

	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes
09:00:00 AM							
09:30:00 AM	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes
11:00:00 AM	Grill Sergeants Turkey Dinner 24 minutes	Grill Sergeants Saving Private Dining 19 minutes	Grill Sergeants Sandwiches 28 minutes	Grill Sergeants Family Favorites 25 minutes	Grill Sergeants Soul Food 24 minutes	Grill Sergeants Pies 21 minutes	Grill Sergeants Comfort Foods 23 minutes
12:00:00 PM	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds
	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds
	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes
	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes
12:30:00 PM							
	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes
	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes
01:00:00 PM							
01:30:00 PM	Jazz Cardio episode 1 30 minutes	Jazz Cardio Episode 10 28 minutes	Jazz Cardio Episode 11 28 minutes	Jazz Cardio Episode 12 28 minutes	Jazz Cardio Episode 13 28 minutes	Jazz Cardio Episode 14 28 minutes	Jazz Cardio Episode 15 28 minutes
02:00:00							

PM							
02:30:00 PM	Fit for Duty Arms & Backs 24 minutes	Fit for Duty Back & Triceps 23 minutes	Fit for Duty Chest and Back 23 minutes	Fit for Duty Chest & Biceps 22 minutes	Fit for Duty Chest 22 minutes	Fit for Duty Full Body 22 minutes	Fit for Duty General Strength Training 23 minutes
03:00:00 PM	Sit and Be Fit Episode C12 29 minutes	Sit and Be Fit Episode 14 26 minutes	Sit and Be Fit Episode 15 26 minutes	Sit and Be Fit Episode 16 26 minutes	Sit and Be Fit Episode 18 26 minutes	Sit and Be Fit Episode 19 27 minutes	Sit and Be Fit Episode 20 29 minutes
04:00:00 PM	Grill Sergeants Turkey Dinner 24 minutes	Grill Sergeants Saving Private Dining 19 minutes	Grill Sergeants Sandwiches 28 minutes	Grill Sergeants Family Favorites 25 minutes	Grill Sergeants Soul Food 24 minutes	Grill Sergeants Pies 21 minutes	Grill Sergeants Comfort Foods 23 minutes
04:30:00 PM	Perils For Pedestrians Episode 246 28 minutes	Perils For Pedestrians Episode 247 28 minutes	Perils For Pedestrians Episode 248 28 minutes	Perils For Pedestrians Episode 249 28 minutes	Perils For Pedestrians Episode 222 28 minutes	Perils For Pedestrians Episode 223 16 minutes	Perils For Pedestrians Episode 224 28 minutes
06:00:00 PM	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds	For The Record Junk Cars 57 seconds
	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds	Hampton Currents Week of January 15, 2018 52 seconds
	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes	Round Robin First African American To Attend Va. Tech 26 minutes
	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes	Round Robin Troy Breslow 15 minutes
06:30:00 PM	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes	Round Robin HELP 11 minutes
	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes
07:00:00							

PM							
08:00:00 PM	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 1 25 minutes
08:30:00 PM	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes	Real Virginia Episode 253 24 minutes
09:00:00 PM	History of Hampton Hampton Crabbers 1 minute	Police Tribute Why I Wear The Badge 2 minutes	Police Tribute Why I Wear The Badge 2 minutes	Choose Hampton The Point at Phoebus 2 minutes	History of Hampton Archeology 2 minutes	Police Tribute Why I Wear The Badge 2 minutes	Police Tribute Why I Wear The Badge 2 minutes
	History of Hampton Chamberlin 3 minutes	Waterway Management 56 minutes	Washington Redskins Tackle Youth Violence 4 minutes	Choose Hampton Versability Resources 1 minute	History of Hampton Fox Hill Women 2 minutes	Waterway Management 56 minutes	For The Record Boo Williams 58 seconds
	History of Hampton HRBT 2 minutes		For The Record Retail 59 seconds	Choose Hampton Hampton Virginia Seafood Agricultural Research 2 minutes	History of Hampton NASA Research 3 minutes		For The Record Crime In Hampton 1 minute
	History of Hampton Mary Christian 2 minutes		For The Record Chesapeake Bay Zones 58 seconds	Choose Hampton The Barking Dog 2 minutes	History of Hampton Turkey Day Game 1 minute		For The Record Willow Oaks 1 minute
	History of Hampton Fullers 1 minute		For The Record Boo Williams 58 seconds	Choose Hampton Susan Nadeau 2 minutes	History of Hampton Civil Rights 2 minutes		Friends in Discovery 43 minutes
	History of Hampton Fort Wool 3 minutes		Friends in Discovery 43 minutes	Choose Hampton Shop Local 1 minute	History of Hampton WWII Phil Routten 3 minutes		
	History of Hampton Cumming WW2 1 minute			Choose Hampton St. George Brewing Company 2 minutes	History of Hampton Elvis in Hampton 1 minute		
	History of Hampton Virginia Squires 3 minutes			Ad Council - Child Passenger Safety Know-it-alls 30 seconds	History of Hampton Allen Iverson 3 minutes		
	History of Hampton Snow Bike Shop 1 minute			History of Hampton	History of Hampton University 3 minutes		
	History of						

