



Kick Off Venues Cabaran Jom Kurus 1Malaysia Musim 9

Tidak jumpa kawasan pilihan anda? Sila hubungi team leader pilihan anda terus untuk informasi kickoff cabaran anda.

| Negeri | Kawasan Jom Kurus | Nama | Email | Tarikh Kick Off | Masa | Phone 1 | Phone 2 | Venue |
|--------|-----------------------------|----------------------------|-------------------------------------|------------------|----------|-------------|-----------|---|
| Johor | Tampoi | Fizree Akmal Bin Abd Nasir | ejiakmal@gmail.com | 9/9/2017 | 08:30 am | 167329527 | | Damansara Aliff |
| Johor | Muar | FADILLAH BINTI TALIB | fadillahtalib252@gmail.com | 9 SEPT 2017 | 08:00 am | 132237675 | 132237675 | Gelanggang Futsal Tanjung Emas (bersebelahan AADK) |
| Johor | Senggarang | Nor Isnawaty binti Supaat | norisnawaty8827@gmail.com | 9/9/2017 | 08:00 am | 013-7715348 | | Laman Senggarang |
| Johor | Johor baru | Nur laily binti ab rahman | Nurlailyabrahman@gmail.com | 9 September 2017 | 08:00 am | 013-7971877 | | Tasik merdeka Johor baru Sila bawa yoga mat Buku nota Pakai pakaian sukan Dan kasut sukan yg sesuai Segala pertanyaan boleh what app n pm saya. |
| Johor | BANDAR DATO ONN JOHOR BAHRU | DR AZLEE AHMAD | drazlee.afiatercenter@gmail.com | 09/09/2017 | 09:00 am | 137422585 | 197788684 | AFIAT CENTER BANDAR DATO' ONN JOHOR BAHRU 40-1 JALAN PERJIRANAN 2, BANDAR DATO' ONN, JOHOR BAHRU |
| Johor | Bandar Penawar | Nurul Najihah Binti Maderi | najihahmaderi0212@gmail.com | 9 September 2017 | 08:00 am | 133077212 | 177079910 | Tasik Bandar Penawar |
| Johor | KULAI | Noor Zana bte Ngadirin | noorzana75@yahoo.com | 9 Sep 2017 | 08:00 am | 019 2660409 | | IOI Palm Villa Golf & Country Resort (Sport Recreation) PTD 44500 Jalan Indah Utama Bandar Putra 81000 Kulai Johor |
| Johor | Kluang | Rudy (weskono) | rudynurul87@gmail.com | 8/9/2017 | 07:30 am | 197586125 | 197586125 | Dataran Tasik, Kluang |
| Johor | Tangkak | Nurul Fatehah Nasaruddin | nurulfatehahnasaruddin@yahoo.com.my | 8 September 2017 | 08:30 am | 172974190 | | Dataran Tangkak Program: 1.Pendaftaran/Tandatanganan Borang JK1M9 2. Timbangan berat awal 3. Ice-breaking 4. Fitness Talk & Healty Meal |
| Johor | GELANG PATAH | MOHD ZUFIQRY BIN MAZLAN | pity.sxe@gmail.com | 9-Sep-2017 | 08:00 am | 194176387 | 173499293 | Dewan Paya Mengkuang, Gelang Patah |
| Johor | Batu Pahat | Suhaila | noorsuhaila1404@gmail.com | 9/9/2017 | 07:30 am | 137197688 | | Dataran Batu Pahat |
| Johor | KOTA TINGGI | WAN MOHD KHAIRULNIZAM | nizam89gf@gmail.com | 9/9/2017 | 08:00 am | 017-8262176 | | Taman Awam Kota Tinggi |
| Johor | Bandar Seri Alam | Musz | muzafarawang@yahoo.com | 9 Sept 2017 | 08:30 am | 016 7704933 | | Get Fit79 Fitness Studio No 60C Jalan Lembah 19 Bandar Seri Alam Masai Johor |
| Johor | TEBRAU | MOHAMAD NAWAWI FARHAN | nawiworl@yahoo.com.my | 9 September 2017 | 08:15 am | 016-7671427 | | Stadium Hoki Taman Daya, Johor Bahru |
| Johor | PONTIAN | MUHAMMAD AZWAN BIN MANAS | azwan6123@gmail.com | 9 Sep 17 | 08:30 am | 185787950 | | SMART GYM & FITNESS CENTRE NO 760 TINGKAT 1, JALAN TAIB, 82000 PONTIAN, JOHOR |
| Johor | Skudai | SITI KAMARIAH JAHRI | jahriabu@gmail.com | 9hb 9 2017 | 02:30 am | 167844506 | | Country Garden Central Park, Damansara aliff |

| | | | | | | | | |
|--------------|-------------------------|----------------------------------|----------------------------------|---------------------|----------|--------------|--------------|---|
| Johor | simpang renggam | Raff Wafi | raffwafi@gamil.com | 9 hb september 2017 | 04:30 pm | 127010741 | | DEWAN SERBAGUNA, TAMAN REKAMAS 3, 86200, SIMPANG RENGAM, JOHOR |
| Johor | Senai | Rohaini binti Rahmat | rohaini8279@gmail.com | 9/9/2017 | 09:00 am | 012 7768279 | | Sihat Fitness & Gym Studio Senai Utama. |
| Johor | simpang renggam | Raff Wafi | raffwafi@gamil.com | 9 hb september 2017 | 04:30 pm | 127010741 | | DEWAN SERBAGUNA, TAMAN REKAMAS 3, 86200, SIMPANG RENGAM, JOHOR |
| Johor | simpang renggam | Raff Wafi | raffwafi@gamil.com | 9 hb september 2017 | 04:30 pm | 127010741 | | DEWAN SERBAGUNA, TAMAN REKAMAS 3, 86200, SIMPANG RENGAM, JOHOR |
| Johor | Senai | Rohaini binti Rahmat | rohaini8279@gmail.com | 9/9/2017 | 09:00 am | 012 7768279 | | Sihat Fitness & Gym Studio Senai Utama. |
