

House of Wellness Clocks

Sunday 0800 to 0900 – EST or EDT when applicable

Available outside the NRL Season

0800 to 0900	Command	Description – Satellite Channel 102 & 104
:00:00	-	LOCAL News Theme Window
:00:08	-	News – refer to separate News Schedule
:07:00	-	Show starts/resumes 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.