



Local Radio On-air Program Schedule

Updated 6/17/2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 AM	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	THE CLIMATE REPORT MAKING CONTACT Host Dale Steele	CAPITAL CITY RADIO Hosted by Alex Vasquez	DISTORTED NATION RADIO Host C. Kore	KUBU VARIETY SHOW Host Phil P Gram
1:00 AM	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	CAPITAL CITY RADIO Hosted by Alex Vasquez	DISTORTED NATION RADIO Host C. Kore	KUBU VARIETY SHOW Host Phil P Gram
2:00 AM	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	JIM SMILES SHOW Host Jim Smiles	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
3:00 AM	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	ALTERNATIVE RADIO Host David Barsamian	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
4:00 AM	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	ECONOMIC UPDATE Hosted by Richard Wolff	THE LEAGUE OF MUSICAL DETECTORISTS Host William Fuller	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
5:00 AM	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	THE LEAGUE OF MUSICAL DETECTORISTS Host William Fuller	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
6:00 AM	SAY LA VIE Hosted by Todd Boyd	SACRAMENTO CITY COUNCIL MEETINGS LIVE	KUBU VARIETY SHOW Host Phil P Gram	KUBU Variety Show Host Phil P Gram	SEMI TWANG Host Paul Heftti	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
7:00 AM	WRITERS ON THE AIR Hosted by Todd Boyd	SACRAMENTO CITY COUNCIL MEETINGS LIVE	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	SEMI TWANG Host Paul Heftti	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
8:00 AM	THE DENISE R McCOY SHOW Host Denise McCoy	SACRAMENTO CITY COUNCIL MEETINGS LIVE	ECONOMIC UPDATE Hosted by Richard Wolff	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
9:00 AM	THE DENISE R McCOY SHOW Host Denise McCoy	SACRAMENTO COUNTY BOARD OF SUPERVISOR MEETINGS LIVE	KALEIDOSCOPE MUSIC HOUR Host Donny Edwin	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
10:00 AM	SOPHISTICATED SOUL Hosted by First Lady Felicia K	SACRAMENTO COUNTY BOARD OF SUPERVISOR MEETINGS LIVE	RETRO RADIO USA Hosted by Bobby James	THE WEEKLY CONTEXT Host J.C. Gonzalez	CLASSIC HIP HOP AND R&B Host First Lady Felicia K	KUBU VARIETY SHOW Host Phil P Gram	CENTER OF THE UNIVERSE Host Michael Mercury
11:00 AM	SOPHISTICATED SOUL Hosted by First Lady Felicia K	SACRAMENTO COUNTY BOARD OF SUPERVISOR MEETINGS LIVE	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram	CLASSIC HIP HOP AND R&B Host First Lady Felicia K	KUBU VARIETY SHOW Host Phil P Gram	CENTER OF THE UNIVERSE Host Michael Mercury
12:00 PM	UNAPOLOGETIC HOUR Host Dene Starks	SACRAMENTO COUNTY BOARD OF SUPERVISOR MEETINGS LIVE	THE CLIMATE REPORT MAKING CONTACT Host Dale Steele	KUBU VARIETY SHOW Host Phil P Gram	BEYOND THE INVISIBLE Host Pensatrix	LONG HAIR DETECTORIST GUILD Host William Fuller	SACRAMENTO ITALIAN STYLE Host Phyllis Caparo
1:00 PM	UNAPOLOGETIC HOUR Host Dene Starks	SACRAMENTO COUNTY BOARD OF SUPERVISOR MEETINGS LIVE	KUBU VARIETY SHOW Host Phil P Gram	CENTER OF THE UNIVERSE Host Michael Mercury	BEYOND THE INVISIBLE Host Pensatrix	LONG HAIR DETECTORIST GUILD Host William Fuller	SACRAMENTO ITALIAN STYLE Host Phyllis Caparo
2:00 PM	THIS IS YOUR SEASONS RADIO SHOW Hosted by Pastor Roxy	SACRAMENTO COUNTY BOARD OF SUPERVISOR MEETINGS LIVE	JIM SMILES SHOW Host Jim Smiles	GOT SCIENCE Host Colleen Mc Donald	BEYOND THE INVISIBLE Host Pensatrix	LONG HAIR DETECTORIST GUILD Host William Fuller	HAVE A WORD Hosted by Minister Gaspard
3:00 PM	THIS IS YOUR SEASONS RADIO SHOW Hosted by Pastor Roxy	SACRAMENTO COUNTY BOARD OF SUPERVISOR MEETINGS LIVE	KUBU VARIETY SHOW Host Phil P Gram	OLD SCHOOL JAZZ SHOW Hosted by Elwood J.	GUMBO MUSIC MIX Host Miss Emily	BIG GAY HAPPY HOUR Host Steven Sparkles	KUBU VARIETY SHOW Host Phil P Gram
4:00 PM	FOOD TALK Hosted by Chef Ernesto	SACRAMENTO CITY COUNCIL MEETINGS LIVE	THE LEAGUE OF MUSICAL DETECTORISTS Host William Fuller	OLD SCHOOL JAZZ SHOW Hosted by Elwood J.	GUMBO MUSIC MIX Host Miss Emily	BIG GAY HAPPY HOUR Host Steven Sparkles	KUBU VARIETY SHOW Host Phil P Gram
5:00 PM	FOOD TALK Hosted by Chef Ernesto	SACRAMENTO CITY COUNCIL MEETINGS LIVE	THE LEAGUE OF MUSICAL DETECTORISTS Host William Fuller	OLD SCHOOL JAZZ SHOW Hosted by Elwood J.	GUMBO MUSIC MIX Host Miss Emily	BIG GAY HAPPY HOUR Host Steven Sparkles	KUBU VARIETY SHOW Host Phil P Gram
6:00 PM	LATE NIGHT SACRAMENTO Host Kevin Koble	SACRAMENTO CITY COUNCIL MEETINGS LIVE	LATE NIGHT SACRAMENTO Host Kevin Koble	SEMI TWANG Host Paul Heftti	SMOOTH JAZZ RADIO Host Michael Andrews	SMOOTH JAZZ RADIO Host Michael Andrews	KUBU VARIETY SHOW Host Phil P Gram

