




	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 pm	Body Electric	Body Electric	Body Electric	Body Electric	Body Electric	Body Electric	Body Electric	5:00 pm
5:30 pm	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	Temas de Mujer	5:30 pm
6:00 pm	Pricilla's Yoga Stretches	Pricilla's Yoga Stretches	Pricilla's Yoga Stretches	Pricilla's Yoga Stretches	Pricilla's Yoga Stretches	Pricilla's Yoga Stretches	Ante usted	6:00 pm
6:30 pm	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	Columbia al Dia	6:30 pm
7:00 pm	Le Journal	Le Journal	Le Journal	Le Journal	Le Journal	Le Journal	Le Journal	7:00 pm
7:30 pm	European Journal	World Focus	World Focus	World Focus	World Focus	World Focus	Cuba y su historia	7:30 pm
8:00 pm	DW Journal	DW Journal	DW Journal	DW Journal	DW Journal	DW Journal	Anoranzas de mi Cuba	8:00 pm
8:30 pm	ArtStreet	Celebrate SFL	ArtStreet	Celebrate SFL	Artstreet	Celebrate SFL	Opiniones	8:30 pm
9:00 pm	Beethoven Universal	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Enterese	9:00 pm
9:30 pm	Beethoven Universal	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Foro 17	9:30 pm
 10:00 pm Thru 6:30 am	MHZ World View	MHZ World View	MHZ World View	MHZ World View	MHZ World View	MHZ World View	MHZ World View	10:00 pm Thru 6:30 am

\*MHZ World View airs only from 10:00pm thru 6:30am. [Click here](#) for a detailed programming schedule for this time duration only.

Revised: 06/12/09

Beethoven U. runs from 9pm-10:30pm

Please note new programs are in red

En Español programs in blue

0700-0830 Exercise Block

0900-1130 Hispanic Block

1200- Cooking Block

1230-1330 How To Block

1400-1530 Talkshow/news

1600-1630 Family

1700-1830 Repeats Exercise

1900-2130 Current Int'l & local news

2200-0630 MHZ feeds