| Kedah | Alor Setar | Wan Anuar | oneanuar@gmail.com | 9 Sept 2017 | 09:00 am | 103874421 | 139210988 | Feelgood Studio, Taman Amira, Jln Langgar Alor Setar (berhampiran Hospital Sultanah Bahiyah, shoplot tepi jalan besar) Sesi pertama ini mengambil masa 2 jam. Indoor. |
| Kedah | Kulim | Mohd zaini bin md yusuff | arjunalovee@yahoo.com | 9.9.2017 | 07:45 am | 19776045 | | Dataran Putra Kulim |
| Kedah | Pendang | Nabilah Hanim binti Abdul Rahman | nabilahhanim078@gmail.com | 8.9.2017 | 07:30 am | 017-5318384 | | Taman Rekreasi Pendang, 06700 Pendang Kedah. |
| Kedah | Kubang Pasu | Muhammad Izzuddin Bin Hamdi | izzuddin.hamdi@yahoo.com | 9/9/2017 | 05:30 pm | 012-4896364 | 017-5573510 | FITT Evolution Fitness Center, Jitra (dalam bangunan Kolej Height Utara), bersebelah dengan SMK Tengku Anum. |
| Kedah | Sungai petani | Karmilah binti jambo | kayfitnessstudio@yahoo.com | 9.9.2017 | 08:00 am | 194424300 | | Kay Fitness Studio No 19A Lorong BLM 1/5 bandar Laguna Merbok 08000 Sungai Petani kedah |
| Kelantan | Kota Bharu | Noor Ashikin bt Mohd Yusoff | oreng1909@gmail.com | 9/9/2017 | 09:00 am | 179598048 | | Orbit Futsal Tiang |
| Kelantan | Kota Bharu | Noor Ashikin bt Mohd Yusoff | oreng1909@gmail.com | 9/9/2017 | 09:00 am | 179598048 | | Kbs Panji Berpakaian Sukan Lengkap |
| Kelantan | Pasir Mas | Zalinawati Bt Othman | zalinawatiothman@gmail.com | 9/9/2017 | 03:00 pm | 129876856 | | Natino Fitness Centre No 2 Tingkat Atas Bangunan Al Ridha Jalan Haji Ahmad 17000 Pasir Mas kelantan |
| Kelantan | Kubang Kerian | MF ELEGANCE ENTERPRISE | suemustapha85@yahoo.com | 9 SEPTEMBER 2017 | 08:15 am | 129223024 | | GELANGGANG BOLA JARING KOMPLEKS BELIA DAN SUKAN, PANJI, KELANTAN. |
| Kelantan | Pasir Tumboh | Muhammad Fahmie Bin Rusliee | muhammad_fahmie@yahoo.com | 9/9/2017 | 08:30 am | 1119993475 | | |
| Kelantan | Tanah merah | Nadia hidayah bt abd rahim | nadmia5180@gmail.com | 09 september 2017 | 08:30 am | 135125345 | 179327390 | Sek. Men. Keb. Tanah merah 2 |
| Kelantan | Kota bharu | Noor Ashikin binti Mohd Yusoff | oreng1909@gmail.com | 9 september 2017 | 09:00 am | 179598048 | | Y centre UTC GYM Tingkat 3 |
| Kelantan | Pasir puteh | Siti Nursafarina bt mohd sabri | saffmusafirah@gmail.com | 9 september 2017 | 05:00 pm | 132817994 | | Dewan rufaida,Hospital Tengku Anis |
| Kelantan | machang | aain nadra | rinnia89@gmail.com | 9 september 2017 | 08:00 am | 148029896 | | smk machang |
| Kelantan | machang | aain nadra | rinnia89@gmail.com | | | 148029896 | | smk machang |
| Kelantan | kuala krai, kelantan | siti shamzela binti shahman | shamzela@gmail.com | 9 september 2017 | 08:00 am | 139633339 | 139708085 | DEWAN PETRA SMK SULTAN YAHYA PETRA 1, KUALA KRAI, KELANTAN. |
| Kuala Lumpur | Titivangsa | NURUL MAWADDAH | wawaescortgroupworkout@gmail.com | 9 SEPTEMBER 2017 | 08:30 am | +60193772088 | +60163285886 | Sekolah Kebangsaan Jalan Kuantan (2), Titivangsa |
| Kuala Lumpur | Pasir gudang | HILMI BIN MUSA | amie_mius@yahoo.com | 9 september 2017 | 08:30 am | 017-7272431 | 011-37061242 | SCIENTEX GYM |
| Kuala Lumpur | Pasir gudang | HILMI BIN MUSA | amie_mius@yahoo.com | 9 september 2017 | 08:30 am | 017-7272431 | 011-37061242 | SCIENTEX GYM |
| Kuala Lumpur | kuala krai, kelantan | siti shamzela binti shahman | shamzela@gmail.com | 5 september 2017 | 12:00 pm | 139633339 | 139708085 | dewan petra, smk sultan yahay petra 1, kuala krai |

| | | | | | | | | |
|--------------|------------------------------|---|----------------------------------|-----------------------|----------|--------------------------|--------------|---|
| Kuala Lumpur | Ampang | Rehanah bt Pakeer Oothuman | rehanahpo@gmail.com | 9/9/2017 | 09:00 am | 012-9540819 Coach Ray | | TITANIUM FITNESS AMPANG WATERFRONT 33-1, Jalan AWF 1, Ampang Waterfront 68000 Ampang Just a casual meet and greet, ice breaking, and timbang. 9am-11am. Wear slippers sebab nak timbang pakai in-body. |
| Kuala Lumpur | Damansara | Dara yong sophie | daraysophie@hotmail.com | 11 september 2017 | 06:00 pm | 177444688 | | |
| Kuala Lumpur | Cheras-Kajang | Anumz Enterprise | babyanum@gmail.com | 9 September 2017 | 07:30 am | 019-275 2979 (Anumz) | 019-308 8664 | Taman Rekreasi Alam Damai aka The Park at Alam Damai (Bersebelahan Masjid Al- Mukhlisin @ Masjid Alam Damai) Lingkungan Damai, 56000 Kuala Lumpur |
