

**Jadwal Kuliah Blok/ Sistem Siklus Hidup Kelas B**  
**Ruang Kuliah GA. 310**  
**Semester Akhir Tahun Ajaran 2016/2017**

Koordinator : dr. Martira Maddeppungeng,Sp.A (Hp. 081 342 903 666)

Sekretaris : Dr. dr. Femi Syahriani,Sp.PD (Hp. 085 298 047 919)

| Minggu                            | Hari/Tgl               | Jam                            | Topik   | Narasumber                            | Departemen          |  |
|-----------------------------------|------------------------|--------------------------------|---|---------------------------------------|---------------------|--|
| Minggu VI<br>6 - 10 Maret<br>2017 | Senin<br>6 Maret 2017  | 07:30-08:20                    | Pengenalan Blok dan Penjelasan Materi TBL Tumbuh Kembang dan Geriatri | Dr. dr, Martira Maddeppungeng, SpA(K) | Ilmu Kesehatan Anak |  |
|                                   |                        | 08:25-09:15                    | The Basic Needs for Better Growth & Development                       | Dr. dr, Martira Maddeppungeng, SpA(K) | Ilmu Kesehatan Anak |  |
|                                   |                        | 09:20-10:10                    | Concept of Child's Growth & Development                               | Dr. dr, Martira Maddeppungeng, SpA(K) | Ilmu Kesehatan Anak |  |
|                                   |                        | 10:15-11:05                    | Screening Development   | Dr. dr, Martira Maddeppungeng, SpA(K) | Ilmu Kesehatan Anak |  |
|                                   |                        | 11:10-12:00                    | High Risk New Born  | Dr. dr. Ema alasiry, Sp.A(K)          | Ilmu Kesehatan Anak |  |
|                                   |                        | 12.00-13.00                    | <b>ISHOMA</b>   |                                       |                     |  |
|                                   |                        | 13:00-13.50                    | Kangaroo Mother Child   | Dr. dr. Ema alasiry, Sp.A(K)          | Ilmu Kesehatan Anak |  |
|                                   |                        | 13:55-14:45                    | Age-releted Macular Degeneration                                      | dr. A. Muh. Ichsan Ph.D Sp.M          | Ilmu Kesehatan Mata |  |
|                                   |                        | 14.50-15.40                    |   |                                       |                     |  |
|                                   | Selasa<br>7 Maret 2017 | 07:30-08:20                    | Infant & Children's Feeding in Health and Disease                     | Prof. dr. J.S. Lisal, Sp.A(K)         | Ilmu Kesehatan Anak |  |
|                                   |                        | 08:25-09:15                    |   |                                       |                     |  |
|                                   |                        | 09:20-10:10                    | <b>CSL 5</b>  |                                       |                     |  |
|                                   |                        | 10:15-11:05                    | <b>ISHOMA</b>   |                                       |                     |  |
|                                   |                        | 11:10-12:00                    | Biochemical Changes in Geriatrics                                     | Prof. dr. Rosdiana Natzir, PhD        | Biokimia            |  |
|                                   |                        | 12.00 - 13.00                  | <b>ISHOMA</b>   |                                       |                     |  |
|                                   |                        | 13:00-13.50                    | The Change of the Organ's Function in Geriatrics. (4)                 | Prof. Dr. dr. Wardihan Sinrang,MSc    | Fisiologi           |  |
|                                   |                        | 13:55-14:45                    |   |                                       |                     |  |
|                                   | 14.50-15.40            |                                |   |                                       |                     |  |
|                                   | Rabu<br>8 Maret 2017   | 07:30-08:20                    | Feeding & Eating Disorder in Children & Adolences                     | Prof. dr. J.S. Lisal, Sp.A(K)         | Ilmu Kesehatan Anak |  |
|                                   |                        | 08:25-09:15                    | Essential Fatty Acid & Mineral Trace Elements                         | Prof. dr. J.S. Lisal, Sp.A(K)         |                     |  |
|                                   |                        | 09:20-10:10                    | Formulas for the Healthy and Sick Children                            | Prof. dr. J.S. Lisal, Sp.A(K)         |                     |  |
|                                   |                        | 10:15-11:05                    |   |                                       |                     |  |
|                                   |                        | 11:10-12:00                    | <b>MANAJEMEN NYERI</b>  |                                       |                     |  |
|                                   |                        | 12.00 - 13.00                  | <b>ISHOMA</b>   |                                       |                     |  |
|                                   |                        | 13:00-13.50                    | <b>MANAJEMEN NYERI</b>  |                                       |                     |  |
