



MAIN-FM 103.5 LP Program Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	MAIN-FM Morning Mix (Classical, Meditation, World)						Compact Discoveries	Compact Discoveries
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM	Change Surfer	Building Bridges	Shortwave Report	Making Contact	Sea Change Radio	People's Pharmacy	Interfaith Voices	
7:30 AM	Free Speech Radio News							
8:00 AM	Democracy Now! LIVE					War News Radio	Systemic Effect	
8:30 AM						Veteran's Voices		
9:00 AM	Beyond Zero	Are We Alone	Helen Caldicott	Your Own Health and Fitness	Spoiler Alert Radio	Spoiler Alter Radio	New Dimensions	
9:30 AM	Sierra Club Radio				Bookwaves	Supa Dupa		
10:00 AM	What's At Stake	Deconstructing Dinner	*(Swannona Journal) Earthbeat	People's Pharmacy	**Media Minutes	WINGS	Words of Peace	
10:30 AM					Show	This Way Out	Alan Watts	
11:00 AM	Uprising Radio	Law & Disorder	Alternative Radio	Mid-Week Politics	Against the Grain	Sprouts	Pathways to the Sacred	
11:30 AM						Latino USA		
12:00 PM	The Thom Hartmann Show LIVE!!					Sacala a Bailar (An afternoon of Latin@ music you can 'take her out to dance' with).	Cafe Con Leche (Latin@ music with Suzanne)	
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM						Putumayo World Music Hour	Wah A Guaan (What's Happening - Reggae Music with Garro)	
2:30 PM								
3:00 PM	Laura Flanders	Letters to Washington	Linea Abierta - LIVE!	Native America Calling	Behind the News	Earthsongs (Native American)		
3:30 PM								
4:00 PM	Counterspin	Sprouts	Latino USA	Between the Lines	Asheville Afternoon (KP hosts interviews featuring local and touring bands, artists, speakers and authors who'll be in Asheville)	Vintage Vinyl and More (Not just another Oldies Show)	Kaleidoscope (Folk, Bluegrass, Alternative and World music hosted by Butch Kara)	
4:30 PM	WINGS	Bioneers	Change Surfer	War News Radio				
5:00 PM	This Way Out	Talk Nation Radio	Building Bridges	Veteran's Voices				
5:30 PM	Free Speech Radio News					MAIN-FM Music Mix		
6:00 PM	Democracy Now!							
6:30 PM								
7:00 PM	Access Hour (Music or Talk Show produced by YOU!)	DIY Radio (Host Rob with music not being backed by major labels.)	Your Mom's Idea (Lark and Becky with music so good you know it had to be made by Your Mom.)	Noise Radius (DJ Arieh with indie music delicately pushing the industry boundaries)	Asheville New Radio (Soul hosted by DJ Chop)			Drop Beats Not Bombs (Hosts Molly and Lucia with conscious underground hip hop, soul, and r&b)
7:30 PM								
8:00 PM	Drop Beats Not Bombs (Hosts Molly and Lucia with conscious underground hip hop, soul, and r&b)							
8:30 PM	Bombs (Hosts Molly and Lucia with conscious underground hip hop, soul, and r&b)							
9:00 PM	Freq Lab (Hosts W3ndy Owens, Esiris Kayab Lyons, and Cleofus Williams spin the best in electronic soundz, fresh beatz, new trax, and rare interviews.)	Ooze Out (Analog ooze into our digital culture with Host Peter Poffenberger, Rock/Experimental)	Forward Up (DJ Adam M. with electronic, dubstep, rap and other world beat music)	Ragnarok (DJ Adam T. with Loud, Metal, Thrash, Punk, and Hardcore music)	Trance on the Porch (Trance and Progressive, hosted by DJ Mark)	MAIN-FM Late Night Mix (Experimental, Electronic, Rock)	MAIN-FM Late Night Mix (Experimental, Electronic, Rock)	
10:00 PM								
10:30 PM								
11:00 PM								
11:30 PM								
12:00 AM								
12:30 AM	Free Speech Radio News					MAIN-FM Overnight Mix (Jazz, Lounge, Mashup)		
1:00 AM	Democracy Now!							
1:30 AM								
2:00 AM								
2:30 AM								
3:00 AM								
3:30 AM								
4:00 AM								
4:30 AM								

*Swannanoa Journal 5 minutes weekly **Media Minutes 5 min weekly

Stream us online at www.main.nc.us

