



**RMF**  
Football  
Program  
Malaysia

**Boys**  
**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.)**  
No Classes on Tuesdays

Slot 6	6:30PM – 7:40PM
Slot 7	7:45PM – 8:55PM

**Weekends (Sunday)**

Slot 1	7:30AM – 8:40AM
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. U10 & U12 2. U10 & U12 3. U6 - U8   U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
7	8	9	10	11	12	13
Slot: 6. U6-U8   U6-U8 & U12 7. U12 & U14   U14		Slot: 6. U10   U10 7. U16-U18   U16-U18	Slot: 6. U6-U8   U6-U8 & U12 7. U12 & U14   U14	Slot: 6. U10   U10 7. U16-U18   U16-U18		Slot: 1. U10 & U12 2. U10 & U12 3. U6 - U8   U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
14	15	16	17	18	19	20
Slot: 6. U6-U8   U6-U8 & U12 7. U12 & U14   U14		Slot: 6. U10   U10 7. U16-U18   U16-U18	Slot: 6. U6-U8   U6-U8 & U12 7. U12 & U14   U14			Slot: 1. U10 & U12 2. U10 & U12 3. U6 - U8   U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
21	22	23	24	25	26	27
Slot: 6. U6-U8   U6-U8 & U12 7. U12 & U14   U14			Slot: 6. U6-U8   U6-U8 & U12 7. U12 & U14   U14	Slot: 6. U10   U10 7. U16-U18   U16-U18		Slot: 1. U10 & U12 2. U10 & U12 3. U6 - U8   U6 - U8 4. U14 & U16-U18 5. U14 & U16-U18
28	29	30	31	1	2	3
Slot: 6. U6-U8   U6-U8 & U12 7. U12 & U14   U14		Slot: 6. U10   U10 7. 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 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		

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

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