|                                   |                        | 13:55-14:45                    | <b>AKUPUNTUR</b>  |                                       |                     |  |
|                                   |                        | 14.50-15.40                    | <b>AKUPUNTUR</b>  |                                       |                     |  |
|                                   | Kamis<br>9 Maret 2017  | 07:30-08:20                    | Monitoring & Early Detection of Delayed Growth & Development          | Dr. dr, Martira Maddeppungeng, SpA(K) | Ilmu Kesehatan Anak |  |
|                                   |                        | 08:25-09:15                    | Monitoring & Early Detection of Delayed Growth & Development          | Dr. dr, Martira Maddeppungeng, SpA(K) |                     |  |
|                                   |                        | 09:20-10:10                    | <b>CSL 5</b>  |                                       |                     |  |
|                                   |                        | 10:15-11:05                    | <b>ISHOMA</b>   |                                       |                     |  |
|                                   |                        | 11:10-12:00                    | immunization  | Dr. dr, Martira Maddeppungeng, SpA(K) | Ilmu Kesehatan Anak |  |
|                                   |                        | 12.00 - 13.00                  | <b>ISHOMA</b>   |                                       |                     |  |
|                                   |                        | 13:00-13.50                    | immunization  | Dr. dr, Martira Maddeppungeng, SpA(K) | Ilmu Kesehatan Anak |  |
|                                   |                        | 13:55-14:45                    | Populations Aspects of Geriatrics                                     | Dr. dr. Andi Alfian Zainuddin, M.Kes  | IKM - IKK           |  |
|                                   |                        | 14.50-15.40                    | Pediatrics Medical Rehabilitation                                     | dr. Asmaun Najamuddin, Sp.RM          | Rehabilitasi Medik  |  |
|                                   | Jumat<br>10 Maret 2017 | 07:30-08:20                    | Aging proses dan Implikasi klinik                                     | dr. Wasis Udaya, Sp.PD KGer           | Ilmu Penyakit Dalam |  |
|                                   |                        | 08:25-09:15                    |   | dr. Wasis Udaya, Sp.PD KGer           |                     |  |
|                                   |                        | 09:20-10:10                    | Comprehensive Geriatrics Assessment                                   | dr. Wasis Udaya, Sp.PD KGer           |                     |  |
|                                   |                        | 10:15-11:05                    |   |                                       |                     |  |
|                                   |                        | 11:10-12:00                    | Polyfarmasi in Geriatric  | dr Robert Setiadji, Sp.FK             | Farmakologi         |  |
|                                   |                        | 12.00 - 13.00                  | <b>ISHOMA</b>   |                                       |                     |  |
| 13:00-13.50                       |                        | Polyfarmasi in Geriatric       | dr Robert Setiadji, Sp.FK   | Farmakologi                           |                     |  |
| 13:55-14:45                       |                        | Rational Therapy in Geriatrics | dr. Robert Setiadji, Sp.FK  |                                       |                     |  |
| 14.50-15.40                       |                        |                                |   |                                       |                     |  |

|                                     |                         |   |   |   |                                |
|-------------------------------------|-------------------------|---|---|---|--------------------------------|
| Minggu VII<br>13 - 17 Maret<br>2017 | Senin<br>13 Maret 2017  | 07:30-08:20   | <b>TUTORIAL Tumbuh Kembang</b>  |   |                                |
|                                     |                         | 08:25-09:15   |   |   |                                |
|                                     |                         | 09:20-10:10   |   |   |                                |
|                                     |                         | 10:15-11:05   | Protein & Energy Malnutrition (PEM)   | Prof. dr. J.S. Lisal, Sp.A(K)             | Ilmu Kesehatan Anak            |
|                                     |                         | 11:10-12:00   | Obesity in Children   | Dr. dr. Aidah Juliaty, Sp.A (K)           | Ilmu Kesehatan Anak            |
|                                     |                         | 12.00 - 13.00   | <b>ISHOMA</b>   |   |                                |
|                                     |                         | 13:00-13:50   | Basic Principles of Medical Rehabilitation in Geriatric Patients            | dr. Asmaun Najamuddin, Sp.RM              | Rehabilitasi Medik             |
|                                     |                         | 13:55-14:45   |   |   |                                |
|                                     |                         | 14.50-15.40   |   |   |                                |
