

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	LUSH Breakfast	LUSH Breakfast	LUSH Breakfast	LUSH Breakfast	LUSH Breakfast	SAM's Broadcast	SAM's Broadcast
09:00	Not Now Caroline! Avril Dowdeswell, Lauren Maher	Jaffin' My Cake?! Jack Clayton, Sophie Barker, Holly Clough	The Too Lazy To Watch TV Show George Birrell	All New Women's Hour Hannah Walton	The Christy & Simon Rock n Soul Show Simon Domin, Christy Malyan	Ace Of Base Steven Base	
10:00	Throwback James Hughes, Ben Taylor		The Feel Good Factor Laura Tasker	The Shuffle Charlotte Russell	The Nasheed Hour Yasmin Safder, Rabia Kamit		Edge James Browning, Tom Humphrey
11:00	Vinyl Tap Will Metcalfe, Rob Harland	On The Cuff Tom Blaxland, Joshua Crosley	The Nutt & Mini-Nutt Show Adam Simpson, Alex Nutt	The Burton & Burten Show Alex Burton, Suzi Burtenshaw	Cheese 2 Please Claudia Pearson, Andre Lombard	Alex & Kiron's Super Fun Happy Hour Alex Everdon, Kiron Ramdewar	Rainbow Rhythms André Lopes, Steven Marshall
12:00	Percy's Love Children Charlotte Blackman, Charlotte Brady, Sophie Clark	Lost In Music Oliver Radini, Nathan Bull, Lee Marsham	Geek Chic Charlotte Russell, Bethan Woodward	Smith & West On LUSH Andy Smith, Andy West	iWillBattle Will Battle	Da Realness Pearl Amoateng	Loose Women Brona Law, Hannah Elam, Laura Blumenthal, Laura Kelly
13:00	Faces For Radio Jack Alexander, Simon Fraser	The Power Hour With Gaz & Mike Gaz Hughes Mike Bevan		Off The Record Sarah Smith			
14:00	The Robert Webb Show Robert Webb	Emily & Mike's Pick 'n' Mix Emily Coates, Mike Tingey	3 Times A Lady Natalie Hall, Harriet Smith, Tammy Haq, Natalie Hall	88mph Nick Cuff	The Voice Of Reason Liam Voice, Scott Gorman,	Rush Hour Jon Tamang, Lanre Danmola	Go Back to Sleep with Tom, Sam & Rob Tom O'Gorman,

					Paul Gibson		Samantha Harvey, Rob Hutchings
15:00	The Return Of The King & I David King, Ken Wright	Elitist Without Being Elite Matthew Carter, Colin Freitag	Radio Nowhere Alison Butlin, Abby Willis	The Allsorts Show Jason Pillay, Mike Perry	The Erasmus Hour Jennie Smith, Yasmin Safder	Two Bens Take Over Your Air Ben Watkins, Ben Ireland	Hot Shiz Sarina Cheema, Sumit Wadhia
16:00	Barnsley Loin Chops Alastair Jack, Christopher Brown, Gary Slater	The Aaron & Sam Show Aaron Maughan, Sam Whitehouse	The Desi Show Sameen Malik, Karan Varma	SNAP! Kai Poon, Dan McCracken, Aziz Abdul	Twisted Tunes Jack Stevens	Back Down To Earth Sam Thompson, Emily Stringer	The Abyss Gareth Atkins, Jordan Bassett, Lap-Sun Lee
17:00	The Sam and Kate Show Sam Rolfe, Kate Brackley	Sleeping is Giving In Mark Fletcher, David Todd	The Urban Lounge With Sonia & Jude Sonia Irabor, Jude Ehimuan	Owl Stretching Time Stuart Mckie	The S & J Team Simon Copeland, Jonathan Rowe	The Green Room Luke Wymer, Dom Lister, John Foulkes, Daniel Breheny	LBC With Bailey-Rach Chloe Obazee, Racheal Sanni
18:00		The Surgery Rebecca Hall, Jonathon Gillender, Sarah Dillon	THE CHART SHOW	Dave's Cavalcade of Delights Dave Scammell	X-CORE: United Euphoria Fénian	The Light Fantastic Ben M Jones	The Listener's Digest Gareth Moore, Tim Smith, Alex Brooks
19:00	Amber's Hour Amber Reeves-Rush	The Acousticon Frances Wilson	Flying Solo (Together): Ben & Kirstie Do The Radio Thing Kirstie Gattner, Ben Rathe	Natalie's Natterbox Natalie MacDonald		Cross Street Radio Philip Peterson	The Rob Hodges Show Rob Hodges
20:00	Alternative Therapy With Oli & Dan Oli Boast, Dan Breheny	The Unsponsored Broadcast Martin Falder Thom French	LateNightTunes Jimmy Radford	Would You Adam & Steve It? Adam Brown, Steve Mitchell	First Mark Fletcher	The Adey Roy-Mac Show Adeyinka Roy-Macauley	Darwin & The Chief Matt Higgins

21:00	The PM Show Ben Mills, Brendan Curran, Michael Hannan	MojTown Moji Oshisanya, Vanisha Chudasama, Aisha Patel	The B Team Chris Larkin	Generation Next On-Air Jude Ehimuan		The Orange Show Ben Marchini, Joey McNorton	Brad & Ben's Late Night Love Songs Brad Porter, Ben Welsford
22:00	The Pursuit of Adrenaline Laura Longworth	Gorilla, Gorilla, Nic Bunce, Gareth Holvey			The Drum & Bass Show With JT Jamie Taylor	Overtone Alex Webb, Praveen Dissanayake, Stuart Turner	Bass Monkey Amanjit Singh Dulay
23:00	The Take Over Rob Cocks			The Weekly Alternative Andy Roper		Rainbow Radio: The Different Shades Of Radio Natty Beeks, Lulu Donne	
00:00		<- Nomi Zuberi		Unreleased Bhavin Tailor, Mark Ambrose	Basement Tracks Mike Pope, Dan Muldoon	Only The Sickest Alex Moore, Tom Warner	Parrot FM Sameed Rezayan
	The Pseudo Hour Tom Yates, Calley						
01:00	Gilligan Island Discs Simon Gilligan	Gypsy/Citizen of the World Miski Abdi, Ayan Abdi					