| Kuala Lumpur | Alor Setar (Ladies Only) | Siti Jameelah Md Japilus | jamee84@gmail.com | 9/9/2017 | 08:00 am | 124946760 | | Darulaman Park, Jitra |
| Kuala Lumpur | Damansara perdana | Hairul Rikyno bin Baharum | hairulrikyno@yahoo.com | 9 Sept 2017 | 08:45 am | 0123531539 - Ricky | | MUAYFIT damansara perdana Ritze perdana commercial centre Jalan Pju 8/2 Bandar damansara perdana |
| Kuala Lumpur | SEMENYIH | HALIMATON | halimatonsadon@gmail.com | 9 Sept 2017 | 07:45 am | 197484760 | 192169776 | Dewan Orang Ramai Bandar Finching |
| Kuala Lumpur | Segambut | Mohd Sharizal Bin Aziz | phreak.id@gmail.com | 11/9/2017 | 08:30 pm | 012-3565374 | 019-6945783 | Taman Metropolitan Batu, Jalan Ipoh (Landmark : Komuter Taman Wahyu) Google Map : https://goo.gl/ maps/MNFGDHVc65o |
| Kuala Lumpur | Setiawangsa | Che wan | Mahani5008@gmail.com | 9/9/2017 | 08:00 am | 162081834 | | Dewan serbaguna dbkl cawangan setiawangsa |
| Kuala Lumpur | Wangsa Maju | PATIH MADA RESOURCES | donnazar@gmail.com | 9/9/2017 | 10:30 am | +60196888012 | 192888802 | The HIIT Garage Gym - 14-3 jalan wangsa delima 6, pusat bandar wangsa maju, 53300 Kuala Lumpur |
| Kuala Lumpur | Taman Tasik Datuk Keramat | Nor Fazanne Binti Muhammad Ismail | fzannefitness@gmail.com | 9.9.2017 | 09:00 am | 125500309 | | Taman Permainan Taman Tasik Datuk Keramat (pakai sport attire) |
| Kuala Lumpur | Setapak | Isrul Firdaus Mohamed Ismail | isrulf@gmail.com | 9 September 2017 | 08:00 am | 012-671 4360 | | PV 15 Condo, Danau Kota Setapak |
| Kuala Lumpur | PANDAN INDAH | MOHAMAD SYAFIQUE BIN FAUZIL | mohamadsyafique@gmail.com | 9 SEPTEMBER 2017 | 05:30 pm | 13.7430769 | 177437929 | FIT STATION LADIES GYM |
| Kuala Lumpur | Bukit Jalil | Sarliza Binti Md Isa | sarliza.mdisa@gmail.com | 9 September 2017 | 08:00 am | 132004023 | | Taman Rekreasi Bukit Jalil (Di kawasan Rumah Melayu, Taman Antarabangsa) |
| Kuala Lumpur | Ulu Klang | Coach Azmir Zed | mohdazmir.zab@gmail.com | 9 September 2017 | 08:30 am | +60126281590 | +60172255320 | Dietlicious Kitchen SC0122, Block C, Springville Shoplot, Jalan UP 1/1D, Taman Ukay Perdana, 68000 Ampang, Selangor |
| Kuala Lumpur | TITIWANGSA | NURUL MAWADDAH BT MOHD YAKUB @ ZULKIFLI | wawaescortgroupworkout@gmail.com | 9TH SEPTEMBER 2017 | 08:30 am | +60193772088 | +60163285886 | Taman Tasik Titiwangsa, KL (area depan Stadium Titiwangsa) |
| Kuala Lumpur | KLCC | Mohd Zahrin Bin Che Bahar Nordin | zahrincbn@gmail.com | 09 Sept 2017 | 08:00 am | 013-331 0702 | 010-264 6242 | KLCC Park (Opposite Menara Exxonmobile) |
| Kuala Lumpur | Putrajaya 3 | Shazril Reza Bin Nor Azmi | shazrildietfit@gmail.com | 9.9.2017 | 07:30 am | 126544464 | 126544464 | Pusat Sukan Air, Presint 6, Putrajaya |
| Kuala Lumpur | Sepang | Mohd Syarihan bin Mohamad | syarihan.skipp83@gmail.com | 9 Sept 2017 | 07:45 am | 133613130 | | Dewan Bandar Baru Salak Tinggi |
| Kuala Lumpur | Titiwangsa | NURUL MAWADDAH BINTI MOHD YAKUB @ ZULKIFLI | wawaescortgroupworkout@gmail.com | 9 SEPTEMBER 2017 | 08:30 am | +60193772088 | +60163285886 | Sekolah Kebangsaan Jalan Kuantan (2), Titiwangsa |
| Kuala Lumpur | Bukit Jalil | Sarliza Binti Md Isa | sarliza.mdisa@gmail.com | 9 September 2017 | 08:00 am | 132004023 | | Taman Rekreasi Bukit Jalil (Di kawasan Rumah Melayu, Taman Antarabangsa) |
| Kuala Lumpur | Ulu Klang | Coach Azmir Zed | mohdazmir.zab@gmail.com | 9 September 2017 | 08:30 am | +60126281590 | +60172255320 | Dietlicious Kitchen SC0122, Block C, Springville Shoplot, Jalan UP 1/1D, Taman Ukay Perdana, 68000 Ampang, Selangor |
| Kuala Lumpur | TITIWANGSA | NURUL MAWADDAH BT MOHD YAKUB @ ZULKIFLI | wawaescortgroupworkout@gmail.com | 9TH SEPTEMBER 2017 | 08:30 am | +60193772088 | +60163285886 | Taman Tasik Titiwangsa, KL (area depan Stadium Titiwangsa) |
| Kuala Lumpur | KLCC | Mohd Zahrin Bin Che Bahar Nordin | zahrincbn@gmail.com | 09 Sept 2017 | 08:00 am | 013-331 0702 | 010-264 6242 | KLCC Park (Opposite Menara Exxonmobile) |
| Kuala Lumpur | Putrajaya 3 | Shazril Reza Bin Nor Azmi | shazrildietfit@gmail.com | 9.9.2017 | 07:30 am | 126544464 | 126544464 | Pusat Sukan Air, Presint 6, Putrajaya |