|                                     | Selasa<br>14 Maret 2017 | 07:30-08:20   | Dermatologic Problems in Geriatrics.  | Dr. dr Anis Irawan, Sp.KK.(K),<br>FINSADV | Ilmu Kesehatan Kulit - Kelamin |
|                                     |                         | 08:25-09:15   |   |   |                                |
|                                     |                         | 09:20-10:10   | <b>CSL 5</b>  |   |                                |
|                                     |                         | 10:15-11:05   |   |   |                                |
|                                     |                         | 11:10-12:00   | Presbiopi   | dr.Ririn Nislawati, Sp. M.                | Ilmu Kesehatan Mata            |
|                                     |                         | 12.00 - 13.00   | <b>ISHOMA</b>   |   |                                |
|                                     |                         | 13:00-13:50   | Senile Cataract   | dr. Hasnah, Sp.M                          | Ilmu Kesehatan Mata            |
|                                     |                         | 13:55-14:45   | Kelainan mata kongenital  | dr. Yunita, Sp.M, M.Kes.                  | Ilmu Kesehatan Mata            |
|                                     |                         | 14.50-15.40   | Kelainan refraksi dan amblopia pada anak                                    | dr Adelina Titirina Poli,<br>Sp.M.,M.Kes. | Ilmu Kesehatan Mata            |
|                                     | Rabu<br>15 Maret 2017   | 07:30-08:20   | Low Birth Weight  | dr. A. Dwi Bahagia F., Sp.A (K),<br>Ph.D. | Ilmu Kesehatan Anak            |
|                                     |                         | 08:25-09:15   | Developmental Care  | dr. A. Dwi Bahagia F., Sp.A (K),<br>Ph.D. |                                |
|                                     |                         | 09:20-10:10   | <b>CSL 5</b>  |   |                                |
|                                     |                         | 10:15-11:05   |   |   |                                |
|                                     |                         | 11:10-12:00   | <b>MANAJEMEN NYERI</b>  |   |                                |
|                                     |                         | 12.00 - 13.00   | <b>ISHOMA</b>   |   |                                |
|                                     |                         | 13:00-13:50   | <b>MANAJEMEN NYERI</b>  |   |                                |
|                                     |                         | 13:55-14:45   | <b>AKUPUNTUR</b>  |   |                                |
|                                     |                         | 14.50-15.40   |   |   |                                |
|                                     | Kamis<br>16 Maret 2017  | 07:30-08:20   | Pulmonal Disease in Geriatrics  | dr. Nur Ahmad Tabri, Sp.PD,<br>Sp.P       | Pulmonologi                    |
|                                     |                         | 08:25-09:15   |   |   |                                |
|                                     |                         | 09:20-10:10   | <b>CSL 5</b>  |   |                                |
| 10:15-11:05                         |                         |   |   |   |                                |
| 11:10-12:00                         |                         | Hypertention in Geriatrics                                      | Prof. Dr. dr. Syakib Bakri, Sp.PD-<br>KGH/Dr. dr Hasyim Kasim,<br>Sp.PD KGH | Ilmu Penyakit Dalam                       |                                |
| 12.00 - 13.00                       |                         | <b>ISHOMA</b>   |   |   |                                |
| 13:00-13:50                         |                         | Basic Nutrition Needs in Geriatrics                             | Prof. Dr. dr. Nurpudji Astuti,<br>Sp.GK                                     | Ilmu Gizi                                 |                                |
| 13:55-14:45                         |                         | Nutritional Needs in Certain Diseases of Geriatrics             | Prof. Dr. dr. Nurpudji Astuti,<br>Sp.GK                                     |   |                                |
| 14.50-15.40                         |                         |   |   |   |                                |
| Jum'at<br>17 Maret 2017             | 07:30-08:20             | <b>TUTORIAL Tumbuh Kembang</b>                                  |   |   |                                |
|                                     | 08:25-09:15             |   |   |   |                                |
|                                     | 09:20-10:10             |   |   |   |                                |
|                                     | 10:15-11:05             | Bood Disorder in Geriarics                                      | dr. A. Fachruddin B, Sp.PD  | Ilmu Penyakit Dalam                       |                                |
|                                     | 11:10-12:00             |   | dr. Tutik Harjianti, Sp.PD  |   |                                |
|                                     | 12.00 - 13.00           | <b>ISHOMA</b>   |   |   |                                |
|                                     | 13:00-13:50             | Diabetes Mellitus, Osteoporosis & Thyroid Disease in Geriatrics | dr. Himawan Sanusi, Sp.PD   | Ilmu Penyakit Dalam                       |                                |
