

TV Fargo Schedule of Recurring Programs (channel 99)

Single-episode programs are added to the schedule each week. For the complete daily schedule, please tune to the community billboard on TV Fargo or Access 12. Items in bold indicate changes made to the schedule since the last version. This schedule takes effect on **September 1**.

First Monday

4 a.m.	NASA TV (3 hours)
8 a.m.	Health programming
8:30 a.m.	Books in Review
9 a.m.	Recon: a U.S. military news magazine
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
1 p.m.	Library board rebroadcast
3 p.m.	Destination Pets
4 p.m.	City Center: information from the City of Fargo for its residents
5 p.m.	NASA Television
6 p.m.	The American Veteran
7 p.m.	To be announced
8:30 p.m.	The Grill Sergeants: military chefs share their recipes
9 p.m.	Education News Parents Can Use
11 p.m.	NASA TV

First Tuesday

4 a.m.	NASA TV (3 hours)
8 a.m.	Native American Commission rebroadcast
10 a.m.	Auditorium Commission rebroadcast
Noon	Sit and Be Fit
12:30 p.m.	Vets Visit on TV
1 p.m.	Community Development Committee rebroadcast
3 p.m.	Traffic Technical Advisory Committee rebroadcast
4:30 p.m.	Today's Air Force
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Spotlight North Dakota
7 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
8:30 p.m.	Tax-Exempt Review Committee rebroadcast
11 p.m.	NASA TV

First Wednesday

4 a.m.	NASA TV (3 hours)
8 a.m.	University Channel
9:30 a.m.	Liquor Control Board Rebroadcast
12 p.m.	Human Relations Commission (live in odd-numbered months/replay in others)
1 p.m.	NASA Television
2:30 p.m.	Wildlife Spotlight
3 p.m.	The Grill Sergeants: cooking expertise from the U.S. military
4 p.m.	Traffic Technical Committee Live
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Books in Review
6:30 p.m.	City Center: information from the City of Fargo for its residents
8:30 p.m.	Destination Pets
9 p.m.	Board of Adjustment rebroadcast (if recent; if not, another program will air)
11 p.m.	NASA TV

First Thursday

4 a.m.	NASA TV (3 hours)
7:45 a.m.	Parking Commission live
9:30 a.m.	To be announced
10:30 a.m.	University Channel
11:30 a.m.	Today's Air Force
Noon	Sit and Be Fit
12:30 p.m.	Small Business School
1 p.m.	Tax Exempt Review Committee rebroadcast
2:30 p.m.	Recon: a U.S. military news magazine
3 p.m.	NASA TV (2 hours)
5:30 p.m.	To be announced
7 p.m.	City Commission meeting rebroadcast
10 p.m.	Army Newswatch
11 p.m.	NASA TV

First Friday

4 a.m.	NASA TV (3 hours)
8 a.m.	To be announced
9 a.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
12:30 p.m.	Today's Air Force
1 pm	Books in Review
2:30 p.m.	Army Newswatch
3 p.m.	Spotlight North Dakota
4 p.m.	NASA Television
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Historic Preservation Committee rebroadcast
8 p.m.	NASA Television
9:30 p.m.	Vets Visits on TV: information for active and retired military members
11 p.m.	NASA TV

First Saturday

4 a.m.	NASA TV (3 hours)
8 a.m.	City Commission rebroadcast
12 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
12:30 p.m.	Vets Visit on TV
1 p.m.	NASA Television
2 p.m.	Small Business School
2:30 p.m.	Yoga Daily Practice
4 p.m.	NASA TV
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Native Nation Building
7 p.m.	Destination Pets
8 p.m.	Health programming
9 p.m.	Books in Review
9:30 p.m.	Wake Up and Smell the Poetry
11 p.m.	NASA TV

First Sunday

4 a.m.	NASA TV (3 hours)
8 a.m.	Planning Commission rebroadcast
Noon	Sit and Be Fit
12:30 p.m.	Army Newswatch
1 p.m.	NASA TV
2 p.m.	Disc Golf Magazine
3:30 p.m.	Spotlight North Dakota
5 p.m.	Wildlife Spotlight
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Partners Video Magazine
7 p.m.	Small Business School
7:30 p.m.	Today's Air Force
8:30 p.m.	City Center: information from the City of Fargo for its residents
9 p.m.	Golf with D.T.
11 p.m.	NASA TV

Second Monday

4 a.m.	NASA TV (3 hours)
8 a.m.	Health programming
8:30 a.m.	Books in Review
9 a.m.	Recon: a U.S. military news magazine
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
12:30 p.m.	Historic Preservation Commission meeting rebroadcast
2 p.m.	NASA Television
3 p.m.	Destination Pets
4 p.m.	City Center: information from the City of Fargo for its residents
5 p.m.	City Commission live
8:30 p.m.	The Grill Sergeants: military chefs share their recipes
9 p.m.	Education News Parents Can Use
11 p.m.	NASA TV

