

SENARAI KICK_OFF VENUES JOM KURUS MUSIM 12 - TIDAK NAMPAK KAWANSAN ANDA? HUBUNGI TEAM LEADER ANDA ATAU KAKA 019 282 7820

Negeri/Negara	Kawasan Jom Kurus	Nama	Tarikh Kick Off	Masa	Phone: Main Contact 1	Phone: Main Contact 2	Venue
Johor	Simpang renggam	Raff wafi	17th Feb	08:30 pm	127010741		Sek agama Kompleks penghulu simpang renggam
Johor	Segamat	NAFISAH MUHDEEN BEE BTE OMAR	16th Feb	06:30 pm	177676117		Bukit Siput
Johor	Segamat	NAFISAH MUHDEEN BEE BTE OMAR	16th Feb	06:30 pm	177676117		Bukit Siput
Johor	Johor Bahru	Wan Mohd Khairulnizam Bin Mohd Yusof	15th Feb	05:00 pm	017-8262176	012-7664049	Taman merdeka
Johor	Kluang	Weskono	15th Feb	08:15 pm	197586125	197586125	Bangunan Arked Mara Kluang,
Johor	Bandar Dato' Onn	MOHD AZLEE BIN AHMAD	16th Feb	08:00 am	197101664	197788684	Afiat Training Center, 40-1 Jalan Perjiranan 2, Bandar Dato' Onn, (Atas Restoran ZZ Sup Tulang)
Johor	Skudai (only ladies)	Kama haidir	16th Feb	08:30 am	167844506		ICC TECHNOVATION PARK
Johor	Tebrau	Mohamad Nawawi Farhan	15th Feb	08:30 am	016-7671427		Stadium Hoki Taman Daya Johor Bahru
Johor	Skudai open	Tau	16th Feb	08:00 am	127554754		Asrama akhlak lelaki Kempas
Kedah	Jitra	Nordiyana Abidin	16th Feb	12:00 pm	135850235	11110054385	Taman tasik darulaman jitra
Kedah	Alor Setar	Muhammad Izzuddin Bin Hamdi	16th Feb	08:00 am	124896364		Sekolah Kebangsaan Jalan Datuk Kumbar
Kedah	Sungai petani	Ticer Kay	16th Feb	07:30 am	194424300		Kay fitness Studio Bandar Laguna Merbok Sungai petani
Kedah	Sungai Petani Selatan	Coah Jamee & Coach Amy	16th Feb	08:00 am	013-4991299		Smk Sungai Layar Sungai Petani Kedah
Kelantan	Kubang kerian	Zilla	15th Feb	07:39 am	19407725		Kompleks sukan usm
Kelantan	Kubang kerian	Zilla	15th Feb	07:30 am			
Kelantan	Pasir puteh	Siti nursafarina	16th Feb	05:00 am	132817994		Hospital tengku anis dewan rufaida
Kelantan	Kota Bharu	Coach Shikin	16th Feb	07:00 am	179598048		Orbit Futsal Tiang
Kelantan	Pengkalan chepa	Wan Aisyah Atiqah bt Wan Zainalam	15th Feb	05:00 pm	199411444	199411444	Pengkalan chepa
Kelantan	Kok lanas	Nik akhtar nasuhah	15th Feb	07:30 am	193142408	193142408	Padang politeknik kota bharu
Kelantan	Kok lanas	Nik akhtar nasuhah	15th Feb	07:30 am	193142408	193142408	Padang politeknik kota bharu
Kelantan	Tanah Merah	TL Nadia Jom Kurus Tanah Merah	15th Feb	08:11 am	+60135125345-nadia	+60127134400-s hasila	Sek. Men. Keb. Tanah Merah (1)
Kuala Lumpur	Sungai Besi	Coach Deqwa	16th Feb	08:00 pm	122107366	196677917	Arena Bukit Jalil
Kuala Lumpur	Taman Melawati	Hafriz	16th Feb	09:00 am	60126758377		Melawati Urban Center Court
Kuala Lumpur	Taman melawati ladies only	Syazlina by azman	16th Feb	07:30 am	192888802		Taman melawati court H outdoor
Kuala Lumpur	puncak jalil	Muhamad Dzafri @ Doctor Dzafri	16th Feb	12:00 pm	146369132		The Atmosphere Sri Kembangan
Kuala Lumpur	Kepong	Coach Liyana	16th Feb	08:00 am	173402824	173402824	Taman Metropolitan kepong (pavilion) please call me at 0173402824 once arrived.