|                                     | 13:55-14:45             |   |   |   |                                |
|                                     | 14.50-15.40             | Fracture in Geriatrics  | dr. Hendrik, Sp.OT  | Orthopedi dan Traumatologi                |                                |

|                                      |                         |                                    |  |   |                        |
|--------------------------------------|-------------------------|------------------------------------|--|---|------------------------|
| Minggu VIII<br>20 - 24 Maret<br>2017 | Senin<br>20 Maret 2017  | 07:30-08:20                        | TUTORIAL Geriatri  |   |                        |
|                                      |                         | 08:25-09:15                        |  |   |                        |
|                                      |                         | 09:20-10:10                        |  |   |                        |
|                                      |                         | 10:15-11:05                        | Cardiovascular Diseases in Geriatrics                    | Dr. dr. Idar Mappangara, Sp.JP,<br>Sp.PD                                      | Kardiovaskuler         |
|                                      |                         | 11:10-12:00                        |  |   |                        |
|                                      |                         | 12.00 - 13.00                      | ISHOMA   |   |                        |
|                                      |                         | 13:00-13.50                        | Gastrointestinal Disorder in Geriatrics:                 | Dr. dr. Fardah Akil, Sp.PD-K-<br>GEH/Dr dr AM Luthfi<br>Parewangi, Sp.PD-KGEH | Ilmu Penyakit<br>Dalam |
|                                      |                         | 13:55-14:45                        | a.Diverticles of Lower, b.Constipation,c. GI<br>Bleeding |   |                        |
|                                      |                         | 14.50-15.40                        | Urine & Avi Incontinence in Geriatrics                   | dr Syakri Sp.U  | Bedah Urologi          |
|                                      | Selasa<br>21 Maret 2017 | 07:30-08:20                        | Dementia and Parkinson Diseases                          | dr. Muh. Akbar, Ph.D., Sp.S   | Ilmu Penyakit Saraf    |
|                                      |                         | 08:25-09:15                        | Degenerative Diseases                                    | dr. Muh. Akbar, Ph.D., Sp.S   |                        |
|                                      |                         | 09:20-10:10                        | CSL 5  |   |                        |
|                                      |                         | 10:15-11:05                        |  |   |                        |
|                                      |                         | 11:10-12:00                        |  |   |                        |
|                                      |                         | 12.00 - 13.00                      | ISHOMA   |   |                        |
|                                      |                         | 13:00-13.50                        | Problems & Management of Psycho-<br>Geriatrics.          | Prof. dr. A. Jayalangkara A.<br>Tanra, PhD, Sp.KJ                             | Ilmu Kesehatan Jiwa    |
|                                      |                         | 13:55-14:45                        |  |   |                        |
|                                      |                         | 14.50-15.40                        | Psychosocial Theory of Aging Process                     | Prof. dr. A. Jayalangkara A.<br>Tanra, PhD, Sp.KJ                             |                        |
|                                      | Rabu<br>22 Maret 2017   | 07:30-08:20                        | Instabilitas dan Jatuh                                   | dr. Wasis Udaya, Sp.PD KGer   | Ilmu Penyakit<br>Dalam |
|                                      |                         | 08:25-09:15                        |  |   |                        |
|                                      |                         | 09:20-10:10                        | CSL 5  |   |                        |
|                                      |                         | 10:15-11:05                        | MANAJEMEN NYERI  |   |                        |
|                                      |                         | 11:10-12:00                        | ISHOMA   |   |                        |
|                                      |                         | 12.00 - 13.00                      | MANAJEMEN NYERI  |   |                        |
|                                      |                         | 13:00-13.50                        | AKUPUNTUR  |   |                        |
|                                      |                         | 13:55-14:45                        | AKUPUNTUR  |   |                        |
|                                      |                         | 14.50-15.40                        | AKUPUNTUR  |   |                        |
|                                      | Kamis<br>23 Maret 2017  | 07:30-08:20                        | Acute confentional state (ACS)                           | dr. Wasis Udaya, Sp.PD KGer   | Ilmu Penyakit<br>Dalam |
