabu		MATHS/ ADD MATHS FU WAH KIT	Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN		Kumpulan 2 BASIC CHINESE CHONG BOON FATT	PHYSICS LOKE WAI CHUAN		HISTORY TERESA CHAU	CHEMISTRY KHOO YEN TENG				
Khamis		BAHASA MALAYSIA NORNADIA	Kumpulan 1 CHINESE LANGUAGE WONG CHI YAN									Kumpulan 2 BASIC CHINESE CHONG BOON FATT	INTERACTIVE ENGLISH S / P
Jumaat		PT3 HISTORY FAIZ	BIOLOGY WONG YAO WEN		CHEMISTRY KHOO YEN TENG	BAHASA MALAYSIA NORNADIA		ENGLISH NG IN YAN	HISTORY TERESA CHAU				

Valid from 12-01-2026

S1 - 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			ART CHONG BOON FATT	CHINESE LANGUAGE KOK KER WEI		BOOK KEEPING AND ACCO UNTS SHARLINNADIA	COMMERCE TEO YUAN ZHE			UEC MATH ENG SHU MING		Kumpulan 1 BAHASA MALAYSIA IDAYU Kumpulan 2 BASIC ENGLISH TAN CHOR SHENG	SPM SCIENC E LEE PAK FEI	
Selasa		COMMERCE TEO YUAN ZHE	ART CHONG BOON FATT			UEC MATH ENG SHU MING	CHINESE LANGUAGE KOK KER WEI			ENGLISH SURVIN		Kumpulan 1 BAHASA MALAYSIA IDAYU Kumpulan 2 BASIC ENGLISH TAN CHOR SHENG		
Rabu		PHYSICAL EDUCATION GOKU	ENGLISH SURVIN			BOOK KEEPING AND ACCOUNTS SHARLINNADIA		CHINESE LANGUAGE KOK KER WEI		SPM HISTOR Y NUR FADZILAH				
Khamis		BOOK KEEPING AND ACCOUNTS SHARLINNADIA		SPM HISTOR Y NUR FADZILAH		CHINESE LANGUAGE KOK KER WEI	HISTORY LIM BENG LEE			UEC MATH ENG SHU MING		Kumpulan 1 BAHASA MALAYSIA IDAYU Kumpulan 2 BASIC ENGLISH TAN CHOR SHENG		
Jumaat		HISTORY LIM BENG LEE	UEC MATH ENG SHU MING			ENGLISH SURVIN		CHINESE LANGUAGE KOK KER WEI		COMPUTER HEONG CHOON HO		SPM MORAL HASLINA		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

S1 - REN

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			ADVANCED MATHS YEOW GHEE RUEY	CHINESE LANGUAGE KOK KER WEI		PHYSICS ONG KAR WENG		ADVANCED MATHS YEOW GHEE RUEY		BIOLOGY YIP SIEW KENG		Kumpulan 1 BAHASA MALAYSIA IDAYU Kumpulan 2 BASIC ENGLISH TAN CHOR SHENG	SPM SCIENCE LEE PAK FEI
Selasa		ADVANCED MATHS YEOW GHEE RUEY	CHEMISTRY WONG SHU FEN			PHYSICS ONG KAR WENG	CHINESE LANGUAGE KOK KER WEI			ENGLISH SURVIN		Kumpulan 1 BAHASA MALAYSIA IDAYU Kumpulan 2 BASIC ENGLISH TAN CHOR SHENG	
Rabu		PHYSICAL EDUCATION GOKU	ENGLISH SURVIN			ADVANCED MATHS YEOW GHEE RUEY		CHINESE LANGUAGE KOK KER WEI		SPM HISTORY NUR FADZILAH			
Khamis		PHYSICS ONG KAR WENG		SPM HISTORY NUR FADZILAH		CHINESE LANGUAGE KOK KER WEI	CHEMISTRY WONG SHU FEN			ADVANCED MATHS YEOW GHEE RUEY		Kumpulan 1 BAHASA MALAYSIA IDAYU Kumpulan 2 BASIC ENGLISH TAN CHOR SHENG	
Jumaat		BIOLOGY YIP SIEW KENG		ADVANCED MATHS YEOW GHEE RUEY		ENGLISH SURVIN		CHINESE LANGUAGE KOK KER WEI		COMPUTER HEONG CHOON HO		SPM MORAL HASLINA	

