



**PROGRAMMES THROUGHOUT MARCH AND APRIL 2021**  
**SEMESTER II, ACADEMIC SESSION 2020/2021**  
 5 March – 10 April 2021

**DEWAN BUDAYA AND USM SPORTS AND RECREATION CENTRE**  
**(MAIN CAMPUS)**

DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDEN T	STAF F	GREEN	ORA NGE	RED
3 March 2021 (Wednesday)	5.30pm – 6.30pm	Senam Seni	Tekun Foyer	/	/	/		
5 March 2021 (Friday)	6.00pm – 7.00pm	Senam Seni	USM Stadium / Hockey field	/	/	/	/	
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/	/	
6 March 2021 (Saturday)	8.30pm – 10.00pm	DB Band Busking Tour	Tekun Cafeteria	/	/	/		
8 March 2021 (Monday)	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Carrom/Dart	Azman Hashim Sports Complex	/	/	/	/	
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/	/	
9 March 2021 (Tuesday)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	5.30pm – 6.30pm	Body Weight Training	DUD	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/	/	
	6.00pm – 7.00pm	Carrom/Dart	Azman Hashim Sports Complex	/	/	/	/	

DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDEN T	STAF F	GREEN	ORA NGE	RED
10 March 2021 (Wednesday)	5.30pm – 6.30pm	Senam Silat + Inang Basic Moves	Tekun Foyer	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/		/	
	6.00pm – 7.00pm	Carrom/Dart	Azman Hashim Complex	/	/		/	
12 March 2021 (Friday)	5.30pm – 6.30pm	Senam Aerobics	Hockey field	/	/		/	
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/		/	
	6.00pm – 7.00pm	Carrom /Dart	Azman Hashim Complex	/	/		/	
13 March 2021 (Saturday)	8.30pm – 10.00pm	Open Mic Session	Tekun	/	/	/		
15 March 2021 (Monday)	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Body Weight Training	Athletics Stadium	/	/		/	
	6.00pm – 7.00pm	Carrom /Dart	Azman Hashim Complex	/	/		/	
16 March 2021 (Tuesday)	3.00pm – 4.30pm	Gamelan Wangsa Mutiara class	Gamelan PPS Room	/	/	/		
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/		/	
	6.00pm – 7.00pm	Carrom /Dart	Azman Hashim Complex	/	/		/	
17 March 2021 (Wednesday)	5.30pm – 6.30pm	Body Weight Training	DUD	/	/	/		
	6.00pm – 7.00pm	Aerobics/ Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/		/	
	6.00pm – 7.00pm	Carrom /Dart	Azman Hashim Complex	/	/		/	
18 March 2021 (Thursday)	5.30pm – 6.30pm	Senam Aerobics	Tekun Foyer	/	/	/		
	6.00pm – 7.00pm	Zumba/ Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/		/	
	6.00pm – 7.00pm	Carrom/Dart	Azman Hashim Complex	/	/		/	
19 March 2021 (Friday)	5.30pm – 6.30pm	Senam Aerobics	Permatang Pelajar	/	/	/		
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/		/	

	6.00pm – 7.00pm	Carrom/Dart	Azman Hashim Complex	/	/		/	
DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDEN T	STAF F	GREEN	ORA NGE	RED
20 March 2021 (Saturday)	8.30pm – 10.00pm	Traditional Music	Tekun Cafeteria	/	/	/		
22 March 2021 (Monday)	5.30pm – 6.30pm	Traditional Borneo Dance class	Tekun Foyer	/	/	/		
	5.30pm – 6.30pm	Zumba	DUD	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/		/	
	6.00pm – 7.00pm	Carrom/Dart	Azman Hashim Complex	/	/			
23 March 2021 (Tuesday)	3.00pm – 4.30pm	Gamelan Wangsa Mutiara class	Gamelan PPS Room	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
	8.30pm – 10.00pm	DB Band Busking Tour	Tekun Cafeteria	/	/	/		
24 March 2021 (Wednesday)	8.30pm – 10.00pm	Karaoke + International Night	Restu Cafeteria	/	/	/		
	6.00pm – 7.00pm	Zumba/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
25 March 2021 (Thursday)	5.30pm – 6.30pm	1 Malaysia Dance	Tekun Foyer	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
26 March 2021 (Friday)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
29 March 2021 (Monday)	6.00pm – 7.00pm	Senam Aerobik	USM Stadium/Hockey field	/	/		/	
	6.00pm – 7.00pm	Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
30 March 2021 (Tuesday)	3.00pm – 4.30pm	Gamelan Wangsa Mutiara class	Gamelan PPS Room	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
31 March	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		

2021 (Wednesday)								
DATE	TIME	PROGRAMME	VENUE	FOCUS GROUP		ZONE		
				STUDEN T	STAF F	GREEN	ORA NGE	RED
1 April 2021 (Thursday)	5.30pm – 6.30pm	Poetry@Permatang	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
2 April 2021 (Friday)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
3 April 2021 (Saturday)	8.30pm – 10.00pm	Traditional Tunes Night (Traditional music, Mak Yong, Gendang Solo, Sapeh)	Tekun Cafeteria	/	/	/		
5 April 2021 (Monday)	5.30pm – 6.30pm	Senam Silat + Chi Gong	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Body Weight Training/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
6 April 2021 (Tuesday)	8.30pm – 10.00pm	Karaoke Session	Tekun	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
7 April 2021 (Wednesday)	6.00pm – 7.00pm	Zumba/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
8 April 2021 (Thursday)	6.00pm – 7.00pm	Body Weight Training/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
9 April 2021 (Friday)	5.30pm – 6.30pm	Senam Seni	Permatang Pelajar	/	/	/		
	6.00pm – 7.00pm	Aerobics/Frisbee/Netball/Penalty Kick	Athletics Stadium	/	/	/		
10 April 2021 (Saturday)	8.30pm – 10.00pm	Show Your Talent! + Band	Restu Cafeteria	/	/	/		

INDEX:

	Programmes by Dewan Budaya
	Programmes by Sports and Recreation Centre

Updated on:

02 March 2021, 4.30 pm

Officer in Charge (Sports) - Puan Muslina: 012 532 5787  
- Encik Noor Ariffin: 017 424 0786

Officer in Charge (Cultural Activities) - Puan Andy Siti: 012682 4449