



RMF
Football
Program
Malaysia

B = Boys
G = Girls

Age Groups	Age Range
U6-U8	5-7 Years Old
U10	8-9 Years Old
U12	10-11 Years Old
U14	12-13 Years Old
U16-U18	14-17 Years Old

Weekdays (Mon.-Fri.)		Weekends (Sunday)	
No Classes on Tuesdays			
Slot 6	6:30PM – 7:40PM	Slot 1	7:30AM – 8:40AM
Slot 7	7:45PM – 8:55PM	Slot 2	8:45AM – 9:55AM
		Slot 3	10:00AM – 11:10AM
		Slot 4	11:15AM – 12:25PM
		Slot 5	4:00PM – 5:10PM

OCT 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
30	1	2	3	4	5	6
						Slot: 1. Age Group: 2. U10 & U12 3. U10 & U12 4. U6 - U8 U6 - U8 5. U14 & U16-U18 U14 & U16-U18
7	8	9	10	11	12	13
Slot: 6. Age Group: 7. U6-U8 U6-U8 & U12 U12 & U14 U14		Slot: 6. Age Group: 7. U10 U10 U16-U18 U16-U18	Slot: 6. Age Group: 7. U6-U8 U6-U8 & U12 U12 & U14 U14	Slot: 6. Age Group: 7. U10 U10 U16-U18 U16-U18		Slot: 1. Age Group: 2. U10 & U12 3. U10 & U12 4. U6 - U8 U6 - U8 5. U14 & U16-U18 U14 & U16-U18
14	15	16	17	18	19	20
Slot: 6. Age Group: 7. U6-U8 U6-U8 & U12 U12 & U14 U14		Slot: 6. Age Group: 7. U10 U10 U16-U18 U16-U18	Slot: 6. Age Group: 7. U6-U8 U6-U8 & U12 U12 & U14 U14			
21	22	23	24	25	26	27
Slot: 6. Age Group: 7. U6-U8 U6-U8 & U12 U12 & U14 U14			Slot: 6. Age Group: 7. U6-U8 U6-U8 & U12 U12 & U14 U14			Slot: 1. Age Group: 2. U10 & U12 3. U10 & U12 4. U6 - U8 U6 - U8 5. U14 & U16-U18 U14 & U16-U18
28	29	30	31	1	2	3
Slot: 6. Age Group: 7. U6-U8 U6-U8 & U12 U12 & U14 U14	Slot: 6. Age Group: 7. U10 U10 U16-U18 U16-U18		Deepavali Day			

NOTE: Training Days may be postponed subject to field availability (Public Holidays / ISKL Events).



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Slot 3	10:00AM – 11:10AM
Slot 4	11:15AM – 12:25PM
Slot 5	4:00PM – 5:10PM

NOV 2024

MON	TUES	WED	THURS	FRI	SAT	SUN
28	29	30	31	1	2	3
				Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
4	5	6	7	8	9	10
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18	Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14	Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
11	12	13	14	15	16	17
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18	Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14	Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
18	19	20	21	22	23	24
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18	Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14	Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
25	26	27	28	29	30	1
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18	Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14	Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		

NOTE: Training Days may be postponed subject to field availability (Public Holidays / ISKL Events).



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		Slot 3	10:00AM – 11:10AM
		Slot 4	11:15AM – 12:25PM
		Slot 5	4:00PM – 5:10PM

DEC 2024

MON	TUE	WED	THURS	FRI	SAT	SUN
25	26	27	28	29	30	1
						Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
2	3	4	5	6	7	8
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18	Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14	Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
9	10	11	12	13	14	15
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18	Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14	Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
16	17	18	19	20	21	22
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18	Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14	Slot: Age Group: 6. U10 U10 7. U16-U18 U16-U18		Slot: Age Group: 1. U10 & U12 2. U10 & U12 3. U6 - U8 U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
23	24	25	26	27	28	29
Slot: Age Group: 6. U6-U8 U6-U8 & U12 7. U12 & U14 U14		Christmas Day	Christmas Day			

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