S1 - AI

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			SPM HISTOR Y AMIELIA	BUSINESS STUDIES TEO YUAN ZHE		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	PRINCIPLES OF ACCOUNT S KOK KIM WAH			MATHS PUA YONG CHENG	BAHASA MALAYSIA ZAFIRAH	ECONOMICS ANNE CHIRSTINA	CHINESE LANGUAGE GOH JO HOOI
Selasa		MATHS PUA YONG CHENG	PRINCIPLES OF ACCOUNTS KOK KIM WAH			Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	PHYSICAL EDUCATION GOKU			SPM MORAL HASLINA	CHINESE LANGUAGE GOH JO HOOI	BUSINESS STUDIES TEO YUAN ZHE	
Rabu		SPM SCIENC E LOKE WAI CHUAN	MATHS PUA YONG CHENG			Group 1 ENGLISH WONG KA CHUN	BAHASA MALAYSIA ZAFIRAH			CHINESE LANGUAGE GOH JO HOOI			
Khamis		MATHS PUA YONG CHENG		ECONOMICS ANNE CHIRSTINA		PRINCIPLES OF ACCOUNT S KOK KIM WAH	BAHASA MALAYSIA ZAFIRAH	ECONOMICS ANNE CHIRSTINA		Group 1 ENGLISH WONG KA CHUN	CHINESE LANGUAGE GOH JO HOOI		SPM HISTOR Y AMIELIA
Jumaat		SPM SCIENC E LOKE WAI CHUAN	BAHASA MALAYSIA ZAFIRAH	BUSINESS STUDIES TEO YUAN ZHE		CHINESE LANGUAGE GOH JO HOOI	ECONOMICS ANNE CHIRSTINA			PRINCIPLES OF ACCOUNT S KOK KIM WAH	COMPUTER JEEVA		

S1 - QIN

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			BUSINESS STUDIES TEO YUAN ZHE	PRINCIPLES OF ACCOUNTS KOK KIM WAH		ENGLISH (1ST LANGUAGE) WONG KA CHUN Group 1	ECONOMICS			CHINESE LANGUAGE OOI ZET FONG Group 1	MATHS			
						ENGLISH (2ND LANGUAGE) ANNIE SYLVIA Group 2	ANNE CHIRSTINA			R23-2 BASIC CHINESE WONG CHOON YENG Group 2	CHAI SIEW YIN			
Selasa		CHINESE LANGUAGE OOI ZET FONG Group 1		PHYSICAL EDUCATION GOKU		ENGLISH (1ST LANGUAGE) WONG KA CHUN Group 1	BUSINESS STUDIES			MATHS CHAI SIEW YIN	PRINCIPLES OF ACCOUNTS KOK KIM WAH	BAHASA MALAYSIA NORNADIA		
		R23-2 BASIC CHINESE WONG CHOON YENG Group 2				ENGLISH (2ND LANGUAGE) ANNIE SYLVIA Group 2	TEO YUAN ZHE							
Rabu		MATHS CHAI SIEW YIN	ECONOMICS ANNE CHIRSTINA			ENGLISH WONG KA CHUN Group 1	SPM SCIENC E KARTTHNEE	BAHASA MALAYSIA NORNADIA			PRINCIPLES OF ACCOUNTS KOK KIM WAH			
						ENGLISH (2ND LANGUAGE) ANNIE SYLVIA Group 2								
Khamis		SPM MORAL NUR AIN	BAHASA MALAYSIA NORNADIA	SPM HISTOR Y SYARIFAH		ECONOMICS ANNE CHIRSTINA	BUSINESS STUDIES TEO YUAN ZHE				ENGLISH WONG KA CHUN Group 1	MATHS CHAI SIEW YIN	COMPUTER	
											ENGLISH (2ND LANGUAGE) ANNIE SYLVIA Group 2			JEEVA
Jumaat		CHINESE LANGUAGE OOI ZET FONG Group 1		ECONOMICS ANNE CHIRSTINA		SPM HISTOR Y SYARIFAH	PRINCIPLES OF ACCOUNTS KOK KIM WAH				SPM SCIENC E KARTTHNEE	BAHASA MALAYSIA NORNADIA		
		R23-2 BASIC CHINESE WONG CHOON YENG Group 2												