Kuala Lumpur	Sentul	Norhasyikin binti Abdul Wahab	15th Feb	09:00 pm	182887850		Sk Jalan Kuantan 2
Kuala Lumpur	PANTAI DALAM - BANGSAR	TEAM PAGE WANIE AMAD	17th Feb	07:00 am	+60 12 236 1534	+60 12 687 2350	HALL TAYLOR COLLAGE SUNWAY
Kuala Lumpur	Larkin,Johor	Norriza binti zakaria (Coach lieza)	16th Feb	07:30 am	197459076		Srjk foon yew 3 larkin,Johor
Kuala Lumpur	Setapak	Isrul Firdaus bin Mohamed Ismail	16th Feb	08:00 am	126714360		Wisma Rampai, Setapak
Kuala Lumpur	KLCC	Kapten Black	16th Feb	08:00 am	133310702	173344165	KLCC Park (Nearest to Binjai & open parking Exxonmobil)
Kuala Lumpur	Damansara perdana	Hairul Rikyno bin Baharum	16th Feb	09:00 am	123531539	192208584	CS FIT damansara perdana
Kuala Lumpur	PANTAI DALAM - BANGSAR	TEAM PAGE WANIE AMAD	17th Feb	07:00 am	+60 12 236 1534	+60 12 687 2350	HALL TAYLOR COLLAGE SUNWAY
Kuala Lumpur	Kg Pandan	HASLINDDA MOHAMAD SAINAN	16th Feb	07:30 am	1161999743	0176046640 what's app only	Astaka Kompleks Sukan Kg Pandan
Kuala Lumpur	Wangsa Maju	Nur Adilin binti Muhamed Ali	16th Feb	09:00 am	197303085	193911639	Fixme Studio, Setiawangsa (berdekatan Rosyam Mart)
Kuala Lumpur	cheras-kl ladies only	coach yaya	16th Feb	07:30 am	196533859		taman rekreasi pudu ulu
Melaka	Bukit Katil	Glen Wee Eng Kiat	16th Feb	07:30 am	172635087		Sungai Melaka, Melaka
Melaka	Masjid Tanah	Yanallyas	16th Feb	08:00 am	122853652		Bukit Beringin Masjid Tanah
Melaka	bukit serindit	coach Lia	16th Feb	08:30 am	122930588		L&L Fitness Studio Melaka
Melaka	Paya Rumpit	Amal Farhah Binti Mohd Ali	16th Feb	07:30 am	011 1086 0376		Dewan SMK Paya Rumpit
Melaka	MICT MELAKA	Qhal	16th Feb	09:00 am	601110653787	012-5517678	GQ Fitness Level M , Mudzaffar Hotel Ayer Keroh Melaka.
Melaka	Alor Gajah	Siti Nabilah Binti Rosli	16th Feb	07:30 am	123664710	173789637	Bandar Alor Gajah
Negeri Sembilan	PORT DICKSON	Jom Kurus Port Dickson (Ladies Only) : D	16th Feb	02:00 pm	LIYANA		MAY DANCING STUDIO, PORT DICKSON.
