

As at 12/02/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME	
MAR	2, 9, 16, 23, 30	3, 10, 17, 24, 31	4, 11, 18, 25	5, 12, 19, 26	6, 13, 20, 27	7, 14, 21, 28	1, 8, 15, 22, 29	MAR	
0700-0702	NEGARAKU							0700-0702	
0702-0730	CERGAS 2022 X3				SARAPAN SIHAT X3 21: Takbir Raya KPM (5min at 7AM & 8AM)			0702-0730	
0730-0800	KESENIAN X3	KELAB & PERSATUAN X3	BADAN BERUNIFORM X3	SUKAN X3		KESENIAN X3	BADAN BERUNIFORM X3	0730-0800	
0800-0830	SUKSES X3							0800-0830	
0830-0900	SUKSES X3							0830-0900	
0900-0930	MENENGAH ATAS X3							0900-0930	
0930-1000	MENENGAH ATAS X5							0930-1000	
1000-1030	MENENGAH RENDAH X5							1000-1030	
1030-1100	MENENGAH RENDAH X5							1030-1100	
1100-1130	TAHAP II X5							1100-1130	
1130-1200	TAHAP I X5							1130-1200	
1200-1230	PRASEKOLAH X5							1200-1230	
1230-1300	MENENGAH ATAS X5							1230-1300	
1300-1330	BULETIN DIDIK 24/25 REPEAT X5							1300-1330	
1330-1400	CIPTA RASA SIHAT X5	GURU IDOLA X5	DESTINASI KERJAYA X5		DIMENSI DIDIK X5	DESTINASI KERJAYA X5		1330-1400	
1400-1430	MAJALAH DIDIK 2025 X5	KELAB PODCAST X5	ILHAM KREATIF X5	SEKOLAHKU X5	INSANI X5	GENERASI MADANI X5	SAYA ISTIMEWA X5	1400-1430	
1430-1500	PRASEKOLAH X5							1430-1500	
1500-1530	TAHAP I X5							1500-1530	
1530-1600	TAHAP II X5							1530-1600	
1600-1630	MENENGAH RENDAH X5							1600-1630	
1630-1700	MENENGAH RENDAH X6.5							1630-1700	
1700-1705	WAKTU BERBUKA PUASA (1-20 MARCH)							1700-1705	
1705-1730	MENENGAH ATAS X6.5							1705-1730	
1730-1800	MENENGAH ATAS X6.5							1730-1800	
1800-1830	MENENGAH ATAS X6.5							1800-1830	
1830-1900	KESENIAN X9	KELAB & PERSATUAN X9	BADAN BERUNIFORM X9	SUKAN X9		KESENIAN X9	BADAN BERUNIFORM X9	1830-1900	
1900-1930	BULETIN DIDIK 24/25 LIVE X9							1900-1930	
1930-2000	CIPTA RASA SIHAT X9	GURU IDOLA X9	DESTINASI KERJAYA X9		DIMENSI DIDIK X9	DESTINASI KERJAYA X9		1930-2000	
2000-2030	MAJALAH DIDIK 2025 X9	KELAB PODCAST X9	ILHAM KREATIF X9	SEKOLAHKU X9	INSANI X9	GENERASI MADANI X9	SAYA ISTIMEWA X9	2000-2030	
2030-2100	MAJALAH DIDIK 2025 X9	KELAB PODCAST X9	ILHAM KREATIF X9	SEKOLAHKU X9	INSANI X9 20: Takbir Raya KPM (5min at 830PM, 9PM, 10PM, 11PM, 12AM)	GENERASI MADANI X9	SAYA ISTIMEWA X9	2030-2100	
2100-2130	PECUTAN SPM 2024 X9							2100-2130	
2130-2200	PECUTAN SPM 2024 X9							2130-2200	
2200-2205	WAKTU IMSAK (1-19 MARCH)							2200-2205	
2205-2230	WOWSHOP X9	BUDAK MAGIK X9 (25-28: WOWSHOP)			6-14: MISI ANAK BULAN X9 15-22: RUNI & SOLAH X9 (25-28: WOWSHOP)			2205-2230	
2230-2300									2230-2300
2300-2330	WOWSHOP X9	BUDAK IJAT X9 (19-28: #BUDAKINTERN)							2300-2330
2330-0000		JEJAK RASUL X9							2330-0000
0000-0002	NEGARAKU							0000-0002	
0002-0700	MPA - HOTFM							0002-0700	
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