S1 - MIN

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			PHYSICS LIM JING XIANG		MATHS/ ADD MATHS PUA YONG CHENG		Group 1 CHINESE LANGUAGE KONG ZEE CHING		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	
Selasa		Group 1 CHINESE LANGUAGE KONG ZEE CHING		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN		BAHASA MALAYSIA HASLINA	MATHS/ ADD MATHS PUA YONG CHENG			Group 2 R23-2 BASIC CHINESE WONG CHOON YENG		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA	
Rabu		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	COMPUTER JEEVA				MATHS/ ADD MATHS PUA YONG CHENG			Group 2 R23-2 BASIC CHINESE WONG CHOON YENG		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA	
Khamis		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN				MATHS/ ADD MATHS PUA YONG CHENG	BIOLOGY TAMILARASI			Group 2 R23-2 BASIC CHINESE WONG CHOON YENG		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA	
Jumaat		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	SPM MORAL NUR AIN	BAHASA MALAYSIA HASLINA		MATHS/ ADD MATHS PUA YONG CHENG	CHEMISTRY SIEW TUCK HING			Group 1 CHINESE LANGUAGE KONG ZEE CHING		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	
		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA				MATHS/ ADD MATHS PUA YONG CHENG	CHEMISTRY SIEW TUCK HING			Group 2 R23-2 BASIC CHINESE WONG CHOON YENG		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA	
		Group 1 CHINESE LANGUAGE KONG ZEE CHING	CHEMISTRY SIEW TUCK HING			Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	PHYSICAL EDUCATION GOKU	SPM HISTOR Y SYARIFAH		Group 1 CHINESE LANGUAGE KONG ZEE CHING		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	
		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA				Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA				Group 2 R23-2 BASIC CHINESE WONG CHOON YENG		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA	

S1 - ZI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : SURVIN

	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/ ADD MATHS CHAI SIEW YIN			Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN		BAHASA MALAYSIA IDAYU		Group 1 CHINESE LANGUAGE TERESA CHAU		PHYSICAL EDUCATION GOKU	BIOLOGY LAM HEW TONG	
				Group 2 ENGLISH (2ND LANGUAGE) SURVIN		Group 2 BASIC CHINESE WONG CHOON YENG								
Selasa		Group 1 CHINESE LANGUAGE TERESA CHAU		MATHS/ ADD MATHS CHAI SIEW YIN		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN		CHEMISTRY SIEW TUCK HING		SPM HISTOR Y AMIELIA	BIOLOGY LAM HEW TONG		PHYSICS LIM JING XIANG	
		R23-2 BASIC CHINESE WONG CHOON YENG				Group 2 ENGLISH (2ND LANGUAGE) SURVIN								
Rabu		BAHASA MALAYSIA IDAYU		PHYSICS LIM JING XIANG		Group 1 ENGLISH WONG KA CHUN		COMPUTER JEEVA		MATHS/ ADD MATHS CHAI SIEW YIN				
						Group 2 ENGLISH (2ND LANGUAGE) SURVIN								
Khamis		BIOLOGY LAM HEW TONG		BAHASA MALAYSIA IDAYU		PHYSICS LIM JING XIANG	MATHS/ ADD MATHS CHAI SIEW YIN			Group 1 ENGLISH WONG KA CHUN	SPM MORAL HASLINA	CHEMISTRY SIEW TUCK HING		
Jumaat		Group 1 CHINESE LANGUAGE TERESA CHAU		SPM HISTOR Y AMIELIA	BAHASA MALAYSIA IDAYU	CHEMISTRY SIEW TUCK HING		PHYSICS LIM JING XIANG		MATHS/ ADD MATHS CHAI SIEW YIN				
		R23-2 BASIC CHINESE WONG CHOON YENG												

S1 - LIAN

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			COMPUTER JEEVA			BIOLOGY LAM HEW TONG	MATHS/ ADD MATHS CHAI SIEW YIN			Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE WONG CHOON YENG		CHEMISTRY OOI KAY ENG	
Selasa		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE WONG CHOON YENG		SPM MORAL HASLINA		MATHS/ ADD MATHS CHAI SIEW YIN		BAHASA MALAYSIA ZAFIRAH		Group 1 BAHASA MALAYSIA ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2 ENGLISH (2ND LANGUAGE) TAN SWEE MEE		CHEMISTRY OOI KAY ENG	CHEMISTRY OOI KAY ENG
Rabu		BAHASA MALAYSIA ZAFIRAH	MATHS/ ADD MATHS CHAI SIEW YIN	SPM HISTOR Y SYARIFAH		PHYSICS LIM JING XIANG		Group 1 ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2 ENGLISH (2ND LANGUAGE) TAN SWEE MEE		CHEMISTRY OOI KAY ENG			
Khamis		SPM HISTOR Y SYARIFAH	PHYSICS LIM JING XIANG			BAHASA MALAYSIA ZAFIRAH	Group 1 ENGLISH ANNIE SYLVIA Group 2 ENGLISH (2ND LANGUAGE) TAN SWEE MEE			BIOLOGY LAM HEW TONG		PHYSICAL EDUCATION GOKU	MATHS/ ADD MATHS CHAI SIEW YIN
Jumaat		Group 1 CHINESE LANGUAGE GOH JO HOOI R23-2 Group 2 BASIC CHINESE WONG CHOON YENG		Group 1 ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2 ENGLISH (2ND LANGUAGE) TAN SWEE MEE		P PHYSICS LIM JING XIANG	BIOLOGY LAM HEW TONG			Group 1 ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2 ENGLISH (2ND LANGUAGE) TAN SWEE MEE	MATHS/ ADD MATHS CHAI SIEW YIN	BAHASA MALAYSIA ZAFIRAH	

