

MAIN-FM 103.5 LP Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00 am	MAIN Music Mix		MAIN Music Mix			Main Music Mix			
5:30 am									
6:00 am						Dr. Peter Breggin Hour	Inward Path		Music
6:30 am									
7:00 am	Changesurfer	Building Bridges	Shortwave Report	Making Contact	Sea Change Radio	People's Pharmacy	Putumayo World Music Hour		
7:30 am	Free Speech Radio News					War News Radio	Interfaith Voices		
8:00 am	Democracy Now! LIVE								
8:30 am									
9:00 am	Union Edge	Are We Alone?	Helen Caldicott	Your Own Health and Fitness	Spoiler Alert Radio	Latino USA	New Dimensions		
9:30 am					Bookwaves	This Way Out			
10:00 am	MAIN Local Talk and Features	Deconstructing Dinner	*(Swannanoa Journal) Earthbeat	People's Pharmacy	**(Media Minutes) Le Show	Counterspin	Words of Peace		
10:30 am						Bookwaves			
11:00 am	Uprising Radio	Law & Disorder	Alternative Radio	Asheville N The Arts With Carol Anders	Against the Grain	SupaDupa Comics and SciFi with TL & Darren	Our Southern Community		
11:30 am									
12:00 pm	Laura Flanders	Letters to Washington	Union Edge	Native America Calling	Behind the News	Sacala a Bailar (An afternoon of Latina music you can take her out to dance with)	Putumayo World Music Hour		
12:30 pm									
1:00 pm	Counterspin	Sprouts	Latino USA	VFP TV and Radio	Linea Abierta		Compact Discoveries		
1:30 pm	WINGS	Bioneers	Changesurfer						
2:00 pm	This Way Out	Talk Nation Radio	Building Bridges	War News Radio	Latino USA		Wacko Asheville Music Hour with Brooke Clover		
2:30 pm	Free Speech Radio News								
3:00 pm	The Thom Hartmann Show LIVE!					Earthsongs (Native American)	Jazz Express With Bo Farson		
3:30 pm									
4:00 pm									
4:30 pm									
5:00 pm									
5:30 pm									
6:00 pm	Democracy Now!					Jazz Unlimited Encore with Eddie	MAIN Music and Features		
6:30 pm									
7:00 pm	Sacala a Bailar	Noise Radius	Jazz Unlimited with Eddie (Classic Jazz with Class!)	IMPULSE AUDIO Real Indie with a feminine touch with local legend Jessica Hatter	Asheville New Radio	I Said, Yeah! Show (Tunes and discussion with James and Aaron)	Blowing Hard Swingset (Jazz with host Andrew)		
7:30 pm									
8:00 pm						Drop Beats Not Bombs (live) <small>(Hosts Molly and Lucia with conscious underground hip hop, soul, and r&b)</small>			
8:30 pm									
9:00 pm	Drop Beats Not Bombs Encore (Hosts Molly and Lucia with conscious underground hip hop, soul, and r&b)								
9:30 pm									
10:00 pm	Vortex Airwaves with Wendy Owens	Ooze Out <small>(Analog ooze into our digital culture with host Peter Poffenberger, Rock/Experimental)</small>	Forward Up <small>(DJ Adam M. with The best Asheville Electronic, dubstep, rap and other world beat music)</small>	Ragnarock <small>(Metal with Ducifer and the Moss Man)</small>	ShowIntelligence with Educated and Relative E Intelligent Hip Hop	Safe Harbor with Tark (Funk Soul, and Jazz Classics) MAIN FM Late Night Music Mix	MAIN Music Mix		
10:30 pm									
11:00 pm									
11:30 pm									
12:00 am	Underground Unheard Hip Hop With Bobby White								
12:30 am									
1:00 am	Free Speech Radio News					MAIN-FM Late Night Music Mix	MAIN-FM Late Night Music Mix		
1:30 am	Democracy Now!								
2:00 am									
2:30 am	Democracy Now!					Weekend Music Specials			
3:00 am	MAIN-FM Overnight Mix (Jazz, Lounge, Mashup)								
3:30 am									
4:00 am									
4:30 am									