Negeri Sembilan	seremban - senawang	Coach Suraya	17th Feb	07:30 am	169622653		Court Bola Keranjang Kompleks Bella Sukan Paroi
Negeri Sembilan	Seremban 2 Ladies Only	Nyda	16th Feb	07:00 am	013-3881033		HillPark@ S2 Heights
Pahang	Bentong	Fabulous Wellness & Resources	16th Feb	09:00 am	142947842		Gimnasium Rakyat Bentong
Pahang	Pekan	Abu ammar bin mohd khaidzir	16th Feb	08:00 am	017-9708183	018 471 4314	Dataran Pekan
Pahang	Jerantut	Noor atikah kadis	16th Feb	08:30 am	199271052		AerostyleFitstudio
Pahang	Kuantan 2	Mohamad Hisyamuddin Siddiq bin Zarni	17th Feb	08:30 am	60136303009		Open University Malaysia (OUM) Kuantan
Pahang	RAUB	KARTINI ABDUL RAHIM	17th Feb	08:30 am	129695779		-Pasar Minggu Raub -TF value mart supermarket
Pahang	Kuantan	Nozahiyah Bt Ismail	16th Feb	03:00 pm	199100711	129086711	Y Centre, Tingkat 3, UTC, Kuantan Bawa buku nota dan pen Bersemangat dan senyuman yang manis
Perak	Seri Iskandar-Tronoh	C.I.	16th Feb	07:00 am	1156774566	178669751	Tasik UTP, Tronoh, Perak
Perak	Kuala Kangsar	Mohd Romli Saad	16th Feb	09:15 pm	1113390143		Kawasan Dataran berhampiran sungai, berhampiran tempat memamah
Perak	Ipoh	Tz	16th Feb	08:00 am	125035797		House Of SilverYouth (H.O.S) Kinta Riverwalk, Taman DR Ipoh Perak
Perak	Ipoh2	Nor Azian Mohamad Raduan	16th Feb	09:30 am	60125191950		Bilik Seminar
Perak	Sitiawan	Jumainah binti Amin	16th Feb	08:00 am	183640559		MPM Stadium Manjung
Perak	TELUK INTAN	MUHAMMAD AFIQ BIN MAD SOFI	16th Feb	08:00 am	013 4019507		PADANG SPEEDY TELUK INTAN
Perak	Lumut	Coach Caen	16th Feb	08:00 am	124001767	1124224278	Open Car Park,Teluk Batik Pakaian: Sports Attire Sila bawa buku dan alat tulis Jika terdapat sebarang pertanyaan: Contact: 012-4001767 - coach caen
Perak	Taiping	Ainul Syafikha	16th Feb	08:00 am	132579459		Kompleks Rakan Muda Larut Matang, Jalan Bukit Jana, Kamunting.
Pulau Pinang	Kepala Batas	Noraimi Liyana	16th Feb	07:30 am	193171085		Mario Gym Studio, Kepala Batas, Penang.
Pulau Pinang	Sg Bakap	Saadiah binti Long Jaafar	16th Feb	08:00 am	175864073	184731145	Sg bakap
Pulau Pinang	SEBERANG JAYA	IDAYU ISMAIL	16th Feb	07:30 am	012-5606552		Dataran Terbuka, Politeknik Seberang Perai

Pulau Pinang	GEORGETOWN PENANG	Coach Fitri	17th Feb	08:00 am	195059324		Pesiaran Karpal Singh SG. Pinang
Pulau Pinang	Bukit Mertajam	Coach Fiza	16th Feb	07:30 am	174855997	139938366	Dewan Taman Desa Damai, Lorong Nangka 1.