S1 - HUI

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			BAHASA MALAYSIA NORNADIA	MATHS/ ADD MATHS PUA YONG CHENG		BIOLOGY TAMILARASI	CHEMISTRY SIEW TUCK HING			Group 1 CHINESE LANGUAGE KOK KER WEI		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	
Selasa		Group 1 CHINESE LANGUAGE KOK KER WEI		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN		PHYSICS LEE PAK FEI		BAHASA MALAYSIA NORNADIA		Group 2 R23-2 BASIC CHINESE WONG CHOON YENG		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA	
Rabu		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	CHEMISTRY SIEW TUCK HING	BAHASA MALAYSIA NORNADIA		PHYSICS LEE PAK FEI		SPM HISTOR Y NUR FADZILAH		MATHS/ ADD MATHS PUA YONG CHENG			
	Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA												
Khamis		Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN	CHEMISTRY SIEW TUCK HING		BIOLOGY TAMILARASI		SPM MORAL NUR AIN	MATHS/ ADD MATHS PUA YONG CHENG					
	Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA												
Jumaat		Group 1 CHINESE LANGUAGE KOK KER WEI		PHYSICAL EDUCATION GOKU	Group 1 ENGLISH (1ST LANGUAGE) WONG KA CHUN		MATHS/ ADD MATHS PUA YONG CHENG			PHYSICS LEE PAK FEI	COMPUTER TEI KOK FONG		
	Group 2 R23-2 BASIC CHINESE WONG CHOON YENG		Group 2 ENGLISH (2ND LANGUAGE) ANNIE SYLVIA										

Valid from 12-01-2026

S2 - 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 HISTOR Y ZAFIRAH	Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH TAN CHOR SHENG		CHINESE LANGUAGE OOI ZET FONG	COMPUTER HEONG CHOON HO			COMMERCE TEO YUAN ZHE	BOOK KEEPING AND ACCOU NTS KOK KIM WAH	ENGLISH NG IN YAN	MATHS YEOW GHEE RUEY
Selasa			ART LEE SHI HUI	SPM MORAL IDAYU		CHINESE LANGUAGE OOI ZET FONG	BOOK KEEPING AND ACCOU NTS KOK KIM WAH	MATHS YEOW GHEE RUEY		SPM SCIENC E SIEW TUCK HING	COMMERCE TEO YUAN ZHE	HISTORY CHUAH HOOI THENG	ENGLISH NG IN YAN
Rabu			CHINESE LANGUAGE OOI ZET FONG	ART LEE SHI HUI		ENGLISH NG IN YAN	BOOK KEEPING AND ACCOUNTS KOK KIM WAH			MATHS YEOW GHEE RUEY			
Khamis		ENGLISH NG IN YAN	MATHS YEOW GHEE RUEY			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH TAN CHOR SHENG	PHYSICAL EDUCATION HJY / K			SPM HISTOR Y ZAFIRAH	CHINESE LANGUAGE OOI ZET FONG	COMMERCE TEO YUAN ZHE	HISTORY CHUAH HOOI THENG
Jumaat		HISTORY CHUAH HOOI THENG	ENGLISH NG IN YAN			CHINESE LANGUAGE OOI ZET FONG	MATHS YEOW GHEE RUEY			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH TAN CHOR SHENG	BOOK KEEPING AND ACCOU NTS KOK KIM WAH		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

