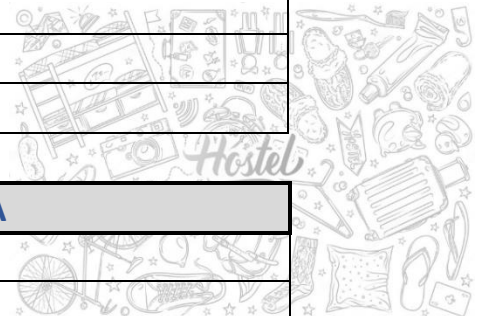


**JADUAL AKTIVITI HARIAN PELAJAR**  
**MRSM TUN MUSTAPHA, TAWAU (MRSM TMT)**

| HARI              | MASA              | PERKARA                                   |
|-------------------|-------------------|---|
| <b>ISNIN</b>      | 03.45am - 05.00am | Persiapan diri                            |
|                   | 05.00am - 05.30am | Solat subuh / Yasin                       |
|                   | 05.30am - 06.10am | Sarapan                                   |
|                   | 06.10am - 06.40am | Perhimpunan pagi                          |
|                   | 06.40am - 09.40am | Sesi Akademik                             |
|                   | 09.40am - 10.10am | Minum pagi                                |
|                   | 10.10am - 12.10pm | Sesi Akademik                             |
|                   | 12.10pm - 01.40pm | Solat Zohor dan Makan tengahari           |
|                   | 01.40pm - 02.40pm | Sesi Akademik                             |
|                   | 02.40pm - 04.00pm | Perhimpunan / Perjumpaan H/R / Solat Asar |
|                   | 04.00pm - 05.00pm | Riadah                                    |
|                   | 05.00pm - 06.00pm | Persiapan diri dan makan malam            |
|                   | 06.00pm - 08.00pm | Solat Maghrib / Isyak / MUA               |
|                   | 08.00pm - 09.30pm | Kelas persediaan                          |
|                   | 09.30pm - 10.00pm | Al Mulk / Minum malam                     |
| 10.00pm - 10.30pm | Persiapan diri    |   |
| 10.30pm           | Lampu padam       |   |

| HARI               | MASA              | PERKARA                              |
|--------------------|-------------------|--------------------------------------|
| <b>SELASA/RABU</b> | 03.45am - 05.00am | Persiapan diri                       |
|                    | 05.00am - 05.30am | Solat subuh / Yasin                  |
|                    | 05.30am - 06.10am | Sarapan                              |
|                    | 06.10am - 06.40am | Perhimpunan pagi                     |
|                    | 06.40am - 09.40am | Sesi Akademik                        |
|                    | 09.40am - 10.10am | Minum pagi                           |
|                    | 10.10am - 12.10pm | Sesi Akademik                        |
|                    | 12.10pm - 01.40pm | Solat Zohor dan Makan tengahari      |
|                    | 01.40pm - 02.40pm | Sesi Akademik                        |
|                    | 02.40pm - 04.40pm | Ko-Kurikulum / Solat Asar            |
|                    | 04.40pm - 05.20pm | Riadah                               |
|                    | 05.20pm - 06.00pm | Persiapan diri dan makan malam       |
|                    | 06.00pm - 08.00pm | Solat Maghrib / Isyak / MUA (Selasa) |
|                    | 08.00pm - 09.30pm | Kelas persediaan                     |
|                    | 09.30pm - 10.00pm | Al Mulk / Minum malam                |
| 10.00pm - 10.30pm  | Persiapan diri    |                                      |
| 10.30pm            | Lampu padam       |                                      |

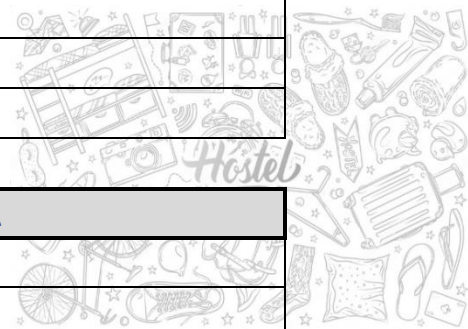


| HARI          | MASA              | PERKARA                          |
|---------------|-------------------|----------------------------------|
| <b>KHAMIS</b> | 03.45am - 05.00am | Persiapan diri                   |
|               | 05.00am - 05.30am | Solat subuh / Yasin              |
|               | 05.30am - 06.10am | Sarapan                          |
|               | 06.10am - 06.40am | Perhimpunan pagi                 |
|               | 06.40am - 09.40am | Sesi Akademik                    |
|               | 09.40am - 10.10am | Minum pagi                       |
|               | 10.10am - 12.10pm | Sesi Akademik                    |
|               | 12.10pm - 01.40pm | Solat Zohor dan Makan tengahari  |
|               | 01.40pm - 02.40pm | Sesi Akademik                    |
|               | 02.40pm - 03.30pm | PGG                              |
|               | 03.30pm - 04.15pm | Solat Asar                       |
|               | 04.15pm - 05.15pm | Riadah                           |
|               | 05.15pm - 06.00pm | Persiapan diri dan makan malam   |
|               | 06.00pm - 08.00pm | Solat Maghrib / Isyak / Al Kahfi |
|               | 08.00pm - 09.30pm | Kelas persediaan                 |
|               | 09.30pm - 10.00pm | Al Mulk / Minum malam            |
|               | 10.00pm - 10.30pm | Persiapan diri                   |
| 10.30pm       | Lampu padam       |                                  |

