

MQG Training

Full Day Time – gak nginep...

Rundown Program Ramadhan 1436H

- 08.00 Registrasi Peserta
- 08.30 Ta'aruf
- 09.00 Aktivasi Otak Kanan

Session 1

- 09.30 - Quantum 1
- 10.00 - Quantum 2
- 10.30 - Quantum 3
- 11.00 - Quantum 4
- 11.30 Break
- Zuhur
- Qailullah
- Ashar

Session 2

- 16.00 Performance (team/personal)
- 17.00 Adab makan
- Adab tidur
- 17.30 Closing