S2 - 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 HISTOR Y	Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH ZAFIRAH TAN CHOR SHENG		CHINESE LANGUAGE OOI ZET FONG	COMPUTER HEONG CHOON HO			ADVANCED MATHS YEOW GHEE RUEY	ENGLISH NG IN YAN	BIOLOGY YIP SIEW KENG	
Selasa		PHYSICS ONG KAR WENG		SPM MORAL IDAYU		CHINESE LANGUAGE OOI ZET FONG	CHEMISTRY WONG SHU FEN			SPM SCIENC E SIEW TUCK HING	ADVANCED MATHS YEOW GHEE RUEY	ENGLISH NG IN YAN	
Rabu		CHINESE LANGUAGE OOI ZET FONG		ADVANCED MATHS YEOW GHEE RUEY		ENGLISH NG IN YAN	BIOLOGY YIP SIEW KENG			PHYSICS ONG KAR WENG			
Khamis		ENGLISH NG IN YAN	BIOLOGY YIP SIEW KENG			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH TAN CHOR SHENG	PHYSICAL EDUCATION HJY / K			SPM HISTOR Y ZAFIRAH	CHINESE LANGUAGE OOI ZET FONG	PHYSICS ONG KAR WENG	ADVANCED MATHS YEOW GHEE RUEY
Jumaat		ADVANCED MATHS YEOW GHEE RUEY	ENGLISH NG IN YAN			CHINESE LANGUAGE OOI ZET FONG	CHEMISTRY WONG SHU FEN			Group 1 BAHASA MALAYSIA NATASYHA Group 2 BASIC ENGLISH TAN CHOR SHENG	PHYSICS ONG KAR WENG		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

Valid from 12-01-2026

S2 - 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			SPM HISTOR Y NATASYHA	MATHS KOO KAR KEI		Group 1 CHINESE LANGUAGE PHOON HONG TAT	PRINCIPLES OF ACCOUNT S MOGANRAJ		GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	SPM SCIENC E RUVANNYA	BUSINESS STUDIES KOK KIM WAH		
				R23-1 CHINESE LANGUAGE CHAW WEI KEE									
Selasa		GF02 Group 1(B) ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	SPM MORAL IDAYU	MATHS KOO KAR KEI		Group 1 CHINESE LANGUAGE PHOON HONG TAT	SPM HISTOR Y NATASYHA		ECONOMICS LEE KIN FAI	PRINCIPLES OF ACCOUNT S MOGANRAJ	BAHASA MALAYSIA SITI HAWA		
		GF01 Group 2(B) ENGLISH (2ND LANGUAGE) SURVIN				R23-1 CHINESE LANGUAGE CHAW WEI KEE							
Rabu		COMPUTER TEI KOK FONG		PRINCIPLES OF ACCOUNT S MOGANRAJ		MATHS KOO KAR KEI	ECONOMICS LEE KIN FAI		BAHASA MALAYSIA SITI HAWA				
Khamis		GF02 Group 1(B) ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	BAHASA MALAYSIA SITI HAWA	ECONOMICS LEE KIN FAI		PHYSICAL EDUCATION GOKU	SPM SCIENC E RUVANNYA		MATHS KOO KAR KEI	BUSINESS STUDIES KOK KIM WAH			
		GF01 Group 2(B) ENGLISH (2ND LANGUAGE) SURVIN											
Jumaat		BUSINESS STUDIES KOK KIM WAH	GF02 Group 1(B) ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	BAHASA MALAYSIA SITI HAWA		Group 1 CHINESE LANGUAGE PHOON HONG TAT	ECONOMICS LEE KIN FAI		PRINCIPLES OF ACCOUNTS MOGANRAJ	MATHS KOO KAR KEI			
			GF01 Group 2(B) ENGLISH (2ND LANGUAGE) SURVIN			R23-1 CHINESE LANGUAGE CHAW WEI KEE							

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

S2 - 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			BAHASA MALAYSIA IDAYU	SPM SCIENC E RUVANNYA		Group 1 CHINESE LANGUAGE TERESA CHAU		SPM HISTOR Y NATASYHA		GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	Group 1B	MATHS DARCHINIE	
				R23-1 CHINESE LANGUAGE CHAW WEI KEE		Group 2		Group 2B ENGLISH (2ND LANGUAGE) AKSHAYA					
Selasa		GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	MATHS DARCHINIE	ECONOMICS LEE KIN FAI		Group 1 CHINESE LANGUAGE TERESA CHAU	PRINCIPLES OF ACCOUNT S ANNE CHIRSTINA			SPM MORAL NUR AIN	PHYSICAL EDUCATION GOKU	SPM HISTOR Y NATASYHA	BUSINESS STUDIES KOK KIM WAH
		Group 2B ENGLISH (2ND LANGUAGE) AKSHAYA				R23-1 CHINESE LANGUAGE CHAW WEI KEE		Group 2					
Rabu		ECONOMICS LEE KIN FAI	BUSINESS STUDIES KOK KIM WAH			BAHASA MALAYSIA IDAYU	MATHS DARCHINIE			PRINCIPLES OF ACCOUNT S ANNE CHIRSTINA			
Khamis		GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	ECONOMICS LEE KIN FAI		COMPUTER TEI KOK FONG	BUSINESS STUDIES KOK KIM WAH		BAHASA MALAYSIA IDAYU	PRINCIPLES OF ACCOUNTS ANNE CHIRSTINA	MATHS DARCHINIE			
		Group 2B ENGLISH (2ND LANGUAGE) AKSHAYA											
Jumaat		PRINCIPLES OF ACCOUNT S ANNE CHIRSTINA	GF02 ENGLISH (1ST LANGUAGE) LEE NYEE HEAN	SPM SCIENC E RUVANNYA	Group 1 CHINESE LANGUAGE TERESA CHAU	BAHASA MALAYSIA IDAYU		MATHS DARCHINIE	ECONOMICS LEE KIN FAI				
			Group 2B ENGLISH (2ND LANGUAGE) AKSHAYA		R23-1 CHINESE LANGUAGE CHAW WEI KEE					Group 2			