| HARI          | MASA              | PERKARA                         |
|---------------|-------------------|---------------------------------|
| <b>JUMAAT</b> | 03.45am - 05.00am | Persiapan diri                  |
|               | 05.00am - 05.30am | Solat subuh / Yasin             |
|               | 05.30am - 06.10am | Sarapan                         |
|               | 06.10am - 06.40am | Perhimpunan pagi                |
|               | 06.40am - 08.20am | Sesi Akademik                   |
|               | 08.20am - 08.50am | Solat Dhuha & Yasin             |
|               | 08.50am - 09.30am | Minum pagi                      |
|               | 09.30am - 11.10pm | Sesi Akademik                   |
|               | 11.10am - 12.00pm | Qailulah / Ta'lim               |
|               | 12.00pm - 01.00pm | Solat Jumaat                    |
|               | 01.00pm - 02.00pm | Makan tengahari                 |
|               | 02.00pm - 03.30pm | Aktiviti UBK / Kursus Khas      |
|               | 03.30pm - 04.00pm | Solat Asar                      |
|               | 04.00pm - 05.00pm | Riadah                          |
|               | 05.00pm - 06.00pm | Persiapan diri dan makan malam  |
|               | 06.00pm - 08.00pm | Solat Maghrib / Isyak / Al Mulk |
|               | 08.00pm - 08.30pm | Minum malam                     |
|               | 08.30pm - 10.30pm | Free Night                      |
|               | 10.30pm           | Lampu padam                     |

| HARI              | MASA                     | PERKARA                         |
|-------------------|--------------------------|---------------------------------|
| <b>SABTU</b>      | 03.45am - 05.00am        | Persiapan diri                  |
|                   | 05.00am - 05.30am        | Solat subuh / Yasin             |
|                   | 05.30am - 06.30am        | Sarapan                         |
|                   | 06.30am - 07.30am        | Persiapan diri                  |
|                   | 07.30am - 08.00am        | Pengosongan asrama              |
|                   | <b>08.00am - 10.00am</b> | <b>Kelas persediaan</b>         |
|                   | 10.00am - 10.30am        | Minum pagi                      |
|                   | <b>10.30am - 12.30pm</b> | <b>Aktiviti bebas / Lawatan</b> |
|                   | 12.30am - 01.30pm        | Solat Zohor / Makan tengahari   |
|                   | <b>01.30pm - 03.30pm</b> | <b>Aktiviti bebas / Lawatan</b> |
|                   | 03.30pm - 04.15pm        | Solat Asar                      |
|                   | <b>04.15pm - 05.15pm</b> | <b>Riadah / Lawatan / Tamu</b>  |
|                   | 05.15pm - 06.00pm        | Persiapan diri dan makan malam  |
|                   | 06.00pm - 08.00pm        | Solat Maghrib / Isyak / Al Mulk |
|                   | 08.00pm - 08.30pm        | Minum malam                     |
|                   | <b>08.30pm - 10.00pm</b> | <b>Aktiviti SKP / Tamu</b>      |
| 10.00pm - 10.30pm | Persiapan diri           |                                 |
| 10.30pm           | Lampu padam              |                                 |

| HARI        | MASA                     | PERKARA                                  |
|-------------|--------------------------|--|
| <b>AHAD</b> | 03.45am - 05.00am        | Persiapan diri                           |
|             | 05.00am - 05.30am        | Solat subuh / Tazkirah                   |
|             | 05.30am - 06.30am        | Sarapan                                  |
|             | 06.30am - 07.30am        | Aktiviti SKP                             |
|             | 07.30am - 10.00am        | Gotong-royong                            |
|             | 10.00am - 10.30am        | Minum pagi                               |
|             | <b>10.30am - 12.30am</b> | <b>Aktiviti Bebas / Lawatan / Outing</b> |
|             | 12.30am - 01.30pm        | Solat Zohor / Makan tengahari            |
|             | <b>01.30am - 03.30pm</b> | <b>Aktiviti Bebas / Lawatan / Outing</b> |
|             | 03.30pm - 04.15pm        | Solat Asar                               |
|             | <b>04.15pm - 05.15pm</b> | <b>Riadah / Balik Outing</b>             |
|             | 05.15pm - 06.00pm        | Persiapan diri dan makan malam           |
|             | 06.00pm - 08.00pm        | Solat Maghrib / Isyak / MUA              |
|             | <b>08.00pm - 09.30pm</b> | <b>Kelas Persediaan</b>                  |
|             | 09.30pm - 10.00pm        | Al Mulk / Minum malam                    |
|             | 10.00pm - 10.30pm        | Persiapan Diri                           |
| 10.30pm     | Lampu padam              |  |



**Nota :**

1. Kelas persediaan malam

| TINGKATAN | HARI          | MASA           |
|-----------|---------------|----------------|
| 5         | Ahad - Khamis | 07pm - 09.30pm |
| 4         | Ahad - Selasa | 08pm - 09.30pm |
|           | Rabu - Khamis | 07pm - 09.30pm |
| 1 - 3     | Ahad - Khamis | 08pm - 09.30pm |

2. Pelajar dibenarkan masuk ke asrama pada waktu **tengahari** selepas sesi persekolahan pada hari **Selasa (Sukan dan Permainan) & Isnin (Perhimpunan)** sahaja.
3. Perubahan Jadual mungkin akan berlaku mengikut arahan dan situasi semasa.