

House of Wellness Clocks

Sunday 08:00 to 09:00 - EST or EDT when applicable

08:00 to 09:00	Cmd	Description	Satellite 102 & 104
:00:00	-	LOCAL News Theme window	
:00:08	-	News – refer to the separate news schedule for relevant	
commands			
:07:00	-	Show start on theme	
:15:00	1	LOCAL 3:30 commercial break window	
:25:00	1	LOCAL 3:25 commercial break window	
:35:00	1	LOCAL 3:30 commercial break window	
:45:00	1	LOCAL 3:25 commercial break window	
:52:00	1	LOCAL 3:15 commercial break window	
:59:50	4	LOCAL 0:05 news credit	

We recommend scheduling one additional break in each hour; reset breaks at top of hour.