

Channel: Main Cox
Switch Output: Channel 3
Start:
End:

Program Guide

Time	01/26/2015	01/27/2015	01/28/2015	01/29/2015	01/30/2015	01/31/2015	02/01/2015
05:30:00 AM							
	Sign On National Anthem 1 minute	Sign On National Anthem 1 minute	Sign On National Anthem 1 minute	Sign On National Anthem 1 minute	Sign On National Anthem 1 minute	Sign On National Anthem 1 minute	Sign On National Anthem 1 minute
06:00:00 AM							
	Jazz Cardio episode 1 30 minutes	Jazz Cardio Episode 2 29 minutes	Jazz Cardio Episode 3 28 minutes	Jazz Cardio Episode 22 28 minutes	Jazz Cardio Episode 23 28 minutes	jazz Cardio Episode 24 28 minutes	Jazz Cardio Episode 4 29 minutes
06:30:00 AM							
07:00:00 AM							
	Fit for Duty Full Body 22 minutes	Fit for Duty General Strength Training Pt. 1 23 minutes	Fit for Duty General Strength Training Pt. 2 22 minutes	Fit for Duty Legs & Arms 23 minutes	Fit for Duty Operation Breaking Barriers 23 minutes	Fit for Duty Operation Deep Impact 24 minutes	Fit for Duty Operation Excessive Force 23 minutes
07:30:00 AM							
	Sit and Be Fit Episode 6 28 minutes	Sit and Be Fit Episode 7 29 minutes	Sit and Be Fit Episode 8 28 minutes	Sit and Be Fit Episode 2 26 minutes	Sit and Be Fit Episode 3 26 minutes	Sit and Be Fit Episode 4 26 minutes	Sit and Be Fit Episode 8 28 minutes
08:00:00 AM							
	Round Robin National Drug Facts Week 11 minutes	Round Robin National Drug Facts Week 11 minutes	Round Robin National Drug Facts Week 11 minutes	Round Robin National Drug Facts Week 11 minutes	Round Robin National Drug Facts Week 11 minutes	Round Robin National Drug Facts Week 11 minutes	Round Robin National Drug Facts Week 11 minutes
	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes
08:30:00 AM							

	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes
	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes
09:00:00 AM							
	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes
09:30:00 AM							
	Fuzion Fitness Episode 18 29 minutes	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 2 26 minutes	Fuzion Fitness Episode 12 26 minutes	Fuzion Fitness Episode 13 27 minutes	Fuzion Fitness Episode 15 28 minutes	Fuzion Fitness Episode 16 28 minutes
10:00:00 AM							
	Perils for Pedestrians Episode 188 28 minutes	Perils for Pedestrians Episode 189 28 minutes	Perils for Pedestrians Episode 190 28 minutes	Perils for Pedestrians Episode 183 28 minutes	Perils for Pedestrians Episode 184 28 minutes	Perils for Pedestrians episode 185 28 minutes	Perils for Pedestrians Episode 93 28 minutes
10:30:00 AM							
11:00:00 AM							
	Grill Sergeants Italian Cuisine 26 minutes	Grill Sergeants Mexican Cuisine 24 minutes	Grill Sergeants Korean Cuisine 24 minutes	Grill Sergeants Spanish Cuisine 24 minutes	Grill Sergeants Hawaiian Asian Cuisine 23 minutes	Grill Sergeants Indian Cuisine 23 minutes	Grill Sergeants Turkish-Greek Cuisine 22 minutes
12:00:00 PM							
	Round Robin National Drug Facts Week	Round Robin National Drug Facts Week	Council Work Session *May preempt	Council Work Session *May preempt	Council Work Session *May preempt	Council Work Session *May preempt	Council Work Session *May preempt

	11 minutes	11 minutes	programming.	programming.	programming.	programming.	programming.
	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes
12:30:00 PM	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes
	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes
01:00:00 PM	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes	Round Robin Citizens Advisory Engagement Commission 18 minutes
01:30:00 PM	Jazz Cardio episode 1 30 minutes	Jazz Cardio Episode 2 29 minutes	Jazz Cardio Episode 3 28 minutes	Jazz Cardio Episode 22 28 minutes	Jazz Cardio Episode 23 28 minutes	jazz Cardio Episode 24 28 minutes	Jazz Cardio Episode 4 29 minutes
02:00:00 PM							
02:30:00 PM	Fit for Duty Full Body 22 minutes	Fit for Duty General Strength Training Pt. 1 23 minutes	Fit for Duty General Strength Training Pt. 2 22 minutes	Fit for Duty Legs & Arms 23 minutes	Fit for Duty Operation Breaking Barriers 23 minutes	Fit for Duty Operation Deep Impact 24 minutes	Fit for Duty Operation Excessive Force 23 minutes
03:00:00 PM							

	Sit and Be Fit Episode 6 28 minutes	Sit and Be Fit Episode 7 29 minutes	Sit and Be Fit Episode 8 28 minutes	Sit and Be Fit Episode 2 26 minutes	Sit and Be Fit Episode 3 26 minutes	Sit and Be Fit Episode 4 26 minutes	Sit and Be Fit Episode 8 28 minutes
03:30:00 PM							
04:00:00 PM	Fuzion Fitness Episode 18 29 minutes	Fuzion Fitness Episode 1 25 minutes	Fuzion Fitness Episode 2 26 minutes	Fuzion Fitness Episode 12 26 minutes	Fuzion Fitness Episode 13 27 minutes	Fuzion Fitness Episode 15 28 minutes	Fuzion Fitness Episode 16 28 minutes
	Perils for Pedestrians Episode 188 28 minutes	Perils for Pedestrians Episode 189 28 minutes	Perils for Pedestrians Episode 190 28 minutes	Perils for Pedestrians Episode 183 28 minutes	Perils for Pedestrians Episode 184 28 minutes	Perils for Pedestrians episode 185 28 minutes	Perils for Pedestrians Episode 93 28 minutes
04:30:00 PM							
06:00:00 PM	Round Robin National Drug Facts Week 11 minutes	Round Robin National Drug Facts Week 11 minutes	Council Meeting *May preempt programming.	Council Meeting *May preempt programming.	Council Meeting *May preempt programming.	Council Meeting *May preempt programming.	Council Meeting *May preempt programming.
	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes	Round Robin the mind-body-spirit connection 18 minutes
06:30:00 PM	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes	Round Robin A Night's Welcome program run by HELP 17 minutes
	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes	Round Robin Hampton Roads Center for Civic Engagement 25 minutes
07:00:00 PM							

	Commission 18 minutes	Commission 18 minutes	Commission 18 minutes	Commission 18 minutes	Commission 18 minutes	Commission 18 minutes	Commission 18 minutes
11:30:00 PM							

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