



PROGRAM SEPANJANG BULAN MAC DAN APRIL 2021
SEMESTER II, SIDANG AKADEMIK 2020/2021
 5 Mac – 10 April 2021

DEWAN BUDAYA DAN PUSAT SUKAN & REKREASI USM
(KAMPUS INDUK)

TARIKH	MASA	PROGRAM	TEMPAT	SASARAN		ZON		
				PELAJAR	STAF	HIJAU	OREN	MERAH
3 Mac 2021 (Rabu)	5.30pm – 6.30pm	Senam Seni	Foyer Tekun	/	/	/		
5 Mac 2021 (Jumaat)	6.00pm – 7.00pm	Senam Seni	Stadium USM / Padang Hoki	/	/	/	/	
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Frisbee/Bola Jaring/Sepak Penalti	Stadium Olahraga	/	/	/	/	
6 Mac 2021 (Sabtu)	8.30pm – 10.00pm	DB Band Busking Tour	Kafetaria Tekun	/	/	/		
8 Mac 2021 (Isnin)	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Sukan Azman Hashim	/	/	/	/	
	6.00pm – 7.00pm	Senamrobik/Frisbee/Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/	/	
9 Mac 2021 (Selasa)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	5.30pm – 6.30pm	Body Weight Training	DUD	/	/	/		
	6.00pm – 7.00pm	Senamrobik/Frisbee/Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/	/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/	/	/	

TARIKH	MASA	PROGRAM	TEMPAT	SASARAN		ZON		
				PELAJAR	STAF	HIJAU	OREN	MERAH
10 Mac 2021 (Rabu)	5.30pm – 6.30pm	Senam Silat + Asas Gerak Inang	Foyer Tekun	/	/	/		
	6.00pm – 7.00pm	Senamrobik/Frisbee/Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/		/	
12 Mac 2021 (Jumaat)	5.30pm – 6.30pm	Senam Aerobik	Padang Hoki	/	/		/	
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/		/	
13 Mac 2021 (Sabtu)	8.30pm – 10.00pm	Open Mic Session	Tekun	/	/	/		
15 Mac 2021 (Isnin)	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Body Weight Training	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/		/	
16 Mac 2021 (Selasa)	3.00pm – 4.30pm	Kelas Gamelan Wangsa Mutiara	Bilik Gamelan PPS	/	/	/		
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/		/	
17 Mac 2021 (Rabu)	5.30pm – 6.30pm	Body Weight Training	DUD	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/		/	
18 Mac 2021 (Khamis)	5.30pm – 6.30pm	Senam Aerobik	Foyer Tekun	/	/	/		
	6.00pm – 7.00pm	Zumba/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/		/	
19 Mac 2021 (Jumaat)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/		/	

TARIKH	MASA	PROGRAM	TEMPAT	SASARAN		ZON		
				PELAJAR	STAF	HIJAU	OREN	MERAH
20 Mac 2021 (Sabtu)	8.30pm – 10.00pm	Muzik Asli	Kafetaria Tekun	/	/	/		
22 Mac 2021 (Isnin)	5.30pm – 6.30pm	Kelas Tarian Tradisional Borneo	Foyer Tekun	/	/	/		
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/		/	
	6.00pm – 7.00pm	Karom/ Dart	Kompleks Azman Hashim	/	/			
23 Mac 2021 (Selasa)	3.00pm – 4.30pm	Kelas Gamelan Wangsa Mutiara	Bilik Gamelan PPS	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
	8.30pm – 10.00pm	DB Band Busking Tour	Kafetaria Tekun	/	/	/		
24 Mac 2021 (Rabu)	8.30pm – 10.00pm	Karaoke + International Night	Kafetaria Restu	/	/	/		
	6.00pm – 7.00pm	Zumba/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
25 Mac 2021 (Khamis)	5.30pm – 6.30pm	Tarian 1 Malaysia	Foyer Tekun	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
26 Mac 2021 (Jumaat)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
29 Mac 2021 (Isnin)	6.00pm – 7.00pm	Senam Aerobik	Stadium USM / Padang Hoki	/	/		/	
	6.00pm – 7.00pm	Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
30 Mac 2021 (Selasa)	3.00pm – 4.30pm	Kelas Gamelan Wangsa Mutiara	Bilik Gamelan PPS	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
31 Mac 2021 (Rabu)	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
TARIKH	MASA	PROGRAM	TEMPAT	SASARAN		ZON		
				PELAJAR	STAF	HIJAU	OREN	MERAH
1 April 2021 (Khamis)	5.30pm – 6.30pm	Puisi di Permatang	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		

2 April 2021 (Jumaat)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
3 April 2021 (Sabtu)	8.30pm – 10.00pm	Malam Gema Tradisi (Muzik Asli, Mak Yong, Gendang Solo, Sapeh)	Kafetaria Tekun	/	/	/		
5 April 2021 (Isnin)	5.30pm – 6.30pm	Senam Silat + Chi Gong	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
6 April 2021 (Selasa)	8.30pm – 10.00pm	Karaoke Session	Tekun	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
7 April 2021 (Rabu)	6.00pm – 7.00pm	Zumba/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
8 April 2021 (Khamis)	6.00pm – 7.00pm	Body Weight Training/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
9 April 2021 (Jumaat)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Senamrobik/ Frisbee/ Bola Jaring/ Sepak Penalti	Stadium Olahraga	/	/	/		
10 April 2021 (Sabtu)	8.30pm – 10.00pm	Show Your Talent! + Band	Kafetaria Restu	/	/	/		

PETUNJUK:

	Program Dewan Budaya
	Program Pusat Sukan dan Rekreasi

Dikemaskini pada:

02 Mac 2021, 4.30 pm

Pegawai di Hubungi Sukan - Puan Muslina: 012 532 5787
- Encik Noor Ariffin: 017 424 0786

Pegawai di Hubungi Budaya - Puan Andy Siti: 012682 4449