| Kuala Lumpur | Bukit Jalil | Sarliza Binti Md Isa | sarliza.mdisa@gmail.com | 9 September 2017 | 08:00 am | 132004023 | | Taman Rekreasi Bukit Jalil (Di kawasan Rumah Melayu, Taman Antarabangsa) |

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|------------------------|-----------------------|--|----------------------------------|--------------------|----------|--------------|----------------|--|
| Kuala Lumpur | Ulu Klang | Coach Azmir Zed | mohdazmir.zab@gmail.com | 9 September 2017 | 08:30 am | +60126281590 | +60172255320 | Dietlicious Kitchen SC0122, Block C, Springville Shoplot, Jalan UP 1/1D, Taman Ukay Perdana, 68000 Ampang, Selangor |
| Kuala Lumpur | TITIWANGSA | NURUL MAWADDAH BT MOHD YAKUB @ ZULKIFLI | wawaescortgroupworkout@gmail.com | 9TH SEPTEMBER 2017 | 08:30 am | +60193772088 | +60163285886 | Taman Tasik Titiwangsa, KL (area depan Stadium Titiwangsa) |
| Kuala Lumpur | KLCC | Mohd Zahrin Bin Che Bahar Nordin | zahrincbn@gmail.com | 09 Sept 2017 | 08:00 am | 013-331 0702 | 010-264 6242 | KLCC Park (Opposite Menara Exxonmobile) |
| Kuala Lumpur | Putrajaya 3 | Shazril Reza Bin Nor Azmi | shazrildietfit@gmail.com | 9.9.2017 | 07:30 am | 126544464 | 126544464 | Pusat Sukan Air, Presint 6, Putrajaya |
| Kuala Lumpur | Sepang | Mohd Syarihan bin Mohamad | syarihan.skipp83@gmail.com | 9 Sept 2017 | 07:45 am | 133613130 | | Dewan Bandar Baru Salak Tinggi |
| Kuala Lumpur | Titiwangsa | NURUL MAWADDAH BINTI MOHD YAKUB @ ZULKIFLI | wawaescortgroupworkout@gmail.com | 9 SEPTEMBER 2017 | 08:30 am | +60193772088 | +60163285886 | Sekolah Kebangsaan Jalan Kuantan (2), Titiwangsa |
| Melaka | Klebang | Norzahtuladha Binti Mohd Nor | myadha@gmail.com | 09 Sept 2017 | 08:00 am | 136302302 | | Kompleks Belia dan Sukan Ayer Keroh, Melaka |
| Melaka | Masjid tanah | Abdul aziz bin abdullah | altafdarwish@yahoo.com | 9 september 2017 | 08:00 am | 199997414 | | Kompleks belia dan sukan ayer keroh melaka |
| Melaka | ALOR GAJAH | ABD LATIF BIN AHMAD | usuula74@yahoo.com | 09/09/2017 | 08:00 am | 178789821 | 173367477 | TAMAN REKREASI SERI SUTERA, PENGKALAN, ALOR GAJAH |
| Melaka | AYER KEROH | MOHD AMIR KHUSHAIR | amirkhushair9@gmail.com | 9 september 2017 | 08:00 am | 013-4382124 | | KOMPLEKS BELIA DAN SUKAN AYER KEROH MELAKA |
| Melaka | Bandar Melaka | Mido Kent | mido_kent@hotmail.com | 9/9/2017 | 08:00 am | 122930588 | 172648097 | Studio L&L fitness, kota fesyen MITC Melaka |
| Negeri Sembilan | Seremban team 2 | Nursuraya | nizwanieza@gmail.com | 10 September 2017 | 07:30 am | 169622653 | | Dewan Aspirasi Lavender Height Senawang |
| Negeri Sembilan | REMBAU | SHAMSIDAH BINTI KESO | nashidah2910@gmail.com | 9/9/2017 (sabtu) | 08:30 am | 012-9064640 | | DATARAN REMBAU |
| Negeri Sembilan | Kuala Pilah | Mohamad Harith Najmi | aredila7@gmail.com | 09/09/2017 | 08:30 am | 1114345226 | +6013 6331781 | Kompleks Sukan dan Belia Kuala Pilah |
| Negeri Sembilan | Port Dickson | Daniel Hezaq | ikdaniel69@gmail.com | 9 September 2017 | 08:30 am | 186636889 | | Taman Komuniti PD Hadapan Klinik Kesihatan PD1 |
| Negeri Sembilan | Sendayan - S2 Heights | MOHD SYAFIQ BIN MOKHTAR | fitcamps2@gmail.com | 9/9/2017 | 07:30 am | 122739454 | 122739454 | Lokasi briefing for Kick off ialah di Sendayan Metropark / sekitar Seremban 2. Untuk maklumat terkini tentang venue kick-off Program JK1M9, para peserta boleh hubungi Team Leader Sendayan - S2 Heights , Coach Syafiq (0122739454). |
| Negeri Sembilan | Seremban Team 1 | Mohd Shahfazreen Bin Shahrudin | buddiesfitness9@gmail.com | 9 September 2017 | 07:15 am | 132832109 | 102310454 | Wall Climping Park - Kompleks Belia Sukan Paroi |
| Negeri Sembilan | Nilai | ZuhaRa bt Zainal Abidin | zuhaRaFreelance@gmail.com | 9 sept 2017 | 07:45 am | 1132360830 | 1132360830 | Taman Awam Nilai (di Astaka) Sekiranya hujan pada pagi tersebut, kita akan buat Kick Off di GQ Gym. (boleh whatsapp saya nanti untuk location ya) |
| Pahang | KUANTAN 1 | Ain Zubaidah Ismail | ainzubaidahismail@gmail.com | 9 September 2017 | 08:00 am | 195244729 | 189146780 | Taman gelora , (astaka) Kuantan. |
| Pahang | Kuala Lipis | Nor Fadilah Salleh | norfadilahsalleh@yahoo.com | 7/9/2017 | 09:00 am | +60179065098 | +60129509260 | Gym 1 Malaysia, Kuala Lipis. Hp: 0179065098 |
