



PROGRAMMING SCHEDULE

APRIL 2 - APRIL 8, 2007

	Monday - 4/02	Tuesday - 4/03	Wednesday - 4/04	Thursday - 4/05	Friday - 4/06	Saturday - 4/07	Sunday - 4/08
6:00 AM	Respect	Respect	Respect	Respect	Respect	Respect	Respect
6:30 AM							
7:00 AM	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine
7:30 AM	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP
8:00 AM	COOK-UP	COOK-UP	COOK-UP	COOK-UP	COOK-UP	COOK-UP	COOK-UP
8:30 AM							
9:00 AM	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine
9:30 AM	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP
10:00 AM	Respect	Respect	COOK-UP	Respect	Cross Caribbean Countdown TCC043	COOK-UP	COOK-UP
10:30 AM							
11:00 AM	Pull Up Selecta Cycle 2 Swatch InternationalTPU015	Cross Caribbean Countdown TCC042	Respect	COOK-UP	COOK-UP	Cross Caribbean Countdown TCC043	Downtown Island Caribbean FoodTDI010
11:30 AM							
12:00 PM	Downtown Island I Love NYTDI043	COOK-UP	Cross Caribbean Countdown TCC042	COOK-UP	Pull Up Selecta Cycle 2 360 LadiesTPU011	COOK-UP	Respect
12:30 PM	COOK- UP						
1:00 PM	Cross Caribbean Countdown TCC042	Pull Up Selecta Cycle 2 360 LadiesTPU011	COOK-UP	Downtown Island A Real Treasure HuntTDI028	Respect	Pull Up Selecta Cycle 2 Aidonia/Stone LoveTPU014	COOK-UP
1:30 PM							
2:00 PM	L&D: St. Croix	Downtown Island Third WorldTDI007	COOK-UP	COOK-UP	COOK-UP	Respect	Cross Caribbean Countdown TCC043
2:30 PM							
3:00 PM	Rise & Shine	COOK-UP	Pull Up Selecta Damian MarleyTPU004	Rise & Shine	COOK-UP	COOK-UP	COOK-UP
3:30 PM	COOK- UP			COOK- UP			
4:00 PM	COOK-UP	Rise & Shine	COOK-UP	COOK-UP	Rise & Shine	Rise & Shine	Pull Up Selecta Cycle 2 Mighty CrownTPU016
4:30 PM		COOK- UP			COOK- UP	COOK- UP	
5:00 PM	COOK-UP	COOK-UP	Downtown Island Culture SaluteTDI006	Pull Up Selecta Ce'CilleTPU005	Pull Up Selecta Cycle 2 Platinum KidzTPU012	COOK-UP	COOK-UP
5:30 PM							
6:00 PM	Respect	Respect	COOK-UP	COOK-UP	Respect	Respect	Rise & Shine
6:30 PM							COOK- UP
7:00 PM	Cross Caribbean Countdown TCC042	Cross Caribbean Countdown TCC042	Cross Caribbean Countdown TCC042	Cross Caribbean Countdown TCC043 (P)	Cross Caribbean Countdown TCC043	Downtown Island MusiqTDI009	Inside the Rhythm Elephant ManTRH003
7:30 PM							COOK- UP
8:00 PM	Machel Montano: Past and Present	Inside the Rhythm Alison HindsTRH002	TTO: Trinidad	Respect	Downtown Island Kalabash CafeTDI015	Cross Caribbean Countdown TCC043	Respect
8:30 PM		COOK- UP					
9:00 PM	COOK- UP	Pull Up Selecta Cycle 2 On Da Reggae TipTPU013	COOK-UP	COOK-UP	Downtown Island Island Shopping: St. CroixTDI024	Pull Up Selecta Cycle 2 Swatch InternationalTPU015	Respect
9:30 PM	Richie Spice: In The Streets To Africa						
10:00 PM	Pull Up Selecta Cycle 2 Little XTPU019	COOK-UP	COOK-UP	Pull Up Selecta Cycle 2 Steelie BashmentTPU009	Inside the Rhythm Alison HindsTRH002	L&D: Jamaica	Cross Caribbean Countdown TCC043
10:30 PM					COOK- UP		
11:00 PM	Respect	COOK-UP	Green Synergy 2006	COOK-UP	COOK-UP	TTO: Trinidad	Live & Direct: Nevis
11:30 PM							
	Tuesday - 4/03	Wednesday - 4/04	Thursday - 4/05	Friday - 4/06	Saturday - 4/07	Sunday - 4/08	Monday - 4/09
12:00 AM	COOK-UP	L&D: Barbados	COOK-UP	Cross Caribbean Countdown TCC043	COOK-UP	COOK-UP	COOK-UP
12:30 AM							
1:00 AM	COOK-UP	COOK-UP	Pull Up Selecta Cycle 2 Fully LoadedTPU008	COOK-UP	Pull Up Selecta Cycle 2 On Da Reggae TipTPU013	WIDC NYC 2006	COOK-UP
1:30 AM							
2:00 AM	PUS Presents: Diggin in the Crates	Pull Up Selecta Cycle 2 Next Level/Tanya Stephens/World ClashTPU018	COOK-UP	COOK-UP	COOK-UP	COOK-UP	Pull Up Selecta Cycle 2 Collie Budz/Mr. PeppaTPU017
2:30 AM	COOK- UP						
3:00 AM	COOK-UP	COOK-UP	Cross Caribbean Countdown TCC042	Pull Up Selecta Cycle 2 DipsetTPU010	Cross Caribbean Countdown TCC043	Respect	COOK-UP
3:30 AM							
4:00 AM	COOK-UP	COOK-UP	COOK-UP	COOK-UP	TTO: Trinidad	Respect	Cross Caribbean Countdown TCC043
4:30 AM							
5:00 AM	Cross Caribbean Countdown TCC042	Cross Caribbean Countdown TCC042	COOK-UP	COOK-UP	COOK-UP	Cross Caribbean Countdown TCC043	COOK-UP
5:30 AM							