

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 AM	BBC World Service	BBC World Service	BBC World Service	BBC World Service	BBC World Service	BBC World Service	BBC World Service
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM	Morning Edition					With Good Reason	HealthLink on Air
6:00 AM						The Campbell Conversations	
6:30 AM						Travel with Rick Steves	Fresh Air Weekend
7:00 AM						Weekend Edition	Weekend Edition
8:00 AM							
9:00 AM							
10:00 AM	1A					Hidden Brain	Ted Radio Hour
11:00 AM						Wait Wait Don't Tell Me	
12:00 PM	Fresh Air					Planet Money/How I Built This	Freakonomics Radio
1:00 PM	On Point					This American Life	Travel with Rick Steves
2:00 PM	Here & Now				Science Friday	Reveal	New Yorker Radio Hour
3:00 PM						On the Media	The Moth
4:00 PM	All Things Considered					It's Been a Minute	Wait Wait, Don't Tell Me!
5:00 PM						All Things Considered	All Things Considered
6:00 PM						Ted Radio Hour	The Campbell Conversations
6:30 PM							With Good Reason
7:00 PM	As It Happens					American Routes	Paul Ingles' Music Archive Showcase
8:00 PM							The Capitol Pressroom
9:00 PM	Fresh Air					Retro Cocktail Hour	
10:00 PM	Tuned to Yesterday						
11:00 PM							

WRVO 89.9 Oswego/Syracuse | WRVD 90.3 Syracuse | WRVN 91.9 Utica | WRVJ 91.7 Watertown | WRVH 89.3 Clayton  
WMVQ 90.5 Fenner | WSUC 90.5 Cortland | WRCU 90.1 Hamilton | 88.9 & 104.5 in Ithaca | 92.3 in Rome | 90.7 in Geneva | 89.9 in Norwich

Schedule as of July 2023