NHR Programme Schedule							
	DAY						
TIME	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**SUNDAY**
00.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time
01.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time
02.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time
03.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time
04.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time
05.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time
06.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time
07.02.00	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast
08.02.00	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast	NHR Breakfast
09.02.00	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith
10.02.00	Chit Chat with Alison	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	Chit Chat with Alison	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	New Day Dawning inc News, Public Service Announcements
11.02.00	NHR Daytime with Word on Health, Public Service Annoucements and Information	Chit Chat with Alison	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	Chit Chat with Alison	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information
12.02.00	Northern News	NHR Daytime with Word on Health, Public Service Annoucements and Information	Chit Chat with Alison	Northern News	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information
13.02.00	NHR Daytime with Word on Health, Public Service Annoucements and Information	Northern News	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	Northern News	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information
14.02.00	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	Northern News	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information
15.02.00	Golden Hour with Ray Oxley	Golden Hour with Ray Oxley	Golden Hour with Ray Oxley	Golden Hour with Ray Oxley	Golden Hour with Ray Oxley	Golden Hour with Ray Oxley	Golden Hour with Ray Oxley
16.02.00	Comedy Hour	Comedy Hour	Comedy Hour	Comedy Hour	Comedy Hour	Comedy Hour	Comedy Hour
17.02.00	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith	A-Z of Hits with Richard Smith
18.02.00	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information
19.02.00	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information
20.02.00	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	NHR Daytime with Word on Health, Public Service Annoucements and Information	In Concert - a live recording of a top music artist	Best of British Classical with Peter Grogan	Soundtrack Sunday with Ruth Stapleton
21.02.00	Nation's Favourite Poem and Music	Nation's Favourite Poem and Music	Nation's Favourite Poem and Music	Nation's Favourite Poem and Music	Best of British Classical with Peter Grogan	Fabulous Fifties with Dave Nicholson	In Concert - a live recording of a top music artist
22.02.00	Book at bedtime	Book at bedtime	Book at bedtime	Book at bedtime	Book at bedtime	Book at bedtime	Book at bedtime
23.02.00	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time	NHR Night time