Pulau Pinang	Gelugor	Coach Izzat	16th Feb	08:00 am	183574012		Raffel Park
Pulau Pinang	Tasek Gelugor	Noorsyuhada Md Noor	16th Feb	07:30 am	Schu : 013 3683884		Sekolah Menengah Kepala Batas
Pulau Pinang	Bayan Lepas	Coach Linda	16th Feb	07:00 am	193684772		Bamboo Garden, Rooftop, SPICE
Pulau Pinang	Nibong Tebal	Suhaila	16th Feb	07:30 am	182208768	137197688	Dataran Parit Buntar
Pulau Pinang	Nibong Tebal	Suhaila	16th Feb	07:30 am	182208768	137197688	Dataran Parit Buntar
Pulau Pinang	USM SG DUA	COACH ROSLI	16th Feb	10:00 am	142571775	142571775	USM PENANG
Pulau Pinang	Sungai Ara	COACH ATIKAH	16th Feb	07:30 am	175014961	167064021	DEWAN PERMATANG DAMAR LAUT
Putrajaya & Cyberjaya	Putrajaya & Cyberjaya	Coach Cem Enterprise	16th Feb	07:45 am	013 630 1490	017 684 2767	Kick Off JomKurus Coach Cem at Trm Tasik Cyberjaya. Follow my drive using Waze: https://waze.com/ul?a=share_drive&locale=en&sd=XuKimo4HcBSTI&env=row
Putrajaya & Cyberjaya	Cyberjaya	norhaizum mohamed	16th Feb	08:00 am	129323127		Taman Tasik Cyberjaya
Putrajaya & Cyberjaya	Putrajaya 2	Gillian Joannie Benjamin	17th Feb	08:00 am	60129122657		PICC Bridge, Putrajaya Waze Jambatan Seri Gemilang
Putrajaya & Cyberjaya	PUTRAJAYA 3	REZA	16th Feb	07:30 am	012-6544464	-	DEWAN PERDANA NUR, ARAS B1, KEMENTERIAN PEMBANGUNAN WANITA, KELUARGA DAN MASYARAKAT, NO. 55, PERSIARAN PERDANA, PRESINT 4, 62100, WP PUTRAJAYA
Sabah	Penampang2	Jonathan Quan Chi Chuen	15th Feb	05:00 pm	178117118		Rhino Fitness Kickboxing Muaythai, 3rd Floor Damai Luyang (just above 7elevan corner shop, same block with Allience Bank
Sabah	Tanjung Aru	Michelle Koh	16th Feb	09:00 am	138863102	138863102	Scott Michelle fitness professional Damai plaza block b lot 20 Luyang commercial centre 88300 Kota Kinabalu Sabah
Sabah	Penampang 1	Zaifa Ibnu	17th Feb	04:00 pm	60192093979	60192093979	Rimba Park.
Sabah	Luyang	Ranjit singh maan	16th Feb	07:00 am	168288773		Taman tun fuad
Sabah	Tenom	Razalie	15th Feb	05:30 pm	60138044760	198022392	Bodyfitz Studio Tenom Jaya Tenom Sabah
Sabah	MEMBAKUT	Coach Ann	16th Feb	10:00 am	138635420		MJ Studio Gym Membakut
Sabah	Bongawan	Mazreca John	15th Feb	04:00 pm	138704091		Mazreca Fitness Studio
Sabah	Telupid	Coach Evergreen	16th Feb	04:00 pm	168222014	102011196	Gelanggang Bola Jaring, Institut Perhutanan Sabah (IPS), Telupid, Sabah
Sabah	Kota Kinabalu 1	Grace Pun Nyuk Fung	16th Feb	02:00 pm	138849747		Gym (level 3) UTC 88100 Kota Kinabalu, Sabah
Sabah	Sandakan	Ain @ Zunaidah Ariffin	16th Feb	03:00 pm	195585572	138605572	Rainforest Park Sandakan @Kebun Cina Mile 5 , Sandakan Sabah
Sabah	Beaufort	Siti Harinah binti Madini	16th Feb	08:00 am	60168028631		Taman Tasik Beaufort, Sabah
Sabah	Kota Kinabalu 2	Emylia Marianne Philip	16th Feb	04:00 pm	146504055	168392008	Oasis Lifestyle Studio
Sabah	Putatan	Coach Ben & Calvin	17th Feb	09:00 am	Ben: 0109310886		JuaraGym Putatan Jalan Ketiau Tombovo Putatan (Sila Waze untuk panduan memandu)
Sabah	Likas zone	Cruzellyn Alex	16th Feb	03:30 pm	019-840 5211		Cruz Fitness & Fight gym
Sarawak	PETRA JAYA& MATANG	KAMALIA ANUM BT ZAINAL	17th Feb	08:00 am	105993705		Queen Fitness Club Kuching, 3rd Floor, Bangunan Choice Bazzaria, Jalan Matang, 93050 Kuching
Sarawak	Kuching (Ladies only)	Dayang Elena Maria Binti Abang Draup	16th Feb	10:00 am	Dr. Elena 0198196723		Studio 8, The Hills, Kuching Sarawak
Sarawak	Kuching	Nazim Bujang	16th Feb	02:00 pm	016-8995575		Bilik Seminar (kolam renang) Kompleks Belia dan Sukan Negeri Sarawak. Jalan Tun Datuk Patinggi Hj. Ahmad Zaidi Adruce
Sarawak	Bintulu	Mohamad Murazmil bin Mohadota	16th Feb	02:00 pm	138307064		Workout 2 fitness studio
Selangor	Petaling Jaya 2 (Ladies only)	Echa Usman	17th Feb	08:00 am	142243002		Taylor Universiti
Selangor	Selayang	Fazreensya Ameera	15th Feb	07:30 am	011-19219225	011-28892358	Taman Bandar Baru Selayang (Belakang petron bandar baru selayang)
Selangor	Alam Impian	Noh Zulfikri	16th Feb	07:30 am	122672457		Zircona basketball court
Selangor	Seri Kembangan	Syuhada Osman	16th Feb	08:00 am	132547066	1110030590	Dataran Plaza Atmosphere, Seri Kembangan Tentatif KICK-OFF Aktiviti: 0730h: gathering time. 0800h: ice breaking 0830h: fun game & 1st weigh session 0915h: Short class "Blood pressure & sugar " 1030h: bersurai..