|                                      |                         | 08:25-09:15                        |  |   |                        |
|                                      |                         | 09:20-10:10                        | CSL 5  |   |                        |
|                                      |                         | 10:15-11:05                        |  |   |                        |
|                                      |                         | 11:10-12:00                        |  |   |                        |
|                                      |                         | 12.00 - 13.00                      | ISHOMA   |   |                        |
|                                      |                         | 13:00-13.50                        | Immobilisasi pada Usia Lanjut                            | dr. Wasis Udaya, Sp.PD KGer   | Ilmu Penyakit<br>Dalam |
|                                      |                         | 13:55-14:45                        |  |   |                        |
|                                      |                         | 14.50-15.40                        |  |   |                        |
| Jum'at<br>24 Maret 2017              | 07:30-08:20             | TUTORIAL Geriatri                  |  |   |                        |
|                                      | 08:25-09:15             |                                    |  |   |                        |
|                                      | 09:20-10:10             |                                    |  |   |                        |
|                                      | 10:15-11:05             | Gangguan Berjalan pada usia lansia | dr. Wasis Udaya, Sp.PD KGer                              | Ilmu Penyakit<br>Dalam  |                        |
|                                      | 11:10-12:00             |                                    |  |   |                        |
|                                      | 12.00 - 13.00           | ISHOMA                             |  |   |                        |
|                                      | 13:00-13.50             |                                    |  |   |                        |
|                                      | 13:55-14:45             |                                    |  |   |                        |
|                                      | 14.50-15.40             |                                    |  |   |                        |

|   |                         |               |                        |  |  |
|---|-------------------------|---------------|------------------------|--|--|
| <b>Minggu IX<br/>27 - 31 Maret<br/>2017</b> | Senin<br>27 Maret 2017  | 07:30-08:20   |                        |  |  |
|   |                         | 08:25-09:15   |                        |  |  |
|   |                         | 09:20-10:10   |                        |  |  |
|   |                         | 10:15-11:05   |                        |  |  |
|   |                         | 11:10-12:00   |                        |  |  |
|   |                         | 12.00 - 13.00 | <b>ISHOMA</b>          |  |  |
|   |                         | 13:00-13.50   |                        |  |  |
|   |                         | 13:55-14:45   |                        |  |  |
|   |                         | 14.50-15.40   |                        |  |  |
|   | Selasa<br>28 Maret 2017 | 07:30-08:20   | <b>HARI RAYA NYEPI</b> |  |  |
|   |                         | 08:25-09:15   |                        |  |  |
|   |                         | 09:20-10:10   |                        |  |  |
|   |                         | 10:15-11:05   |                        |  |  |
|   |                         | 11:10-12:00   |                        |  |  |
|   |                         | 12.00 - 13.00 |                        |  |  |
|   |                         | 13:00-13.50   |                        |  |  |
|   |                         | 13:55-14:45   |                        |  |  |
|   |                         | 14.50-15.40   |                        |  |  |
|   | Rabu<br>29 Maret 2017   | 07:30-08:20   |                        |  |  |
|   |                         | 08:25-09:15   |                        |  |  |
|   |                         | 09:20-10:10   | <b>CSL 5</b>           |  |  |
|   |                         | 10:15-11:05   | <b>CSL 5</b>           |  |  |
|   |                         | 11:10-12:00   | <b>MANAJEMEN NYERI</b> |  |  |
|   |                         | 12.00 - 13.00 | <b>ISHOMA</b>          |  |  |
|   |                         | 13:00-13.50   | <b>MANAJEMEN NYERI</b> |  |  |
|   |                         | 13:55-14:45   | <b>AKUPUNTUR</b>       |  |  |
|   |                         | 14.50-15.40   |                        |  |  |
|   | Kamis<br>30 Maret 2017  | 07:30-08:20   |                        |  |  |
|   |                         | 08:25-09:15   |                        |  |  |
|   |                         | 09:20-10:10   | <b>CSL 5</b>           |  |  |
|   |                         | 10:15-11:05   | <b>CSL 5</b>           |  |  |
|   |                         | 11:10-12:00   |                        |  |  |
|   |                         | 12.00 - 13.00 | <b>ISHOMA</b>          |  |  |
|   |                         | 13:00-13.50   |                        |  |  |
|   |                         | 13:55-14:45   |                        |  |  |
|   |                         | 14.50-15.40   |                        |  |  |
| Jum'at<br>31 Maret 2017                     | 07:30-08:20             |               |                        |  |  |
