

PROGRAMMING SCHEDULE



Monday- Thursday

12:00am to 6:00am- Positive Hit Music with Mike B

6:00am to 10:00am- FM in the AM- Amanda Fox and Leo Marks. Positive Hit Music/Traffic and Weather/ Interviews/ and lots of fun.

10:00am to 2:00pm- Positive Hit Music with Liz Lane. Daily show segments to help you get through your workday.

11:20am- Real Family Life with Dennis Rainey. (1:30)

1:20pm- Daily Money Makeover with Dave Ramsey (1:30)

2:00pm to 7:00pm- Positive Hit Music with Jonathan Michaels. Traffic and Weather and fun for your drive home.

4:40pm- Mal Fletcher (1:30)

6:40pm- The Real with Shimmy. Getting real with some of your favorite Christian artists. (2:00)

7:00pm to 12:00am- Positive Hit Music with Paul Williams.

Fridays

12:00am to 6:00am- Positive Hit Music with Mike B

6:00am to 10:00am- FM in the AM- Amanda Fox and Leo Marks. Positive Hit Music/Traffic and Weather/ Interviews/ and a whole lot more

10:00am to 2:00pm- Positive Hit Music with Liz Lane. Daily show segments to help you get through your workday.

11:20am- Real Family Life with Dennis Rainey. (1:30)

1:20pm- Daily Money Makeover with Dave Ramsey (1:30)

2:00pm to 7:00pm- Positive Hit Music with Jonathan Michaels. Traffic and Weather and fun for your drive home.

4:40pm- Mal Fletcher (1:30)

6:40pm- The Real with Shimmy. Getting real with some of your favorite Christian artists. (2:00)

7:00pm to 10:00pm- Music with a K with Kristi Michael. Best in Modern and Indie Christian Music show.

10:00pm to 12:00am- Urban 1:1- The Best Holy Hip-Hop, R&B and Rap in Hampton Roads. DJ Noble delivers it every Friday Night.

Saturdays

12:00am to 1:00am- Urban 1:1 Continues

1:00 to 4:00am- Positive Hit Music

4:00am to 8:00am- Positive Hit Music with Amanda Fox.

8:00am to 10:00am- Weekend 22- National Christian Countdown Show. Top 22 Christian Hits in the Country.

10:00am to 12:00pm- The Local Connection with Jenn Creasy. Local artists making music with Excellence.

12:00pm to 10:00pm- On The Mark with Leo Marks. Positive Hit Music and fun facts and happenings around Hampton roads.

10:00pm to 12:00am- Amplified- The Best in Christian Rock in Hampton Roads. Jonathan Michaels rocks it out every Saturday Night.

Sundays

12:00am to 6:00am- Positive Hit Music with Leo Marks

6:00am to 8:00am- Positive Hit Music

8:00am to 10:00am- The Heart of Praise. Praise and Worship to get you focused on Jesus. Every Sunday morning with Liz Lane.

10:00am to 11:00am- Intersections- Where Faith meet Real Life- Featuring the weekend worship gathering at First Baptist Church of Norfolk.

11:00am to 1:00pm- The Heart of Praise Continues

1:00pm to 5:00pm- Positive Hit Music with Annie V.

5:00 to 6:00pm- Faith Towards God with Carlos Howard. Give Carlos a call with any prayer requests. Carlos gives biblical insight for your daily life.

6:00 to 8:00 pm- Positive Hit Music with Annie V.

8:00pm to 10:00pm- The R.I.P Current with Zeke- Get Real, In Touch, and Personal with Zeke every Sunday night from 8to10pm. Call Zeke at 757-631-777.

10:00pm to 12:00am- Weekend 22- National Christian Countdown Show. Top 22 Christian Hits in the Country

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