



PROGRAMMING SCHEDULE

MAY 21 - MAY 27, 2007

	Monday - 5/21	Tuesday - 5/22	Wednesday - 5/23	Thursday - 5/24	Friday - 5/25	Saturday - 5/26	Sunday - 5/27
6:00 AM	Respect	Respect	Respect	Respect	Respect	Respect	Respect
6:30 AM							
7:00 AM	Rise & Shine	Rise and Shine "We Are Spiritual People"	Rise & Shine	Rise and Shine "We Are Spiritual People"	Rise & Shine	Rise & Shine	Rise and Shine "We Are Spiritual People"
7:30 AM	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP
8:00 AM							
8:30 AM	COOK-UP	COOK-UP	COOK-UP	COOK-UP	COOK-UP	COOK-UP	COOK-UP
9:00 AM	Rise and Shine "We Are Spiritual People"	Rise & Shine	Rise and Shine "We Are Spiritual People"	Rise & Shine	Rise and Shine "We Are Spiritual People"	Rise & Shine	Rise and Shine "We Are Spiritual People"
9:30 AM	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP	COOK- UP
10:00 AM							
10:30 AM	Respect	Respect	COOK-UP	Respect	Cross Caribbean Countdown TCC050A	COOK-UP	COOK-UP
11:00 AM							
11:30 AM	COOK-UP	Cross Caribbean Countdown TCC049	Respect	COOK-UP	COOK-UP	Cross Caribbean Countdown TCC050A	Downtown Island Island Shopping: St. CroixTDI024
12:00 PM	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	COOK-UP	Cross Caribbean Countdown TCC049	Soca Circuit: Girl Power		Respect	Respect
12:30 PM				COOK- UP	COOK-UP		
1:00 PM	Cross Caribbean Countdown TCC049	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	COOK-UP	Downtown Island Made In JamaicaTDI036	Respect	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	Rise and Shine "We Are Spiritual People"
1:30 PM							COOK- UP
2:00 PM	Soca Circuit: Girl Power	WIDC NYC 2006	Downtown Island Schoneberg Culture CenterTDI019	Inside the Rhythm Alison HindsTRH002	DI TTO Special	Soca Circuit: Girl Power	Soca Circuit: J'ouvert
2:30 PM	COOK- UP			COOK- UP		COOK- UP	COOK- UP
3:00 PM	COOK-UP	COOK-UP	Soca Circuit: Girl Power	Rise and Shine "We Are Spiritual People"	COOK-UP	Rise and Shine "We Are Spiritual People"	Cross Caribbean Countdown TCC050A
3:30 PM			COOK- UP	COOK- UP		COOK- UP	
4:00 PM	Rise and Shine "We Are Spiritual People"	Rise and Shine "We Are Spiritual People"	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	COOK-UP	Rise and Shine "We Are Spiritual People"	Live & Direct: Tempo Turns One	Pull-Up Selecta Saigon, MIMSTPU0702
4:30 PM	COOK- UP	COOK- UP			COOK- UP		
5:00 PM	COOK-UP	COOK-UP	COOK-UP	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	COOK-UP	COOK- UP	COOK-UP
5:30 PM						COOK- UP	
6:00 PM							Rise and Shine "We Are Spiritual People"
6:30 PM	Respect	Respect	COOK-UP	COOK-UP	Respect	Respect	COOK- UP
7:00 PM	Cross Caribbean Countdown TCC049	Cross Caribbean Countdown TCC049	Cross Caribbean Countdown TCC049	Cross Caribbean Countdown TCC050A (P)	Cross Caribbean Countdown TCC050A	Downtown Island Kalabash CafeTDI015	COOK-UP
7:30 PM							
8:00 PM	Ridin With Rupee	Live & Direct: Tempo Turns One	Richie Spice: In The Streets To Africa	Respect	Soca Circuit: Girl Power	Soca Circuit: J'ouvert (P)	Respect
8:30 PM	COOK- UP		COOK- UP		COOK- UP	COOK- UP	
9:00 PM	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701		COOK-UP	Soca Circuit: Dimanche Gras	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	Pull-Up Selecta Saigon, MIMSTPU0702 (P)	Respect
9:30 PM		COOK- UP		COOK- UP			
10:00 PM	COOK-UP	COOK-UP	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	Soca Circuit: Girl Power	DI TTO Special	Cross Caribbean Countdown TCC050A	Cross Caribbean Countdown TCC050A
10:30 PM				COOK- UP			
11:00 PM	Respect	Live & Direct: New York City	COOK-UP	COOK-UP	Live & Direct: Nevis	COOK-UP	Soca Circuit: J'ouvert
11:30 PM							COOK- UP
	Tuesday - 5/22	Wednesday - 5/23	Thursday - 5/24	Friday - 5/25	Saturday - 5/26	Sunday - 5/27	Monday - 5/28
12:00 AM						Soca Circuit: J'ouvert	
12:30 AM	COOK-UP	COOK-UP	DI TTO Special	Cross Caribbean Countdown TCC050A	COOK-UP	COOK- UP	COOK-UP
1:00 AM							
1:30 AM	COOK-UP	COOK-UP	L&D: Jamaica	COOK-UP	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	Ridin With Rupee	COOK-UP
2:00 AM	L&D: St. Croix	Pull-Up Selecta Spragga Benz, Tony Matterhorn, Mr. LexTPU0701	COOK-UP	Ridin With Rupee	COOK-UP	Inside the Rhythm Alison HindsTRH002	Pull-Up Selecta Saigon, MIMSTPU0702
2:30 AM				COOK- UP		COOK- UP	
3:00 AM	COOK-UP	COOK-UP	Cross Caribbean Countdown TCC049	COOK-UP	Cross Caribbean Countdown TCC050A	Pull-Up Selecta Saigon, MIMSTPU0702	Ridin With Rupee
3:30 AM							COOK- UP
4:00 AM	COOK-UP	COOK-UP	COOK-UP	Soca Circuit: Dimanche Gras	Respect	Respect	Cross Caribbean Countdown TCC050A
4:30 AM				COOK- UP			
5:00 AM	Cross Caribbean Countdown TCC049	Cross Caribbean Countdown TCC049	COOK-UP	Cross Caribbean Countdown TCC050A	Respect	Cross Caribbean Countdown TCC050A	COOK-UP
5:30 AM							