S2 - QIN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : ONG EIK 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			GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	PHYSICAL EDUCATION GOKU		MATHS/ ADD MATHS ONG EIK HOOI	PHYSICS LEE PAK FEI			BAHASA MALAYSIA NATASYHA	BIOLOGY TAMILARASI		CHINESE LANGUAGE LIEW MEI YEE
Selasa		MATHS/ ADD MATHS ONG EIK HOOI	BIOLOGY TAMILARASI	GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		BAHASA MALAYSIA NATASYHA	CHEMISTRY KHOO YEN TENG			CHINESE LANGUAGE LIEW MEI YEE	PHYSICS LEE PAK FEI		
Rabu		BAHASA MALAYSIA NATASYHA	MATHS/ ADD MATHS ONG EIK HOOI			CHINESE LANGUAGE LIEW MEI YEE		GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		SPM HISTOR Y NATASYHA			
Khamis		PHYSICS LEE PAK FEI	BIOLOGY TAMILARASI	CHINESE LANGUAGE LIEW MEI YEE		MATHS/ ADD MATHS ONG EIK HOOI	GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	CHEMISTRY KHOO YEN TENG		COMPUTER TEI KOK FONG			
Jumaat		SPM HISTOR Y NATASYHA	SPM MORAL IDAYU	BIOLOGY TAMILARASI		BAHASA MALAYSIA NATASYHA	MATHS/ ADD MATHS ONG EIK HOOI	ENGLISH (1ST LANGUAGE) SURVIN ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		CHINESE LANGUAGE LIEW MEI YEE	PHYSICS LEE PAK FEI		

Valid from 12-01-2026

S2 - LIAN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : SEE SU PENG

	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			GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	MATHS/ ADD MATHS DARCHINIE		Group 1 CHINESE LANGUAGE SEE SU PENG		PHYSICAL EDUCATION GOKU		BAHASA MALAYSIA IDAYU	CHEMISTRY SIEW TUCK HING	PHYSICS LIM JING XIANG	
Selasa		CHEMISTRY SIEW TUCK HING		GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		Group 1 CHINESE LANGUAGE SEE SU PENG		PHYSICS LIM JING XIANG		SPM HISTOR Y NATASYHA	COMPUTER TEI KOK FONG	MATHS/ ADD MATHS DARCHINIE	
Rabu		CHEMISTRY SIEW TUCK HING	MATHS/ ADD MATHS DARCHINIE			BIOLOGY WONG YAO WEN	GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN			BAHASA MALAYSIA IDAYU			
Khamis		BIOLOGY WONG YAO WEN		MATHS/ ADD MATHS DARCHINIE		BAHASA MALAYSIA IDAYU	GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN			PHYSICS LIM JING XIANG	SPM HISTOR Y NATASYHA	SPM MORAL NUR AIN	
Jumaat		PHYSICS LIM JING XIANG	MATHS/ ADD MATHS DARCHINIE			Group 1 CHINESE LANGUAGE SEE SU PENG R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE		BIOLOGY WONG YAO WEN		GF01 Group 1B ENGLISH (1ST LANGUAGE) SURVIN Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	BAHASA MALAYSIA IDAYU		

