

Healthy Living Clocks

Sunday 1800 to 2100 – EST or EDT when applicable outside of NRL Season

Sunday 1900 to 2100 - EST or EDT when applicable during NRL Season

1800/1900 to 2100	Command	Description – Satellite Channel 102 & 104
:00:00	-	LOCAL News Theme Window
:00:07	-	News – refer to separate News Schedule
:07:00	-	Show starts/resumes on theme
:20:00	1	LOCAL 3:10 Commercial Break Window
:30:00	1	LOCAL 3:10 Commercial Break Window
:40:00	1	LOCAL 3:10 Commercial Break Window
:50:00	1	LOCAL 3:10 Commercial Break Window
:59:50	4	LOCAL 0:05 News Credit

We recommend scheduling one additional break in each hour; reset breaks at top of hour.