	MONDAY	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*	*SATURDAY*	*SUNDAY*
8:00	**Smart & Fit Sarah**	**Smart & Fit Sylvia**	**Smart & Fit Sarah**	**Smart & Fit Teresa I**	**Smart & Fit Sylvia**	**Smart & Fit Teresa II**	**Smart & Fit Paula**
8:15	**Devotional: LHP**	**Devotional: LHP**	**Devotional: LHP**	**Devotional: LHP**	**Devotional: LHP**	**Devotional: Jewish Community**	**Devotional: LHP**
8:30	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**
9:00	**Shaping Up I**	**Shaping Up II**	**Shaping Up III**	**Shaping Up IV**	**Shaping Up Smart & Fit**	**Shaping Up III**	**Shaping Up Smart & Fit**
10:00	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Weekend Edition of Charlestown Today**	**Weekend Edition of Charlestown Today**
11:30	**Virtual Workout: Yoga**	**Virtual Workout: Aerobics**	**Virtual Workout: Back & Chest**	**Virtual Workout: Chair Yoga**	**Virtual Workout: Strength Training**		
Noon	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Weekend Edition of Charlestown Today**	**Weekend Edition of Charlestown Today**
1:00	**Audio Scroll**	**Audio Scroll**	**Audio Scroll**	**Audio Scroll**	**Audio Scroll**	**Smart & Fit Paula**	**Smart & Fit Sarah**
1:30	**Smart & Fit Sylvia**	**Smart & Fit Teresa II**	**Smart & Fit Teresa I**	**Smart & Fit Sylvia**	**Smart & Fit Teresa II**	**Special Program**	**Special Program**
2:00	**Special Program**	**Special Program**	**Special Program**	**Special Program**	**Special Program**		
3:00	**Audio Scroll**	**Audio Scroll**	**Audio Scroll**	**Audio Scroll**	**Audio Scroll**		
4:00	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Weekend Edition of Charlestown Today**	**Weekend Edition of Charlestown Today**
5:00							
5:30							
6:00	**Smart & Fit Paula**	**Smart & Fit Sarah**	**Smart & Fit Sylvia**	**Smart & Fit Teresa II**	**Smart & Fit Sarah**	**Smart & Fit Sylvia**	**Smart & Fit Teresa I**
6:30	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**
8:00	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Weekends Edition of Charlestown Today**	**Weekend Edition of Charlestown Today**
10:00	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Charlestown Today**	**Weekend Edition of Charlestown Today**	**Weekend Edition of Charlestown Today**
11:15	**Devotional: LHP**	**Devotional: LHP**	**Devotional: LHP**	**Devotional: LHP**	**Devotional: LHP**	**Devotional: Jewish Community**	**Devotional: LHP**
11:30	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**	**Meditative Moments**