Jadual waktu terjana:1/7/2026

aSc Jadual Waktu

S2 - AI

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : WONG KA CHUN

	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 SIEW TUCK HING	BIOLOGY WONG YAO WEN		Group 1 CHINESE LANGUAGE LIEW MEI YEE	Group 1B ENGLISH (1ST LANGUAGE) WONG KA CHUN			PHYSICS LIM JING XIANG	BAHASA MALAYSIA SITI HAWA		
Selasa		PHYSICS LIM JING XIANG	BAHASA MALAYSIA SITI HAWA	R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE		Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN							
				Group 1 CHINESE LANGUAGE LIEW MEI YEE		MATHS/ ADD MATHS KOO KAR KEI							
				R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE									
Rabu		BIOLOGY WONG YAO WEN	BAHASA MALAYSIA SITI HAWA	MATHS/ ADD MATHS KOO KAR KEI		CHEMISTRY SIEW TUCK HING	SPM HISTOR Y NATASYHA						
Khamis		COMPUTER TEI KOK FONG	PHYSICAL EDUCATION GOKU	Group 1B ENGLISH (1ST LANGUAGE) WONG KA CHUN	MATHS/ ADD MATHS KOO KAR KEI		Group 1B ENGLISH (1ST LANGUAGE) WONG KA CHUN	Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	BIOLOGY WONG YAO WEN	BAHASA MALAYSIA SITI HAWA	SPM HISTOR Y NATASYHA		
Jumaat		MATHS/ ADD MATHS KOO KAR KEI	Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	Group 1 CHINESE LANGUAGE LIEW MEI YEE									
				R23-1 Group 2 CHINESE LANGUAGE CHAW WEI KEE									
										SPM MORAL IDAYU	CHEMISTRY SIEW TUCK HING		

S2 - SAN

SM Poi Lam, 31500 Ipoh, Perak

Guru kelas : DARCHINIE

	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 KHOO YEN TENG	Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		CHINESE LANGUAGE CHIEW TECK SENG R23-1	Group 1 CHINESE LANGUAGE CHIEW TECK SENG Group 2 CHINESE LANGUAGE CHAW WEI KEE	MATHS/ ADD MATHS DARCHINIE		SPM HISTOR Y ZAFIRAH	BIOLOGY WONG YAO WEN	COMPUTER TEI KOK FONG	
Selasa		BAHASA MALAYSIA NATASYHA		PHYSICS LEE PAK FEI		CHINESE LANGUAGE CHIEW TECK SENG R23-1	Group 1 CHINESE LANGUAGE CHIEW TECK SENG Group 2 CHINESE LANGUAGE CHAW WEI KEE	BIOLOGY WONG YAO WEN		MATHS/ ADD MATHS DARCHINIE	Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	SPM MORAL HASLINA	
Rabu		PHYSICS LEE PAK FEI		Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		BAHASA MALAYSIA NATASYHA	CHEMISTRY KHOO YEN TENG			MATHS/ ADD MATHS DARCHINIE			
Khamis		CHEMISTRY KHOO YEN TENG		BAHASA MALAYSIA NATASYHA		PHYSICS LEE PAK FEI	BIOLOGY WONG YAO WEN			MATHS/ ADD MATHS DARCHINIE	Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN		
Jumaat		Group 1B ENGLISH (1ST LANGUAGE) ANNIE SYLVIA Group 2B ENGLISH (2ND LANGUAGE) LEE NYEE HEAN	BAHASA MALAYSIA NATASYHA	SPM HISTOR Y ZAFIRAH		CHINESE LANGUAGE CHIEW TECK SENG R23-1	Group 1 CHINESE LANGUAGE CHIEW TECK SENG Group 2 CHINESE LANGUAGE CHAW WEI KEE	PHYSICAL EDUCATION GOKU		BIOLOGY WONG YAO WEN	MATHS/ ADD MATHS DARCHINIE		

S3 - 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			ENGLISH WONG KA CHUN	ADVANCED MATHS LEE CHEE YEH		CHINESE LANGUAGE KOK SHEE LOON		SPM HISTOR Y SYARIFAH		ART CHONG BOON FATT	BOOK KEEPING AND ACCOUNTS SHARLINNADIA		SPM MORAL IDAYU
Selasa		ENGLISH WONG KA CHUN	BOOK KEEPING AND ACCO U NTS SHARLINNADIA	Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH CHANG SHWU LING		SPM SCIENC E WONG YAO WEN	COMMERCE LEE KIN FAI	HISTORY CHUAH HOOI THENG		CHINESE LANGUAGE KOK SHEE LOON		ADVANCED MATHS LEE CHEE YEH	
Rabu		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH CHANG SHWU LING		BOOK KEEPING AND ACCO U NTS SHARLINNADIA		HISTORY CHUAH HOOI THENG	COMMERCE LEE KIN FAI	ENGLISH WONG KA CHUN		ADVANCED MATHS LEE CHEE YEH			
Khamis		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH CHANG SHWU LING		ENGLISH WONG KA CHUN		SPM HISTOR Y SYARIFAH	ART CHONG BOON FATT			COMMERCE LEE KIN FAI	PHYSICAL EDUCATION HOR JUN YEN	ADVANCED MATHS LEE CHEE YEH	
Jumaat		COMPUTER HEONG CHOON HO		BOOK KEEPING AND ACCO U NTS SHARLINNADIA		CHINESE LANGUAGE KOK SHEE LOON		HISTORY CHUAH HOOI THENG		ADVANCED MATHS LEE CHEE YEH	ENGLISH WONG KA CHUN		