| Pahang | pekan | Muhamadiyah Iskandar b Mohamed | iskandar_paka@hotmail.com | 9.9.2017 | 08:00 am | +60142692716 | | Taman Tasik Sultan Abu Bakar Pekan Pahang |
| Pahang | KUANTAN 1 | Ain Zubaidah Ismail | ainzubaidahismail@gmail.com | 9 September 2017 | 08:00 am | 195244729 | 189146780 | Taman gelora , (astaka) Kuantan. |
| Pahang | Kuantan 2 | Mohamad Hisyamuddin Siddiq | mhisyamuddinsiddiq309@gmail.com | 9 September 2017 | 08:00 am | 013-6303009 | 013-9707173 | Taman Bandar Kuantan |
| Pahang | Bentong | Fabulous Wellness & Resources | ayuzubir32@gmail.com | 9 September 2017 | 08:00 am | 142947842 | 137872855 | GIMNASIUM RAKYAT BENTONG |
| Pahang | ROMPIN | MOHD FAUZI BIN RAHMAT SAM | mfauzi.rahmatbiz@gmail.com | 9 SEPTEMBER 2017 | 05:30 pm | 176113405 | | PANTAI HIBURAN, KUALA ROMPIN, PAHANG |
| Pahang | Temerloh | Sarini bt abidin | intan_sarini@yahoo.com | 9/9/2017 | 08:30 am | 019-9871332 | 199311332 | Rs fitness studio temerloh |
| Pahang | Jerantut | Noor atikah binti kadis | ekahkadis@gmail.com | 9/9/2017 | 08:00 am | 199271052 | | Kompleks sukan daerah jerantut |
| Pahang | RAUB | Kartini bt Abdul Rahim | tiniey5779@yahoo.com | 9 September 2017 | 07:00 am | 129695779 | | Sekolah Menengah Sains Tg Abdullah |
| Perak | Kampar | Aida Binti Ismail @ Ariffin | aida01alhaq@gmail.com | 9 Sept 2017 | 08:00 am | 012-5623560 | | Dewan Taman Sentosa Kampar |
| Perak | Parit Bunta | Juma Sabran | norjumawatisabran@gmail.com | 9 September 2017 | 08:30 am | 012 2424123 | 011 3665 8153 | D'city Fitness & Gym (Level 3), Kerian Sentral Mall, Parit Buntar |
| Perak | Siputeh | Azzim Nor @ Mohd Zaid bin Azri | Syiedazim@yahoo.com | 9/9/2017 | 08:30 am | 175670966 | 174962091 | MBC Futsal Court Gunung Rapat, Perak |
| Perak | Taiping | Ainul Syafikha Arohman | syafikha@gmail.com | 9 September 2017 | 07:30 am | +60132579459 | | Dewan Asam Kumbang (berdekatan SK Asam Kumbang) |
| Perak | Lumut | MOHD SHAHRIN B HASAN SEZALI | shahrin7710@gmail.com | 9/9/2017 | 07:30 am | 124001767 | | dataran parking teluk batik |
| Perak | Tanjung Malim | Azhari Bin Abdullah sani | Tengkurak_01@yahoo.com.my | 9/9/2017 | 08:00 am | 012-9744826 | 0 11-2406 3077 | Stadium Universiti Pendidikan Sultan Idris |

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|-----------------------|----------------------------|-----------------------------------|-----------------------------------|--------------------------|----------|-----------------------------|------------------------|---|
| Perlis | PERLIS | MOHD JORASMIN BIN MAT ISA | jorasminisa@gmail.com | 9 SEPTEMBER 2017 | 05:00 pm | 019-4431130 | | DATARAN TAMAN BUNGA KERTAS GUA CENDERAWASIH KANGAR PERLIS |
| Pulau Pinang | Tasek Gelugor | Noorsyuhada Md Noor | schu3883@gmail.com | 9 September 2017 | 07:30 am | 133683884 | 125710073 | Dewan Kantin ILP Kepala Batas |
| Pulau Pinang | USM SUNGAI DUA | Mohd rosli abd wahab | Mohdrosliwahab@gmail.com | 9 sept 2017 | 09:00 am | 014-2571775 coach rosli | 013-5873468 Ckin Idris | USM stadium |
| Pulau Pinang | Sungai Ara | Nur Atikah binti Norazam | nuratikah.norazam@yahoo.com | 09.09.2017 | 08:00 am | 175014961 | 174855997 | Smk Sungai Ara |
| Pulau Pinang | Kepala Batas | Noraimi Liyana Ahmad Hisham | noraimi_liyana@yahoo.co.uk | 9 September 2017 | 07:00 am | 193171085 | | MARIO GYM STUDIO, Kepala Batas, Penang |
| Pulau Pinang | Georgetown Penang | Muhammad Fitri bin Bukhari | fitribukhari.georgetown@gmail.com | 9.9.2017 | 08:00 am | fitri - 0195059324 | Bella : 0164813275 | Pesiaran Karpal Sigh , Sg.pinang Georgetown. |
| Pulau Pinang | Tasek Gelugor | Noorsyuhada Md Noor | schu3883@gmail.com | 9 September 2017 | 07:30 am | 133683884 | 125710073 | Dewan Kantin ILP Kepala Batas |
| Pulau Pinang | Tasek Gelugor | Noorsyuhada Md Noor | schu3883@gmail.com | 9 September 2017 | 07:30 am | 133683884 | 125710073 | Dewan Kantin ILP Kepala Batas |
| Putrajaya & Cyberjaya | Putrajaya Cyberjaya 1 | Coach Cem Enterprise | ashraf.hasim86@gmail.com | 9092017 | 07:30 am | 013-630 1490 | 017-684 2767 | |
| Sabah | BEAUFORT,SABAH | MASILINAH BINTI DORIMIN | lyana_mama81@yahoo.com | 9 sept 2017 | 09:00 am | 1126693826 | | Kompleks sukan Beaufort |
