

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

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.