

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
00:00 to 07:00	Night Playlist	Night Playlist	Night Playlist	Night Playlist	Night Playlist	Night Playlist	Night Playlist
7:00	The Gospel Show	Breakfast Shine Show	Breakfast Shine Show	Breakfast Show Tammy Williams	Breakfast Show Leigh Richards	Breakfast Show Tammy Williams	Saturday Morning Cappuccino Show Mike Olsson & Tony Brooks
7:30							
8:00	Juke Box Charlie Charles Williams	Sharon Wade	Sharon Wade	Mid Morning Show Leigh Richards	Mid Morning Show Roxanna Williams	Mid Morning Show Samara Thomas	Mid Morning Show Leigh Richards
8:30							
9:00	A Country Boy Lucas Benjamin	Mid Morning Show Leigh Richards	Mid Morning Show Tammy Williams	Mid Morning Show Leigh Richards	Mid Morning Show Roxanna Williams	Mid Morning Show Samara Thomas	Mid Morning Show Leigh Richards
9:30							
10:00	This 'Ole Country Boy Ray Cranfield	Mid Morning Show Leigh Richards	Mid Morning Show Tammy Williams	Mid Morning Show Leigh Richards	Mid Morning Show Roxanna Williams	Mid Morning Show Samara Thomas	Mid Morning Show Leigh Richards
10:30							
11:00	The JC Show	The Modern Country Hour Paul Blake	Afternoon Show Leigh Richards	Afternoon Show Roxanna Williams	From The Sidelines Nick Stevens	Blakeys Hour Paul Blake	Afternoon Show Roxanna Williams
11:30							
12:00	John Cranfield	Afternoon Show Tammy Williams	Afternoon Show Roxanna Williams	Tuesday Afternoon Rock Show Mike Olsson & Tony Brooks	The Gospel Music Show Dustin Cornelson	Afternoon Show Tammy Williams	Afternoon Show Roxanna Williams
12:30							
13:00	A Taste Of Country The Shine Show	The Country Show Patrick 'Beans' Henry	Tuesday Afternoon Rock Show Mike Olsson & Tony Brooks	The Gospel Music Show Dustin Cornelson	The Shine Show Sharon Wade	The Shine Show Sharon Wade	The Shine Show Sharon Wade
13:30							
14:00	Afternoon Show Prudie Joshua	The Country Show Patrick 'Beans' Henry	Tuesday Afternoon Rock Show Mike Olsson & Tony Brooks	The Gospel Music Show Dustin Cornelson	The Shine Show Sharon Wade	The Shine Show Sharon Wade	The Shine Show Sharon Wade
14:30							
15:00	Sunday Evening Mix Ian O'Beay	Sunday Evening Mix Emerald Newman	A Country Night Lucas Benjamin	Mixed Bag Colin Peters	Midweek Junk Show Debbie (Debbielou) Knipe	Carry On Regardless Iain Rummery & Co	Uptown Girls Sophia & Sherry Bowers
15:30							
16:00	Sunday Evening Mix Ian O'Beay	Sunday Evening Mix Emerald Newman	A Country Night Lucas Benjamin	Mixed Bag Colin Peters	Midweek Junk Show Debbie (Debbielou) Knipe	Carry On Regardless Iain Rummery & Co	Uptown Girls Sophia & Sherry Bowers
16:30							
17:00	Sunday Evening Mix Ian O'Beay	Sunday Evening Mix Emerald Newman	A Country Night Lucas Benjamin	Mixed Bag Colin Peters	Midweek Junk Show Debbie (Debbielou) Knipe	Carry On Regardless Iain Rummery & Co	Uptown Girls Sophia & Sherry Bowers
17:30							
18:00	Sunday Evening Mix Ian O'Beay	Sunday Evening Mix Emerald Newman	A Country Night Lucas Benjamin	Mixed Bag Colin Peters	Midweek Junk Show Debbie (Debbielou) Knipe	Carry On Regardless Iain Rummery & Co	Uptown Girls Sophia & Sherry Bowers
18:30							
19:00	Sunday Evening Mix Ian O'Beay	Sunday Evening Mix Emerald Newman	A Country Night Lucas Benjamin	Mixed Bag Colin Peters	Midweek Junk Show Debbie (Debbielou) Knipe	Carry On Regardless Iain Rummery & Co	Uptown Girls Sophia & Sherry Bowers
19:30							
20:00	Sunday Evening Mix Ian O'Beay	Sunday Evening Mix Emerald Newman	A Country Night Lucas Benjamin	Mixed Bag Colin Peters	Midweek Junk Show Debbie (Debbielou) Knipe	Carry On Regardless Iain Rummery & Co	Uptown Girls Sophia & Sherry Bowers
20:30							
21:00	Sunday Evening Mix Ian O'Beay	Sunday Evening Mix Emerald Newman	A Country Night Lucas Benjamin	Mixed Bag Colin Peters	Midweek Junk Show Debbie (Debbielou) Knipe	Carry On Regardless Iain Rummery & Co	Uptown Girls Sophia & Sherry Bowers
21:30							
to 00:00	Night Playlist	Night Playlist	Night Playlist	Night Playlist	Night Playlist	Night Playlist	Night Playlist

Our show guide often changes depending on workload at the station. 95 percent of our producers / presenters are voluntary and this affects our daily programme guide. Local news is aired: 7 am, 9 am, 12 pm, 2 pm, 4.15 pm, 7 pm & 9.30 pm collated by The St Helena Independent. Announcements throughout the day and at 7 pm & 9.30 pm. All times are Greenwich Mean Time (GMT)

Saint FM is broadcast on 93.1, 95.1 & 107.6 FM On St Helena, 102.7 FM on Ascension, via KTV on The Falklands and via Live Streaming at [www.saint.fm](http://www.saint.fm), on TuneIn and Smart Speakers.