



**TIME TABLE FOR THE FASTING MONTH PERIOD
JADUAL WAKTU BAGI BULAN PUASA**

FORM 1 & 2 TINGKATAN 1 & 2 (MONDAY – THURSDAY) (ISNIN – KHAMIS)		FORM 1 & 2 TINGKATAN 1 & 2 (FRIDAY) (JUMAAT)	
PERIOD/WAKTU	TIME/MASA	PERIOD/WAKTU	TIME/MASA
1	12.45 – 1.15	1	1.05 – 1.40
2	1.15 – 1.45	2	1.40 – 2.15
3	1.45 – 2.15	3	2.15 – 2.50
4	2.15 – 2.45	RECESS F2 REHAT T2	2.15 – 2.35
5	2.45 – 3.15		
RECESS F2 REHAT T2	2.45 – 3.05	3	2.35 – 3.10
5	3.05 – 3.35	RECESS F1 REHAT T1	2.50 – 3.10
RECESS F1 REHAT T1	3.15 – 3.35	4	3.10 – 3.45
6	3.35 – 4.05	5	3.45 – 4.20
7	4.05 – 4.35	6	4.20 – 4.55
8	4.35 – 5.05	7	4.55 – 5.30
9	5.05 – 5.30		

FORM 3 & 6 TINGKATAN 3 & 6 (MONDAY – THURSDAY) (ISNIN – KHAMIS)		FORM 4 & 5 TINGKATAN 4 & 5 (MONDAY – THURSDAY) (ISNIN – KHAMIS)	
PERIOD/WAKTU	TIME/MASA	PERIOD/WAKTU	TIME/MASA
1	7.30 – 8.05	1	7.30 – 8.05
2	8.05 – 8.40	2	8.05 – 8.40
3	8.40 – 9.15	3	8.40 – 9.15
4	9.15 – 9.50	4	9.15 – 9.50
RECESS / REHAT	9.50 – 10.10	5	9.50 – 10.25
5	10.10 – 10.45	RECESS / REHAT	10.25 – 10.45
6	10.45 – 11.15	6	10.45 – 11.15
7	11.15 – 11.45	7	11.15 – 11.45
8	11.45 – 12.15	8	11.45 – 12.15
9	12.15 – 12.45	9	12.15 – 12.45