



CITY TV 10 Monthly Program Guide

Programs	MON	TUE	WED	THU	FRI	SAT	SUN
AHORA SAN LUIS	11:30 AM		11:00 AM	8:00 PM	8:30 AM	8:30 PM	8:30 PM
BEST OF THE STL	3:00 PM	10:30 PM	7:30 PM	7:30 PM	4:30 PM	9:00 PM	10:30 PM
BOARD OF ALDERMAN	Midnight	Midnight	Midnight	Midnight	Midnight	Midnight	Midnight
	10:00 AM		10:00 AM		10:00 AM	9:00 AM	9:00 AM
	6:00 PM	6:00 PM			3:00 PM		
CITY CORNER	6:00 AM	6:00 AM	8:30 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM
	8:30 AM	8:30 AM	4:00 PM	8:30 AM			8:30 AM
	10:00 PM	10:00 PM	10:00 PM	10:00 PM	10:00 PM	10:00 PM	10:00 PM
CITY LIFE	5:00 AM	5:00 AM	5:00 AM	5:00 AM	6:30 AM	6:30 AM	6:30 AM
		9:00 AM	7:00 PM			1:00 PM	1:00 PM
DOWNTOWN IS ALIVE	9:30 PM	9:30 PM			7:00 PM	2:00 PM	2:00 PM
INSIDE SPORTS	8:00 PM		8:00 AM	9:00 AM	7:30 PM	11:30 AM	11:30 AM
IT'S YOUR MONEY	8:30 PM	10:00 AM		4:30 PM	9:00 AM		9:30 PM
METAMORPHOSIS	9:00 PM	8:30 PM	7:30 AM	10:30 AM	8:00 AM		
ONE ON ONE	9:00 AM	9:30 AM	8:30 AM	9:30 PM	8:30 PM	1:30 PM	1:30 PM
OVDJE i SADA		11:00 AM	11:30 AM		11:30 AM	8:00 PM	8:00 PM
STAY N' FIT	5:30 AM	5:30 AM	5:30 AM	5:30 AM	5:30 AM	5:30 AM	5:30 AM
			6:30 PM	6:30 PM	6:30 PM		
TURN AROUND SAINT LOUIS	7:00 AM	7:00 AM	7:00 AM			2:30 PM	2:30 PM
BULLETIN BOARD	2 - 4 AM	2 - 4 AM	2 - 4 AM	2 - 4 AM	2 - 4 AM	2 - 4 AM	2 - 4 AM
	Noon	Noon	Noon	Noon	Noon	Noon	Noon
Acquired Programs							
ADTV		4:00 AM		3:00 PM			
ARMY NEWSWATCH	12:30 PM			1:30 PM			
CAPITAL DIALOGUE		12:30 PM		1:00 PM			7:30 AM
FITNESS & WELLNESS	8:00 AM					7:00 PM	
HEALTH AND HOME REPORT	7:30 AM	1:00 PM	1:30 PM		12:30 PM		
HOW'S YOUR MENTAL HEALTH?	4:00 PM	4:00 PM	6:00 PM	6:00 PM		12:30 PM	
MISSOURI ECONOMY TODAY		1:30 PM		12:30 PM	7:30 AM	8:00 AM	8:00 AM
MISSOURI LEGISLATIVE UPDATE			12:30 PM		1:00 PM		7:30 AM
MISSOURI OUTDOORS	1:30 PM	6:30 AM	1:00 PM	6:30 AM	1:30 PM	5:00 AM	5:00 AM
NATIONAL ART GALLERY		3:00 PM	4:00 AM	7:00 AM			
PARTNERS MAGAZINE	1:00 PM				2:00 PM		
ROAD TO RECOVERY	4:00 AM		3:00 PM				
SPORTSWAVE	10:30 PM		10:30 PM	9:30 PM		7:30 PM	12:30 PM
U.S. DEPARTMENT OF EDUCATION	2:00 PM	2:00 PM	2:00 PM	2:00 PM	4:00 AM	4:00 AM	4:00 AM
	4:30 PM	4:30 PM	4:30 PM	8:30 PM		3:00 PM	3:00 PM

SEPTEMBER, 2007

***Regularly scheduled programs may be pre-empted. New shows are added weekly.
Watch channel 10 daily for specific show dates and times.***