Hampton

NASA

3 minutes

History of Hampton

WVEC

3 minutes

History of Hampton

Jazz Festival

1 minute

Lakeisha Frett

1 minute

History of Hampton

Contraband

Movement to Old Hampton

1 minute

History of Hampton

Providing Oil in Tough Times

2 minutes

History of Hampton

Golf Course

History

3 minutes

History of Hampton

Buckroe

Neighborhood

3 minutes

History of Hampton

Oystering Along The Waterfront

1 minute

History of Hampton

Phoebus Days

2 minutes

History of Hampton

Real Estate

2 minutes

History of Hampton

Peggy Jackson

1 minute

History of Hampton

Hampton

Waterfront

3 minutes

09:30:00 PM

History of Hampton

Benton Knight

2 minutes

History of Hampton

Gloria Dei

School

2 minutes

History of Hampton

Pasture Point

1 minute

History of Hampton

Fox Hill

Softball

History of Hampton

Lillian Epps

Johnson

3 minutes

History of Hampton

Hampton's Live

Music

2 minutes

History of Hampton

WWII Edwin

Horton

2 minutes

History of Hampton

History of Hampton

Virginia Duals

3 minutes

History of Hampton

Jewish

Community

2 minutes

History of Hampton

VA Hospital

2 minutes

History of Hampton

Daily Press

3 minutes

1 minute

History of Hampton
NASA History
2 minutes

History of Hampton
Aberdeen Gardens
3 minutes

History of Hampton
Ronald Curry
3 minutes

History of Hampton
Fort Monroe
3 minutes

History of Hampton
Daily Press
3 minutes

History of Hampton
Burrell
2 minutes

Buckroe Carousel
1 minute

History of Hampton
Boo Williams
1 minute

History of Hampton
Drummond
1 minute

History of Hampton
1st African Americans
1 minute

History of Hampton
Growing Up in Hampton
1 minute

History of Hampton
Hurricane Isabelle
2 minutes

History of Hampton
First Christmas
3 minutes

History of Hampton
Mayor Bickford
3 minutes

History of Hampton
Hampton U in NCAA
2 minutes

History of Hampton
Banking
1 minute

History of Hampton
Aberdeen Gardens
3 minutes

History of Hampton
Blackbeard
2 minutes

History of Hampton
Ronald Curry
3 minutes

History of Hampton
Pasture Point
1 minute

History of Hampton
Jazz Festival
1 minute

History of Hampton
Benton Knight
2 minutes

10:00:00 PM

For The Record
Junk Cars
57 seconds

Hampton Currents
Week of January 15, 2018
52 seconds

Round Robin

For The Record
Junk Cars
57 seconds

Hampton Currents
Week of January 15, 2018
52 seconds

Round Robin

For The Record
Junk Cars
57 seconds

Hampton Currents
Week of January 15, 2018
52 seconds

Round Robin

For The Record
Junk Cars
57 seconds

Hampton Currents
Week of January 15, 2018
52 seconds

Round Robin
First African American To

For The Record
Junk Cars
57 seconds

Hampton Currents
Week of January 15, 2018
52 seconds

Round Robin

For The Record
Junk Cars
57 seconds

Hampton Currents
Week of January 15, 2018
52 seconds

Round Robin

For The Record
Junk Cars
57 seconds

Hampton Currents
Week of January 15, 2018
52 seconds

Round Robin

	First African American To Attend Va. Tech 26 minutes Round Robin Troy Breslow 15 minutes	First African American To Attend Va. Tech 26 minutes Round Robin Troy Breslow 15 minutes	First African American To Attend Va. Tech 26 minutes Round Robin Troy Breslow 15 minutes	Attend Va. Tech 26 minutes Round Robin Troy Breslow 15 minutes	First African American To Attend Va. Tech 26 minutes Round Robin Troy Breslow 15 minutes	First African American To Attend Va. Tech 26 minutes Round Robin Troy Breslow 15 minutes	First African American To Attend Va. Tech 26 minutes Round Robin Troy Breslow 15 minutes
10:30:00 PM	Round Robin HELP 11 minutes Round Robin Governor's School 11 minutes	Round Robin HELP 11 minutes Round Robin Governor's School 11 minutes	Round Robin HELP 11 minutes Round Robin Governor's School 11 minutes	Round Robin HELP 11 minutes Round Robin Governor's School 11 minutes	Round Robin HELP 11 minutes Round Robin Governor's School 11 minutes	Round Robin HELP 11 minutes Round Robin Governor's School 11 minutes	Round Robin HELP 11 minutes Round Robin Governor's School 11 minutes
11:00:00 PM							