




5:30 pm	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	Wai Lana Yoga	<b>Temas de Mujer</b>	17:30
6:00 pm	Priscilla's Yoga Stretches	Priscilla's Yoga Stretches	Priscilla's Yoga Stretches	Priscilla's Yoga Stretches	Priscilla's Yoga Stretches	Priscilla's Yoga Stretches	<b>Ante usted</b>	18:00
6:30 pm	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	Sit & Be Fit	<b>Columbia al Dia</b>	18:30
7:00 pm	Le Journal	Le Journal	Le Journal	Le Journal	Le Journal	Le Journal	Le Journal	19:00
7:30 pm	<b>European Journal</b>	World Focus	World Focus	World Focus	World Focus	World Focus	<b>Cuba y su historia</b>	19:30
8:00 pm	DW Journal German	DW Journal German	DW Journal German	DW Journal German	DW Journal German	DW Journal German	<b>Anoranzas de mi Cuba</b>	20:00
8:30 pm	ArtStreet	<b>Lifestyles with Rebecca</b>	ArtStreet	<b>Lifestyles with Rebecca</b>	Artstreet	<b>Healthy Minds</b>	<b>Opiniones</b>	20:30
9:00 pm	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	<b>Enterease</b>	21:00
9:30 pm	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	Charlie Rose	<b>Foro 17</b>	21:30
10:00pm	<b>Leading Generation</b>	<b>Moment of Luxury</b>	<b>Leading Generation</b>	<b>Moment of Luxury</b>	<b>Leading Generation</b>	<b>Moment of Luxury</b>	<b>Life Focus</b>	22:00
10:30	<b>See below</b>	<b>Life (2)</b>	<b>Living Smart</b>	<b>Life (2)</b>	<b>Living Smart</b>	<b>Life (2)</b>	<b>See below</b>	22:30
 11:00pm Thru 6:30am	<b>MHZ World View Programs</b>	<b>MHZ World View Programs</b>	<b>MHZ World View Programs</b>	<b>MHZ World View Programs</b>	<b>MHZ World View Programs</b>	<b>MHZ World View Programs</b>	<b>MHZ World View Programs</b>	23:00 Thru 6:30am

Rev: 01/28/2010

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

**Please note new programs is in red**

1/11/10

❖ **Saturday and Sunday Schedule :**

**Before there were parks: Yellowstone and Glaciers... airs on the 6<sup>th</sup> & 20<sup>th</sup>**

**About Benjamin airs on the 13<sup>th</sup>**

**Yellowstone Land to Life airs on the 14<sup>th</sup> & 27<sup>th</sup>**

**Price of Coffe airs on the 7<sup>th</sup>**

**Remembered Earth airs on the 21<sup>st</sup>**

**Ribbon of Sand airs on the 28<sup>th</sup>**