S3 - 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			ENGLISH WONG KA CHUN	PHYSICS ONG KAR WENG		CHINESE LANGUAGE KOK SHEE LOON		SPM HISTOR Y SYARIFAH		ADVANCED MATHS LEE CHEE YEH	CHEMISTRY WONG SHU FEN		SPM MORAL IDAYU	
Selasa		ENGLISH WONG KA CHUN	BIOLOGY YIP SIEW KENG	Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH CHANG SHWU LING		SPM SCIENC E WONG YAO WEN	ADVANCED MATHS LEE CHEE YEH			CHINESE LANGUAGE KOK SHEE LOON		PHYSICS ONG KAR WENG		
Rabu		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH CHANG SHWU LING		PHYSICS ONG KAR WENG		ADVANCED MATHS LEE CHEE YEH		ENGLISH WONG KA CHUN		BIOLOGY YIP SIEW KENG				
Khamis		Group 1 BAHASA MALAYSIA AMIELIA Group 2 BASIC ENGLISH CHANG SHWU LING		ENGLISH WONG KA CHUN		SPM HISTOR Y SYARIFAH	BIOLOGY YIP SIEW KENG			ADVANCED MATHS LEE CHEE YEH	PHYSICAL EDUCATION HOR JUN YEN	CHEMISTRY WONG SHU FEN		
Jumaat		COMPUTER HEONG CHOON HO		ADVANCED MATHS LEE CHEE YEH		CHINESE LANGUAGE KOK SHEE LOON		BIOLOGY YIP SIEW KENG		PHYSICS ONG KAR WENG	ENGLISH WONG KA CHUN			

A11

Guru kelas : SITI HAWA

SM Poi Lam, 31500 Ipoh, Perak

	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		PHYSICS (A) LEE PAK FEI				CHEMISTRY (A) CHONG YOKE CHENG				PURE MATH (A) KOO KAR KEI			
Selasa		CHEMISTRY (A) CHONG YOKE CHENG				ECONOMICS (A) F.MATHS SHARLINNADIA				BIOLOGY (A) LOKE WAI CHUAN			
						FURTHER MATH (A) ECO JAMES							
						BUSINESS STUDIES (A) BUSS MOGANRAJ							
Rabu		FURTHER MATH (A) JAMES				CHEMISTRY (A) CHONG YOKE CHENG				BIOLOGY (A) LOKE WAI CHUAN			
Khamis			PURE MATH (A) KOO KAR KEI			ECONOMICS (A) F.MATHS SHARLINNADIA				PHYSICS (A) LEE PAK FEI			
						FURTHER MATH (A) ECO JAMES							
						BUSINESS STUDIES (A) BUSS MOGANRAJ							
Jumaat		PHYSICS (A) LEE PAK FEI				PURE MATH (A) KOO KAR KEI				BIOLOGY (A) LOKE WAI CHUAN			

A12

Guru kelas : SITI HAWA

SM Poi Lam, 31500 Ipoh, Perak

	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				BIOLOGY (A) LOKE WAI CHUAN				PHYSICS (A) ONG KAR WENG			
Selasa		BIOLOGY (A) LOKE WAI CHUAN				CHEMISTRY (A) CHONG YOKE CHENG					FURTHER MATH (A) JAMES		
Rabu		CHEMISTRY (A) CHONG YOKE CHENG				PURE MATH (A) CHAI SIEW YIN				FURTHER MATH (A) JAMES			
Khamis		PURE MATH (A) CHAI SIEW YIN				PHYSICS (A) ONG KAR WENG				BIOLOGY (A) LOKE WAI CHUAN			
Jumaat		PHYSICS (A) ONG KAR WENG				PURE MATH (A) CHAI SIEW YIN				FURTHER MATH (A) JAMES			