| Sabah | Zone telupid | Felicia binti bulangik @augustine | vynnecia@gmail.com | 9.9.17 | 07:00 am | 165884858 | | My active gym gambaron telupid |
| Sabah | Kota Kinabalu | Kevin Andrew | kevin16keane@gmail.com | 09/09/17 | 09:00 am | Kevin Andrew - 0138346231 | | Revolucamp RX Training Center Lot 37, 2nd Floor Block L Royal Plaza Putatan 89500 Putatan |
| Sabah | Zon tambunan | Ivye alexandra | lvye.alexandra@gmail.com | 09.09.2017 | 06:30 am | 0146739855 - ivye alexandra | | Kompleks sukan tambunan. |
| Sabah | Wilayah Persekutuan Labuan | Clarissa Guansing | clayalvin@gmail.com | 9 September 2017 | 04:00 pm | Clarissa | | Seasport , Wilayah Persekutuan Labuan |
| Sabah | Sipitang, Sabah | Khairunisa Binti Japar | anisjay29@gmail.com | 13/09/2017 | 07:30 pm | 146978199 | | Dewan Sipitang |
| Sabah | PAPAR | GRACE PUN NYUK FUNG | gracepun77@gmail.com | 9 September 2017 (Sabtu) | 01:30 pm | 138849747 | | Dataran MOM Papar Sabah |
| Sabah | Zon Manggatal | Ruzaina Anjot | ruzainacynthia@gmail.com | 9 september 2017 | 06:30 am | 128185944 | | Taman teluk awam likas |
| Sabah | Sandakan | Zunaidah Binti Ariffin | ain.zunaidah@gmail.com | 09 September 2017 | 02:00 pm | 195585572 | | EZ-Studio Bandar IJM Sandakan |
| Sabah | BEAUFORT,SABAH | MASILINAH BINTI DORIMIN | lyana_mama81@yahoo.com | 9 sept 2017 | 09:00 am | 1126693826 | | Kompleks sukan Beaufort |
| Sabah | ALAMESRA | FERNANDEZ HOWARD LAI | frey4used@yahoo.com | 9/09/2017 | 07:30 pm | Coach Frey 0165825188 | | |
| Sabah | Keningau | ValRoss Alfante | sontoloyo11@yahoo.com | 09/09/2017 | 09:00 am | 164439149 | | Keningau Sports Complex - Aerobic Hall |
| Sabah | Putatan | Benreza Hezery Uzair | ben.uzair@gmail.com | Sabtu, 9hb September | 02:00 pm | Ben 0109310886 | | JuaraGym Putatan Japan ketiau Tombovo 88200 Putatan Sabah Sila Waze atau Google Maps untuk panduan memandu. Anda boleh menggunakan khidmat Uber atau Grab |
| Sabah | Kota marudu | Sue ellen Toimon | eunsue05@yahoo.com. my | 9.9.17 | 07:00 am | 168063503 | | Padang pekan kota Marudu |
| Sarawak | Miri | Christine Yip | ctine.tine81@gmail.com | 9.9.2017 | 04:30 pm | Christine Yip 0138394335 | | La Danza Fitness & Dance Studio, Lot 12085 Block 10, Pujut 7, 98000, Miri. Sarawak |
| Sarawak | Matang | Widad Syamila Binti Samsudin | widadsyamila@gmail.com | 9 September 2017 | 09:00 am | 019 881 4874 | 016 770 5439 | Freak Fitness Studio |
| Sarawak | Kuching | Nazim Bujang | nazimbujang@gmail.com | 9 sept 2017 | 02:00 pm | 168995575 | 168991556 | Kompleks Belia & Sukan Negeri Sarawak ,Jalan Tun Ahmad Zaidi Adruce, 93300 kuching |
| Sarawak | Samarahan | Nazrie bin Abdullah@Sulaiman | Nazrieabs@gmail.com | 9 September 2017 | 03:00 pm | 128844788 | | Halaman Samarahan Map to location: https://goo.gl/maps/BxhGLe6LsEA2 |
| Sarawak | SIBU | MUHAMMAD YUNUSASRI | yunusasrim@gmail.com | 09 SEPTEMBER 2017 | 09:09 am | 198618926 | 168955536 | RAJANG PARK STADIUM |
| Sarawak | Limbang | Goh Soon Hoon | gohzam@yahoo.com | 09.09.2017 | 05:15 pm | 010-9685699 | | kompleks sukan limbang |
| Sarawak | Mukah | Mohamad Syazuan bin Ideris | shazone63@gmail.com | 09.September.2017 | 07:26 am | 145887138 | 108160373 | |
| Sarawak | Bintulu | Mohamad Murazmil bin Mohadota | Melmohadota@yahoo.com | 9.9.2017 | 02:00 pm | 0138307064 | | W2F studio |
| Selangor | Denai alam | Lean N Fit Resources | maslinda_matyasah@yahoo.com | 9/9/2017 | 07:30 am | 012 7531658 | | Kumon centre denai alam selangor |
| Selangor | Kawasan Jom Kurus Rawang | Raja Muhammad Idzham | Jedipeace007@gmail.com | 9/Sept/2017 | 08:00 am | KING 0192844684 | BAIZURA 0123800469 | Dewan Serbaguna Batu 16, Rawang |
| Selangor | Puncak Jalil | Natasha Binti Zainal | taszainal@gmail.com | 9/9/2017 | 08:00 am | 193377168 | 193377168 | Dewan Dr George Puncak Jalil |
| Selangor | Bukit Mahkota | Natalia Edaura | nataliaedaura@yahoo.com | 9/9/2017 | 08:00 am | 176134870 | | Tasik Ujana, Nilai Impian |
| Selangor | BANTING | NOR ZAKIAH | kiyaahmad@gmail.com | 09/09/2017 | 08:00 am | Zack - 0192548693 | Haja - 0197737257 | BAWAH JAMBATAN BANTING |
| Selangor | Shah Alam 2 | Shukri & The Fighters | shahalamfighter@gmail.com | 09/09/2017 | 07:30 am | 1128175445 | 1110175445 | Ezaz Academy, Sek 20 Shah Alam |
