

Channel 957 weekly schedule
August 1st to August 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	August 1	August 2	August 3	August 4	August 5	August 6	August 7	August 8
8:00am	music	music	music	music	music	music	music	music
10:00am	stretch	stretch	stretch	stretch	stretch	stretch	stretch	stretch
10:30am			gathering					
11:00am	stretch	stretch		stretch	stretch	stretch	stretch	stretch
12:00pm	stretch	stretch	stretch	stretch	stretch	stretch	stretch	stretch
2:00pm	stretch	stretch	stretch	stretch	stretch	stretch	stretch	stretch
3:30pm	exercise	exercise	exercise	exercise	exercise	exercise	exercise	exercise
5:00pm	stretch	stretch	stretch	stretch	stretch	stretch	stretch	stretch
6:15pm	exercise	exercise	exercise	exercise	exercise	exercise	exercise	exercise
7:00pm						movie		
9:30pm	overnight music	overnight music	overnight music	overnight music	overnight music	overnight music	overnight music	overnight music

Saturday, August 7th – 7:00pm movie “King Richard” (2021). Sponsored by Foxdale’ Film Selection Committee.