Selangor	Selayang	Fazreensya Ameera	15th Feb	07:30 am	011-19219225	011-28892358	Taman Bandar Baru Selayang (Belakang petron bandar baru selayang)
Selangor	Klang 2	Natrah & Chacha	16th Feb	08:00 am	Natrah Amalluddin	Shahrizam Ab Malek	Taman Bandar Parkland, Klang
Selangor	Shah Alam 3	Muhammad Hasrul Nurkholis bin Hasim	16th Feb	07:30 am	173417616		Dataran Kemerdekaan, Seksyen 14, Shah Alam.

Selangor	Bandar Saujana Putra	VENND Multi Enterprise	16th Feb	07:30 am	126054343		VD Space No 41, SP 9/21 Bandar Saujana Putra 42610 Jenjarom Kuala Langat Selangor
Selangor	Shah Alam 1	Abdullah Bin Hassan	16th Feb	08:00 am	Coach Dollah - 013 2522615	Coach Ayeem - 012 5007357	Taman Lembah Bukit SUK, seksyen 5, Shah Alam
Selangor	Shah Alam 1	Abdullah Bin Hassan	16th Feb	08:00 am	Coach Dollah - 013 2522615	Coach Ayeem - 012 5007357	Taman Lembah Bukit SUK, seksyen 5, Shah Alam
Selangor	Shah Alam 1	Abdullah Bin Hassan	16th Feb	08:00 am	Coach Dollah - 013 2522615	Coach Ayeem - 012 5007357	
Selangor	ELMINA	LEAN N FIT RESOURCES	16th Feb	07:30 am	012 7531658	017 4597250	KUMON CENTRE DENAI ALAM
Selangor	Bukit Jelutong	Coach Duan	16th Feb	07:30 am	014-3387300 (Coach Duan)	016-3576199 (Abg Zahar)	Perkarangan Kaunter Tiket Stadium Shah Alam, Seksyen 13, 40100 Shah Alam, Selangor Darul Ehsan. Masuk ikut Pintu Gerbang A dan parking di dalam. Sila ambil sarapan ringan terlebih dahulu dan bawa snek dan air minuman masing -masing.
Selangor	RAWANG	KING EIZHAM	16th Feb	08:00 am	019-2844684		DEWAN ORANG RAMAI, SERENDAH, SELANGOR (Contact Me For Other Details)
Selangor	Sungai Buloh	Jamal Yusufi b Abdul Rahman	16th Feb	08:00 am	196009280		Kolej Vokasional Sungai Buloh, Sg Plong, Sg Buloh, Selangor
Selangor	Kota Kemuning	Engku Akmal Bin Engku Ariff	16th Feb	08:00 am	017-766 5811	019-900 0579	Taman Rimbayu
Selangor	CHERAS - KAJANG	Anumz Enterprise	16th Feb	07:30 am	0192752979 (Anumz)		Taman Rekreasi Alam Damai aka The Park at Alam Damai (Bersebelahan Masjid Al-Mukhlisin @ Masjid Alam Damai) Lingkungan Damai, 56000 Kuala Lumpur Waze : Taman Rekreasi Alam Damai Naik ke tingkat atas dan cari team pakai baju purple.
