

Fitness First TV Schedule on ICN2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM	Fitness First LAC	Fitness First LAC	Fitness First LAC	Fitness First LAC	Fitness First LAC	Fitness First LAC	Fitness First LAC
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							Fitness First LAC
6:00 PM							
6:30 PM							
7:00 PM	Fitness First LAC						
7:30 PM					Fitness First LAC		
8:00 PM						Fitness First LAC	
8:30 PM							
9:00 PM		Fitness First LAC					
9:30 PM							
10:00 PM							