| Selangor | SUBANG BESTARI | AZRI BIN ISMAIL | eiiza2224@yahoo.co.uk | 9 SEPTEMBER 2017 | 10:00 am | 017-2999713 (JELITA) | 018-2422156 (AZRI) | DEWAN PUDINA, BUKIT SUBANG, SHAH ALAM |

| | | | | | | | | |
|------------|----------------------------|--|----------------------------------|------------------|----------|----------------------------|-------------------------|---|
| Selangor | Kajang | Meor Sony & Fauzul | meorsony@gmail.com | 9 September 2017 | 08:00 am | 016-333 7490 | 013-352 4472 | Dewan Orang Ramai, BT12 Tmn Mesra, Kajang, Selangor Darul Ehsan |
| Selangor | PETALING JAYA | MOHS KHAIRUL AZUAN BIN DIN | khairuldietitian@gmail.com | 9/9/2017 | 09:00 pm | 133135386 | 172853531 | PUSAT RAKAN MUDA (ARENA), PETALING JAYA |
| Selangor | TAMAN MEDAN, PETALING JAYA | NORAZLINA BT MUTAAL | norazlina.mutaal@gmail.com | 9/9/2017 | 07:30 am | 124232380 | 104070311 | Pusat Rakan Muda (ARENA), PJ |
| Selangor | Bandar Saujana Putra | Ira Shahira Rasmadin | ira.rasmadin@gmail.com | 9 September | 07:30 am | 169777147 | 165602303 | Basketball Court SP4, Bandar Saujana Putra |
| Selangor | Glenmarie | Nursyafiqah binti Shahril | nursyafiqahshahril2288@yahoo.com | 9 September 2017 | 07:30 am | 013-5440288 | 013-5440288 | Tasik Shah Alam (Section 14) |
| Selangor | Serdang | Ameelia Elyna Zaijan Binti Zainal Abidin | elynnazaijan@gmail.com | 9/9/17 | 07:30 am | 126674824 | | Tasik Seri Serdang |
| Selangor | Meru | Norazreen binti Mat Raius (Ayen Raus) | norazreen.raius@tnb.com.my | 9/9/2017 | 08:00 am | 176435102 | 176435102 | Meru |
| Selangor | Puncak Perdana | Ahmad Redza bin Ahmad Sulaiman | ammar.abu115@gmail.com | 9 September 2017 | 07:30 am | 018 9717515 | | Alam Budiman, Shah Alam |
| Selangor | Bangi 2 | Muhammad Aizat bin Abdul Razak | aizat225@gmail.com | 9 September 2017 | 08:30 am | +60166612017 | +60187694176 | IR VENUE No 27A, Tingkat 1, Jalan 9/2, Seksyen 9 Taman IKS 43650 Bandar Baru Bangi Selangor Landmark: Seroja Anggerik Travel & Tours Whatsapp Aizat Razak di 0166612017 untuk location. |
| Selangor | Ara Damansara | Muhammad asy'ari bin mohd alwi | asyariwinchester@gmail.com | 9/9/2017 | 08:00 am | 1111341403 | | Anytime Fitness Oasis |
| Selangor | USJ | Rohani Bohari | rohanibohari@kevinzahri.com | 9 Srpt 2017 | 08:00 am | 169090001 | | Futsal Court, Kawasan Perumahan USJ 20 |
| Selangor | Shah Alam 1 | Abdullah bin Hassan | abdullah931025@yahoo.com | 09/09/2017 | 08:00 am | 013 2522615 - Coach Dollah | +60 13 304 5085 - Syana | Bilik Seminar Shah Alam 16A, jalan muara 8/9, seksyen 8 , 40000 Shah Alam, Selangor |
| Selangor | Puchong | Esfah Lili | esfah@yahoo.com | 9 September 2017 | 07:30 am | 012-6201851 | | Public park along Jalan Kinrara 6E, Taman Damai Utama, Bandar Kinrara. The park is opposite Palmiera @ Kinrara Residence. |
| Selangor | Kuala kubu Bharu | Nur Fadhilah binti Mohamad Rafdzi | eilarafdzi@gmail.com | 09/09/2017 | 07:30 am | 019-2414763 | 013-466 4661 | DEWAN MERDEKA KUALA KUBU BHARU (bersebelahan stadium KKB) |
| Selangor | Saujana Utama | Jamal Yusufi bin Abdul Rahman | jamalyusufi@gmail.com | 9 September 2017 | 08:00 am | 196009280 | 196009280 | Taman Rekreasi Hillpark |
| Selangor | KOTA KEMUNING | DAYANG RUQAYYAH | vadabeckham23@gmail.com | 09.09.2017 | 08:00 am | 017-5478807 | | Dewan Bunga Kantan, Seksyen 30 |
| Selangor | KLANG 2 | Natrah bt Amalluddin | natrah7x@gmail.com | 9 September 2017 | 07:30 am | 013 291 5587 | Shahrazam Abd Malek | Balai Raya Kampung Idaman, Pelabuhan Klang |
| Selangor | Kelana Jaya | Muhammad Firdaus Hassan | jk1mdaus@gmail.com | 9 September 2017 | 07:30 am | 017-3769945 | 011-10392903 | Taman Tasik bandaran Kelana jaya |
| Selangor | GOMBAK | Safaitlife enterprise | safarudin.osman@gmail.com | 9/9/2017 | 08:00 am | 017 3117314 | | Gym hyperflex fitness, taman selasih fasa 2, gombak |
| Selangor | Denai alam | Lean N Fit Resources | maslinda_matyasah@yahoo.com | 9/9/2017 | 07:30 am | 012 7531658 | | Kumon centre denai alam selangor |
| Selangor | Dengkil | Syed Mustaqim | syedmustaqim@gmail.com | 9 September 2017 | 07:30 am | 013-3999353 | | China - Malaysia Friendship Garden, Tapak Floria, Presint 3, Putrajaya |
