



|                                                                                                            | Sunday                       | Monday                    | Tuesday                      | Wednesday                 | Thursday                     | Friday                    | Saturday                                                    |                       |
|------------------------------------------------------------------------------------------------------------|------------------------------|---------------------------|------------------------------|---------------------------|------------------------------|---------------------------|-------------------------------------------------------------|-----------------------|
| 4:00 pm                                                                                                    | Hands on crafts for kids     | Piano Guy                 | Hands on crafts for kids     | Piano Guy                 | Hands on crafts for kids     | Piano Guy                 | Latinos in America: Your Neighbors, Your Family Your Future | 4:00 pm               |
| 4:30 pm                                                                                                    | Real families , Real answers | Linda Macphee's Workshop  | Real families , Real answers | Linda Macphee's Workshop  | Real families , Real answers | Linda Macphee's Workshop  |                                                             | 4:30 pm               |
| 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 German            | DW Journal German         | DW Journal German            | DW Journal German         | DW Journal German            | DW Journal German         | Anoranzas de mi Cuba                                        | 8:00 pm               |
| 8:30 pm                                                                                                    | ArtStreet                    | Entertainment Spotlight   | ArtStreet                    | From Pictures to Words    | Artstreet                    | When A child Pretends     | Opiniones                                                   | 8:30 pm               |
| 9:00 pm                                                                                                    | Charlie Rose                 | Charlie Rose              | Charlie Rose                 | Charlie Rose              | Charlie Rose                 | Charlie Rose              | Enterese                                                    | 9:00 pm               |
| 9:30 pm                                                                                                    | Charlie Rose                 | Charlie Rose              | Charlie Rose                 | Charlie Rose              | Charlie Rose                 | Charlie Rose              | Foro 17                                                     | 9:30 pm               |
| <br>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: 08/12/09

Please note new programs are in red

\*\*Sharing Secrets of Salsa: Mixing English with Community Spirit replaces Entertainment Spotlight on 9/7/09 only

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