Selangor	Pandan indah	Coach Aishah	16th Feb	08:45 pm	123670512		Padang MPAJ
Selangor	Bukit Jelutong (Ladies)	Ilyyana Azizam	16th Feb	07:30 am	126520225		Jaidee Muay Thai Section 13, Shah Alam
Selangor	Subang Bestari	Azri & Jelita	16th Feb	09:45 am	017-2999713	018-2422156	Dewan Matahari, Subang bestari
Selangor	Setia Alam - Ladies Only	Sharifah Leonora Yuhannees binti Syed H	16th Feb	08:00 am	60123993854		Padang Setia City Mall, Setia Alam
Selangor	Ampang Hill	Mohd Sharizal Bin Aziz	16th Feb	07:30 am	123565374	192080214	Taman Rekreasi, Kampung Tasik Tambahan, Ampang.
Selangor	Teluk Panglima Garang	Coach Yana	16th Feb	08:00 am	199000579		Rimbayu Park berhadapan Bayan Residence, IJM LAND
Selangor	Putra Perdana	Coach Dian	16th Feb	08:30 pm	193961141		Court Basketball, Taman Putra Perdana (Berhadapan Klinik Hafiz)
Selangor	KLJA	Coach Tebu	16th Feb	08:00 am	Coach Tebu 0102866824	Assistant Coach (Nurul) 016-3	LECTURE THEATER COXR0001, FACULTY OF COMPUTING & INFORMATICS, MULTIMEDIA UNIVERSITY, CYBERJAYA
Selangor	Taman Medan, Petaling Jaya	Norazlina Mutaal	17th Feb	08:00 am	Coach Lin (0124232380)	Zaity (010407 0311)	Taylor's College Lakeside Campus
Selangor	Kajang-Bangi	rezAtun	16th Feb	08:00 am	126591241	178892638	Dewan Pekan Bangi
Selangor	Petaling Jaya	Mohd Khairul Azuan Bin Din	17th Feb	08:00 am	Cip (0133135386)	Coach Lin (0124232380)	Taylor's College Lakeside Campus
Selangor	Puncak Perdana	Nur Akmal Bin Amil	16th Feb	08:00 am	123627856		Taman Rekreasi Cahaya SPK
Selangor	Bangi 2	LATIF	16th Feb	08:00 am	178789821	173367477	Common Room Seksyen 8 Bandar Baru Bangi
Selangor	Ulu Klang	Coach IM Fadzil	16th Feb	08:00 pm	163845328	016 3845328	Kelab Darul Ehsan
Selangor	Kuala Kubu Bharu	Sabrina	16th Feb	08:00 am	124554980	125847204	Padang Akademi Bomba dan Penyelamat Malaysia Kuala Kubu Bharu
Selangor	Saujana Utama	Pojie	16th Feb	07:30 am	194995022	192005022	Forrest Park, Hillpark
Selangor	Kajang	Meor Sony	16th Feb	08:00 am	163337490		Dewan Orang Ramai, Sungai Chua, Kajang https://goo.gl/maps/zUwcED2U3HN2
Selangor	Puchong (Ladies Only)	Esfah Lili	16th Feb	07:30 am	012-6201851		Public park Jalan Kinrara 6E, Taman Damai Utama, Bandar Kinrara, Puchong (berdekatan Kinrara Residence).
Selangor	Semenyih	Coach Maton	16th Feb	07:45 am	197484760	183718711	Ecohill Semenyih
Terengganu	Paka	Coach Farhan	16th Feb	08:00 am	176304943		Ajas Wellness Functional Gym, Paka
Terengganu	Kemaman	Coach Grace Chua Lian San	16th Feb	08:30 am	179839940		I Change Studio
Terengganu	kuala terengganu	ferra mohd nor	16th Feb	08:30 am	139101231	139101231	Muzium Negeri kuala terengganu