| Selangor | Puncak Perdana | Ahmad Redza bin Ahmad Sulaiman | ammar.abu115@gmail.com | 9 September 2017 | 07:30 am | 018 9717515 | | Alam Budiman, Shah Alam |
| Selangor | Setia Alam | NOR SHAFIQAH ALIA BINTI AMRAN | domokcute@gmail.com | 9.9.2017 | 08:30 am | 017-6836063 Domok | 017-3758717 Hazwan | Dataran Padang Setia City Mall, Setia Alam |
| Selangor | TTDI JAYA | MOHD FIRDAUS BIN MOHD SAHIR | NIKEFIVE@LIVE.COM | 9/9/2017 | 08:00 am | 126878736 | | PADANG B, DATARAN KEMERDEKAAN SHAH ALAM |
| Selangor | Denai alam | Lean N Fit Resources | maslinda_matyasah@yahoo.com | 9/9/2017 | 07:30 am | 012 7531658 | | Kumon centre denai alam selangor |
| Selangor | Setia Alam | NOR SHAFIQAH ALIA BINTI AMRAN | domokcute@gmail.com | 9.9.2017 | 08:30 am | 017-6836063 Domok | 017-3758717 Hazwan | Dataran Padang Setia City Mall, Setia Alam |
| Selangor | Denai alam | Lean N Fit Resources | maslinda_matyasah@yahoo.com | 9/9/2017 | 07:30 am | 012 7531658 | | Kumon centre denai alam selangor |
| Selangor | Kajang | Muhammad Fauzul Kabir bin Kasim | fauka90@gmail.com | 09.09.2017 | 08:00 am | | | Dewan Taman Mesra, Kajang. |
| Selangor | Shah Alam 3 | Muhammad Hasrul Nurkholis bin Hasim | hasrulnurkholis@gmail.com | 09.09.2017 | 08:00 am | 173417616 | 123882975 | Dewan Lavender, Sek 7 Shah Alam |
| Selangor | Sungai Buloh | Shafiq Apex Fitness | shafiqapex.fitness@gmail.com | 9 September 2017 | 08:30 am | 012-3538714 | | World Fitness Gym 27-59, Jalan BRP 1/4, Bukit Rahman Putra, 47000 Sungai Buloh, Selangor. GPS coordinate: 3.210943, 101.562228 |
| Selangor | Seri Kembangan | Marina bt Abdul Malek | marinne_83@yahoo.com | 9/9/2017 | 08:00 am | 126299424 | | The atmosphere (Tingkat 2), seri kembangan |
| Selangor | Setia Alam | NOR SHAFIQAH ALIA BINTI AMRAN | domokcute@gmail.com | 9.9.2017 | 08:30 am | 017-6836063 Domok | 017-3758717 Hazwan | Dataran Padang Setia City Mall, Setia Alam |
| Selangor | TTDI JAYA | MOHD FIRDAUS BIN MOHD SAHIR | NIKEFIVE@LIVE.COM | 9/9/2017 | 08:00 am | 126878736 | | PADANG B, DATARAN KEMERDEKAAN SHAH ALAM |
| Selangor | Denai alam | Lean N Fit Resources | maslinda_matyasah@yahoo.com | 9/9/2017 | 07:30 am | 012 7531658 | | Kumon centre denai alam selangor |
| Terengganu | Kuala terengganu | Ferra noorulealyenaa asyikeen binti mohd nor | asyikeenmohdnor@gmail.com | 9/9/2017 | 08:30 am | 139101231 | 139101231 | Fitness ladies gym Batu buruk |
| Terengganu | Kuala terengganu | Ferra noorulealyenaa asyikeen binti mohd nor | asyikeenmohdnor@gmail.com | 9/9/2017 | 08:30 am | 139101231 | 139101231 | Fitness ladies gym Batu buruk |

| | | | | | | | | |
|-------------------|------------------------------|---|---------------------------|-------------------|----------|------------------------|--------------|---|
| Terengganu | Kerteh | Hardiana Haris | hardianaharis@gmail.com | 9 September 2017 | 08:30 am | +60123318022 | +60123318022 | Nutricozy Kerteh Bandar Baru Kerteh (Bersebelahan dengan JPN kerteh. Tidak jauh dari McD Kerteh) |
| Terengganu | Kuala Nerus (Ladies Only) | Nur Rienalissa Binti Mohamad Sabri | lissanurisa@gmail.com | 09.09.17 | 08:00 am | Lissa: 019-2069249 | | Sekolah Kebangsaan Tok Jembal, Jalan Tok Jembal, Kampung Tok Jembal, 21300 Kuala Nerus, Terengganu Darul Iman. |
| Terengganu | Kuala Terengganu 2 | Fadzlan Zamalin bin Zainal Ashirin | adfadz0101@gmail.com | 9/9/2017 | 07:30 am | 199521309 | 199521309 | |
| Terengganu | Paka | Muhammad Farhan Bin Roslen | farhanroslen@yahoo.com | 9/9/2017 | 08:00 am | 176304943 | | Ajas Wellness Functional Gym, Paka |
| Terengganu | Chukai | Siti Zaliha binti Abdull Khir | Zairien83@gmail.com | 9/9/2017 | 08:30 am | 0139304111 / ctzack | | KOMPLEKS RAKAN MUDA MAK LAGAM KEMAMAN |
| Terengganu | Besut | Wan Nurul khalbi binti Wan ismail | rasayurasyid@gmail.com | 09 september 2017 | 08:00 am | 108633831 | 123353646 | Kota Putra Square, Kampung Raja |
| Terengganu | Dungun | Lina syamimi binti abu bakar | lina.syamimi@gmail.com | 09/09/2017 | 05:00 pm | 139689190 | 199649190 | Bilik Mesyuarat Zaiton & Partner Pulau serai Dungun |
| Terengganu | Kuala terengganu | Ferra noorulealyenaa asyikeen binti mohd nor | asyikeenmohdnor@gmail.com | 9/9/2017 | 08:30 am | 139101231 | 139101231 | Fitness ladies gym Batu buruk |