|   | 08:25-09:15             |               |                        |  |  |
|   | 09:20-10:10             |               |                        |  |  |
|   | 10:15-11:05             |               |                        |  |  |
|   | 11:10-12:00             |               |                        |  |  |
|   | 12.00 - 13.00           | <b>ISHOMA</b> |                        |  |  |
|   | 13:00-13.50             |               |                        |  |  |
|   | 13:55-14:45             |               |                        |  |  |
|   | 14.50-15.40             |               |                        |  |  |

|                                     |                        |               |   |  |  |
|-------------------------------------|------------------------|---------------|---|--|--|
| <b>Minggu X</b><br>3 - 7 April 2017 | Senin<br>3 April 2017  | 07:30-08:20   | <b>UJIAN AKHIR BLOK SIKLUS HIDUP</b>    |  |  |
|                                     |                        | 08:25-09:15   |   |  |  |
|                                     |                        | 09:20-10:10   |   |  |  |
|                                     |                        | 10:15-11:05   |   |  |  |
|                                     |                        | 11:10-12:00   |   |  |  |
|                                     |                        | 12.00 - 13.00 | <b>ISHOMA</b>                           |  |  |
|                                     |                        | 13:00-13.50   | <b>UJIAN AKHIR BLOK SIKLUS HIDUP</b>    |  |  |
|                                     |                        | 13:55-14:45   |   |  |  |
|                                     |                        | 14.50-15.40   |   |  |  |
|                                     |                        |               |   |  |  |
|                                     | Selasa<br>4 April 2017 | 07:30-08:20   |   |  |  |
|                                     |                        | 08:25-09:15   |   |  |  |
|                                     |                        | 09:20-10:10   |   |  |  |
|                                     |                        | 10:15-11:05   |   |  |  |
|                                     |                        | 11:10-12:00   |   |  |  |
|                                     |                        | 12.00 - 13.00 | <b>ISHOMA</b>                           |  |  |
|                                     |                        | 13:00-13.50   |   |  |  |
|                                     |                        | 13:55-14:45   |   |  |  |
|                                     |                        | 14.50-15.40   |   |  |  |
|                                     | Rabu<br>5 April 2017   | 07:30-08:20   |   |  |  |
|                                     |                        | 08:25-09:15   |   |  |  |
|                                     |                        | 09:20-10:10   |   |  |  |
|                                     |                        | 10:15-11:05   |   |  |  |
|                                     |                        | 11:10-12:00   | <b>MANAJEMEN NYERI</b>                  |  |  |
|                                     |                        | 12.00 - 13.00 | <b>ISHOMA</b>                           |  |  |
|                                     |                        | 13:00-13.50   | <b>MANAJEMEN NYERI</b>                  |  |  |
|                                     |                        | 13:55-14:45   | <b>AKUPUNTUR</b>                        |  |  |
|                                     |                        | 14.50-15.40   |   |  |  |
|                                     | Kamis<br>6 April 2017  | 07:30-08:20   | <b>UJIAN REMEDIAL BLOK SIKLUS HIDUP</b> |  |  |
|                                     |                        | 08:25-09:15   |   |  |  |
|                                     |                        | 09:20-10:10   |   |  |  |
|                                     |                        | 10:15-11:05   |   |  |  |
|                                     |                        | 11:10-12:00   |   |  |  |
|                                     |                        | 12.00 - 13.00 | <b>ISHOMA</b>                           |  |  |
|                                     |                        | 13:00-13.50   | <b>UJIAN REMEDIAL BLOK SIKLUS HIDUP</b> |  |  |
|                                     |                        | 13:55-14:45   |   |  |  |
|                                     |                        | 14.50-15.40   |   |  |  |
|                                     |                        |               |   |  |  |
|                                     | Jum'at<br>7 April 2017 | 07:30-08:20   |   |  |  |
|                                     |                        | 08:25-09:15   |   |  |  |
| 09:20-10:10                         |                        |               |   |  |  |
| 10:15-11:05                         |                        |               |   |  |  |
| 11:10-12:00                         |                        |               |   |  |  |
| 12.00 - 13.00                       |                        | <b>ISHOMA</b> |   |  |  |
| 13:00-13.50                         |                        |               |   |  |  |
| 13:55-14:45                         |                        |               |   |  |  |
| 14.50-15.40                         |                        |               |   |  |  |