

UK Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Notes
08.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	In detail
09.00	Bag of bits	Bag of bits	Bag of bits	Bag of bits	Bag of bits	Bag of bits	Bag of bits	In detail
10.00	Time Machine	Time Machine	Time Machine	Time Machine	Time Machine	The Last Spin	Time Machine	In detail
11.00	Country Road	Country Mile	Way Down	Country mix	Country Mile	Country Road	Way Down	In detail
12.00	Jukebox	Magpie Folk	Jukebox	Last Spin	Jukebox	The Seventies	Jukebox	In detail
13.00/1pm	International	All that Jazz	The 'In Crowd'	International	All that Jazz	My Country	International	In detail
14.00/2pm	Shades of Soul	Umm Leila	Shades of Soul	Shades of Soul	Shades of Soul	My Country	Shades of Soul	In detail
15.00/3pm	Reggae Shack	Songbirds	Reggae Shack	Reggae Shack	Album Mix	Reggae Shack	Reggae 5x3	In detail
16.00/4pm	Blue Rock Box	Mop Tops	The Last Spin	The Seventies	Magpie Folk	Blue Rock Box	Umm Leila	In detail
17.00/5pm	International	International	International	Blues at 5	International	The 'In Crowd'	Blues at 5	In detail
18.00/6pm	Rock & Roll	Rock & Roll	Rock & Roll	Rock & Roll	Rock & Roll	Rock & Roll	Rock & Roll	In detail
19.00/7pm	Northern Soul	Northern Soul	Northern Soul	Northern Soul	Northern Soul	Northern Soul	Northern Soul	In detail
20.00/8pm	My Country	Album Mix	Just for Two	Sounds Country	Just for Two	Mop Tops	Just for Two	In detail
21.00/9pm	My Country	Discotheque	Discotheque	Discotheque	Discotheque	Discotheque	Discotheque	In detail
22.00/10pm	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	In detail
23.00/11pm	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	Jazz in the night	In detail
Midnight to 2	Late night Soul	Late night Soul	Late night Soul	Late night Soul	Late night Soul	Late night Soul	Late night Soul	In detail
Through the night to 8am	The Rainbow Room	The Rainbow Room	The Rainbow Room	The Rainbow Room	The Rainbow Room	The Rainbow Room	The Rainbow Room	In detail

About the shows meet the Presenters	
Breakfast	Start the day with Bobby at Breakfast
Bag of bits	Just music from the retro file
The Time Machine	Ride with us in the Big Red Time Machine at we go back in time
Country	Join them good ole' boys for the best in country music
Jukebox	60's and 70's tracks from the jukebox, you coin is not required
Magpie Folk	Patrick brings you the best in Folk from the Folk Emporium
The Last Spin	Your request show... Your request and dedication for that special person anywhere in the world
Seventies	Join Alan and ride back to the Seventies, music, features and a whole lot of memories
International	Artists, Music and features from right around the world
All that Jazz	Vintage, modern and cool Jazz sounds
The 'In Crowd'	Modern R&B, Soul, Latin and Jazz, with Dave
My Country	From Australia... Join Pete and hear what's happening down under
The Reggae Shack	Get into the Sunshine groove and do it with the 'Musicman'
The Blue Rock Box	A hour of scorching blues with a very sharp edge
Reggae 5X3	Your very own reggae request show. Back to the 50's and right up to the present day – Get involved
Songbirds	Featuring lady artists from around the world
Album Mix	Selected albums
Shades of Soul	With Umm Leila... The sweetest soul from her vast collection
Blues at 5	5pm (UK Time) and get with Alan and his Blues show... Just Blues
Rock and Roll	The Saturday Hop with Susanne... You're going to need those dancing shoes
Northern Soul	The northern Soul Recall show with Steve ..
Discotheque	Taking you back to the Golden Era of Discotheque. Right back to the 70's and early 80's
Late Night Jazz	Cool and smooth jazz taking you into the night
Late night Soul	From Umm Leila's collection... Those relaxing sounds that are really just for lovers
The Rainbow room	Relaxing music taking you right through the night until we see you again at 8am

