

Programme	Country	Language	Time	Length	Day	Band / Frequency
Serving Today	Angola	English	09:30	15	Mo	SW - 4775/60, 6120/49
Serving Today	Botswana	English	09:30	15	Mo	SW - 9500/31
Serving Today	Botswana	English	04:30	15	Mo	DStv 155
Serving Today	Botswana	English	21:30	15	Mo	DStv 155
Serving Today	Botswana	English	23:15	15	Su	DStv 155
Serving Today	Botswana	English	09:30	15	Mo	Vivid 33
Serving Today	Botswana	English	21:30	15	Mo	Vivid 33
Serving Today	Botswana	English	21:30	15	Mo	SW - 3200/90
Serving Today	Botswana	English	09:30	15	Mo	DStv 155
Serving Today	Botswana	English	04:30	15	Mo	Vivid 33
Serving Today	Botswana	English	21:30	15	Fr	MW - 1170
Serving Today	Botswana	English	23:15	15	Su	Vivid 33
Serving Today	Cameroon	English	09:30	15	Mo	SW - 4775/60, 6120/49
Serving Today	Central African Republic	English	19:32	15	We	SW - 9500/31
Serving Today	Congo, Democratic Republic	English	19:32	15	We	SW - 9500/31
Serving Today	Gabon	English	09:30	15	Mo	SW - 4775/60, 6120/49
Serving Today	Kenya	English	09:30	15	Mo	SW - 4775/60, 6120/49
Serving Today	Lesotho	English	04:30	15	Mo	DStv 155
Serving Today	Lesotho	English	21:30	15	Mo	DStv 155
Serving Today	Lesotho	English	04:30	15	Mo	Vivid 33
Serving Today	Lesotho	English	21:30	15	Mo	Vivid 33
Serving Today	Lesotho	English	09:30	15	Mo	SW - 9500/31
Serving Today	Lesotho	English	21:30	15	Mo	SW - 3200/90
Serving Today	Lesotho	English	23:15	15	Su	Vivid 33
Serving Today	Lesotho	English	09:30	15	Mo	Vivid 33
Serving Today	Lesotho	English	23:15	15	Su	DStv 155
Serving Today	Lesotho	English	21:30	15	Fr	MW - 1170
Serving Today	Lesotho	English	09:30	15	Mo	DStv 155
Serving Today	Malawi, Blantyre	English	22:30	15	Su	FM - 89.1
Serving Today	Malawi, Blantyre	English	04:30	15	Mo	FM - 89.1
Serving Today	Malawi, Zomba	English	22:30	15	Su	FM - 106.4

Programme	Country	Language	Time	Length	Day	Band / Frequency
Serving Today	Malawi, Zomba	English	21:30	15	Mo	FM - 106.4
Serving Today	Malawi, Blantyre	English	14:00	15	Su	FM - 89.1
Serving Today	Malawi, Ntchisi	English	21:30	15	Mo	FM - 90.7
Serving Today	Malawi, Mvera	English	22:30	15	Su	FM - 91.1
Serving Today	Malawi, Dedza	English	14:00	15	Su	FM - 96.4
Serving Today	Malawi, Zomba	English	04:30	15	Mo	FM - 106.4
Serving Today	Malawi, Mzimba	English	21:30	15	Mo	FM - 106.4
Serving Today	Malawi, Mvera	English	14:00	15	Su	FM - 91.1
Serving Today	Malawi, Ntchisi	English	22:30	15	Su	FM - 90.7
Serving Today	Malawi, Mvera	English	21:30	15	Mo	FM - 91.1
Serving Today	Malawi, Mzimba	English	14:00	15	Su	FM - 106.4
Serving Today	Malawi, Mzimba	English	04:30	15	Mo	FM - 106.4
Serving Today	Malawi, Dedza	English	21:30	15	Mo	FM - 96.4
Serving Today	Malawi, Dedza	English	22:30	15	Su	FM - 96.4
Serving Today	Malawi, Ntchisi	English	14:00	15	Su	FM - 90.7
Serving Today	Malawi, Blantyre	English	21:30	15	Mo	FM - 89.1
Serving Today	Malawi, Dedza	English	04:30	15	Mo	FM - 96.4
Serving Today	Malawi, Mvera	English	04:30	15	Mo	FM - 91.1
Serving Today	Malawi, Zomba	English	14:00	15	Su	FM - 106.4
Serving Today	Malawi, Ntchisi	English	04:30	15	Mo	FM - 90.7
Serving Today	Malawi, Mzimba	English	22:30	15	Su	FM - 106.4
Serving Today	Mozambique	English	04:30	15	Mo	DStv 155
Serving Today	Mozambique	English	23:15	15	Su	DStv 155
Serving Today	Mozambique	English	09:30	15	Mo	SW - 4775/60, 6120/49, 9500/31
Serving Today	Mozambique	English	21:30	15	Fr	MW - 1170
Serving Today	Mozambique	English	21:30	15	Mo	DStv 155
Serving Today	Mozambique	English	09:30	15	Mo	Vivid 33
Serving Today	Mozambique	English	21:30	15	Mo	Vivid 33
Serving Today	Mozambique	English	04:30	15	Mo	Vivid 33
Serving Today	Mozambique	English	09:30	15	Mo	DStv 155
Serving Today	Mozambique	English	23:15	15	Su	Vivid 33
Serving Today	Mozambique	English	21:30	15	Mo	SW - 3200/90
Serving Today	South Africa	English	21:30	15	Fr	MW - 1170
Serving Today	South Africa	English	04:30	15	Mo	Vivid 33
Serving Today	South Africa	English	09:30	15	Mo	Vivid 33

