

Destination Fitness  
Program Clock

<b>00:00</b> News
<b>06:00</b> <u>Show Start/Segment 1</u>
<b>17:00</b> Break 1: 3 Min.
<b>20:00</b> <u>Segment 2</u>
<b>29:50</b> Bottom ID
<b>30:00</b> Break 2/News: 4 Min.
<b>34:00</b> <u>Segment 3</u>
<b>42:00</b> Break 3: 3 Min
<b>45:00</b> <u>Segment 4</u>
<b>52:00</b> Break 4: 3 Min.
<b>55:00</b> <u>Segment 5</u>
<b>59:50</b> Top ID
<a href="http://www.destinationfitnessradio.com">www.destinationfitnessradio.com</a>