7:00 PM	HELLO COMRADES Hosted by Comrade Evan	SACRAMENTO CITY COUNCIL MEETINGS LIVE	CMK RADIO Hosted by Jake & Lindsey	SEMI TWANG Host Paul Heftti	SMOOTH JAZZ RADIO Host Michael Andrews	SMOOTH JAZZ RADIO Host Michael Andrews	KUBU VARIETY SHOW Host Phil P Gram
8:00 PM	100 PUNKS Host Trevor the Old Anarchist	SACRAMENTO CITY COUNCIL MEETINGS LIVE	RETRO RADIO USA Hosted by Bobby James	THE MIKE & MATTY SHOW Host Mike & Matty	SHO NUFF SHOW Hosted by Lord Rone D Savage	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
9:00 PM	100 PUNKS Host Trevor the Old Anarchist	SACRAMENTO CITY COUNCIL MEETINGS LIVE	KALEIDOSCOPE MUSIC HOUR Hosted by Donnie Edwin	JAZZ AND BEYOND Host Glenn Jacobs	SHO NUFF SHOW Hosted by Lord Rone D Savage	KUBU VARIETY SHOW Host Phil P Gram	KUBU VARIETY SHOW Host Phil P Gram
10:00 PM	METAL GODS RADIO Hosted by Zoran Theodorovic	KUBU VARIETY SHOW Host Phil P Gram	CAPITAL CITY RADIO Hosted by Alex Vasquez	JAZZ AND BEYOND Host Glenn Jacobs	STAY RUDE RADIO Host Spanky The Boss DJ	FANS RADIO SACRAMENTO Hosted by 1st lady lisa and DJ Seven	KUBU VARIETY SHOW Host Phil P Gram
11:00 PM	METAL GODS RADIO Hosted by Zoran Theodorovic	KUBU VARIETY SHOW Host Phil P Gram	CAPITAL CITY RADIO Hosted by Alex Vasquez	KUBU VARIETY SHOW Host Phil P Gram	STAY RUDE RADIO Host Spanky The Boss DJ	FANS RADIO SACRAMENTO Hosted by 1st lady lisa and DJ Seven	KUBU VARIETY SHOW Host Phil P Gram