Programme	Country	Language	Time	Length	Day	Band / Frequency
Serving Today	South Africa	English	04:30	15	Mo	DStv 155
Serving Today	South Africa	English	21:30	15	Mo	DStv 155
Serving Today	South Africa	English	21:30	15	Mo	Vivid 33
Serving Today	South Africa	English	09:30	15	Mo	DStv 155
Serving Today	South Africa	English	23:15	15	Su	Vivid 33
Serving Today	South Africa	English	21:30	15	Mo	SW - 3200/90
Serving Today	South Africa	English	23:15	15	Su	DStv 155
Serving Today	South Africa	English	09:30	15	Mo	SW - 4775/60, 6120/49, 9500/31
Serving Today	Swaziland	English	09:30	15	Mo	SW - 9500/31
Serving Today	Swaziland	English	04:30	15	Mo	DStv 155
Serving Today	Swaziland, Manzini	English	07:30	15	Mo	FM - 97.1
Serving Today	Swaziland	English	09:30	15	Mo	Vivid 33
Serving Today	Swaziland	English	23:15	15	Su	DStv 155
Serving Today	Swaziland	English	21:30	15	Fr	MW - 1170
Serving Today	Swaziland, Hlatikulu	English	07:30	15	Mo	FM - 101.0
Serving Today	Swaziland, Siteki	English	07:30	15	Mo	FM - 96.0
Serving Today	Swaziland	English	21:30	15	Mo	DStv 155
Serving Today	Swaziland	English	09:30	15	Mo	DStv 155
Serving Today	Swaziland	English	21:30	15	Mo	Vivid 33
Serving Today	Swaziland, Piggs Peak	English	07:30	15	Mo	FM - 97.0
Serving Today	Swaziland	English	21:30	15	Mo	SW - 3200/90
Serving Today	Swaziland	English	04:30	15	Mo	Vivid 33
Serving Today	Swaziland	English	23:15	15	Su	Vivid 33
Serving Today	Swaziland, Mbabane	English	07:30	15	Mo	FM - 95.0
Serving Today	Tanzania	English	09:30	15	Mo	SW - 4775/60, 6120/49
Serving Today	Uganda	English	09:30	15	Mo	SW - 4775/60, 6120/49
Serving Today	Uganda	English	19:32	15	We	SW - 9500/31
Serving Today	Zambia	English	19:32	15	We	SW - 9500/31
Serving Today	Zimbabwe	English	21:30	15	Mo	Vivid 33
Serving Today	Zimbabwe	English	21:30	15	Mo	SW - 3200/90
Serving Today	Zimbabwe	English	04:30	15	Mo	DStv 155

Programme	Country	Language	Time	Length	Day	Band / Frequency
Serving Today	Zimbabwe	English	09:30	15	Mo	Vivid 33
Serving Today	Zimbabwe	English	04:30	15	Mo	Vivid 33
Serving Today	Zimbabwe	English	23:15	15	Su	Vivid 33
Serving Today	Zimbabwe	English	21:30	15	Fr	MW - 1170
Serving Today	Zimbabwe	English	23:15	15	Su	DStv 155
Serving Today	Zimbabwe	English	09:30	15	Mo	SW - 9500/31
Serving Today	Zimbabwe	English	21:30	15	Mo	DStv 155
Serving Today	Zimbabwe	English	09:30	15	Mo	DStv 155