Second Tuesday

4 a.m.	NASA TV (3 hours)
8 a.m.	Spotlight North Dakota
10 a.m.	University Channel
Noon	Sit and Be Fit
12:30 p.m.	Vets Visit on TV
1 p.m.	Board of Health meeting rebroadcast
3 p.m.	NASA TV (1 hour)
4:30 p.m.	Today's Air Force
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Spotlight North Dakota
7 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
8 p.m.	Traffic Technical Advisory Committee rebroadcast
9:30 p.m.	To be announced

Second Wednesday

4 a.m.	NASA TV (3 hours)
8 a.m.	Planning Commission live
Noon	To be announced
1 p.m.	NASA TV (1 hour)
2:30 p.m.	Wildlife Spotlight
3 p.m.	The Grill Sergeants: cooking expertise from the U.S. military
3:30 p.m.	University Channel
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Books in Review
6:30 p.m.	City Center: information from the City of Fargo for its residents
7 p.m.	Native American Commission rebroadcast
8:30 p.m.	Destination Pets
11 p.m.	NASA TV

Second Thursday

4 a.m.	NASA TV (3 hours)
8 a.m.	Community Development Committee meeting rebroadcast
10:30 a.m.	Liquor Control Board rebroadcast
11:30 a.m.	Today's Air Force
Noon	Sit and Be Fit
12:30 p.m.	Small Business School
1 p.m.	NASA TV (1 hour)
2:30 p.m.	Recon: a U.S. military news magazine
3 p.m.	Auditorium Commission rebroadcast
5 p.m.	Native American Commission live
7 p.m.	City Commission meeting rebroadcast
10 p.m.	Army Newswatch
11 p.m.	NASA TV

Second Friday

4 a.m.	NASA TV (3 hours)
8 a.m.	To be announced
9 a.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
12:30 p.m.	Today's Air Force
1 p.m.	Books in Review
1:30 p.m.	Board of Adjustment rebroadcast (if recent; if not, another program will air)
2:30 p.m.	Army Newswatch
3 p.m.	Spotlight North Dakota
4 p.m.	NASA Television
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Parking Commission rebroadcast
8 p.m.	Human Relations Commission rebroadcast
9:30 p.m.	Vets Visits on TV: information for active and retired military members
11 p.m.	NASA TV

Second Saturday

4 a.m.	NASA TV (3 hours)
8 a.m.	City Commission rebroadcast
12 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
12:30 p.m.	Vets Visit on TV
1 p.m.	NASA Television
2 p.m.	Small Business School
2:30 p.m.	Yoga Daily Practice
4 p.m.	NASA TV
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Native Nation Building
7 p.m.	Destination Pets
8 p.m.	Health programming
9 p.m.	Books in Review
9:30 p.m.	Wake Up and Smell the Poetry
11 p.m.	NASA TV

Second Sunday

4 a.m.	NASA TV (3 hours)
8 a.m.	Planning Commission rebroadcast
Noon	Sit and Be Fit
12:30 p.m.	Army Newswatch
1 p.m.	NASA Television
2 p.m.	Disc Golf Magazine
3:30 p.m.	Spotlight North Dakota
5 p.m.	Wildlife Spotlight
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Partners Video Magazine
7 p.m.	Small Business School
7:30 p.m.	Today's Air Force
8:30 p.m.	City Center: information from the City of Fargo for its residents
9 p.m.	Golf with D.T.
11 p.m.	NASA TV

Third Monday

4 a.m.	NASA TV (3 hours)
8 a.m.	Health programming
8:30 a.m.	Books in Review
9 a.m.	Recon: a U.S. military news magazine
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
1 p.m.	Library board rebroadcast
3 p.m.	Destination Pets
4 p.m.	City Center: information from the City of Fargo for its residents
5 p.m.	NASA Television
6 p.m.	The American Veteran: a news magazine from the U.S. Department of Veterans Affairs
7 p.m.	To be announced
8:30 p.m.	The Grill Sergeants: military chefs share their recipes
9 p.m.	Education News Parents Can Use
11 p.m.	NASA TV

Third Tuesday

4 a.m.	NASA TV (3 hours)
8 a.m.	Historic Preservation Commission live
10 a.m.	NASA Television
11 a.m.	NASA Television
Noon	Sit and Be Fit
12:30 p.m.	Vets Visit on TV
1 p.m.	Parking Commission rebroadcast
2:30 p.m.	Spotlight North Dakota
4 p.m.	Library Board Live
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Spotlight North Dakota
7 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
7:30 p.m.	Planning Commission rebroadcast
11 p.m.	NASA TV

Third Wednesday

4 a.m.	NASA TV (3 hours)
8:30 a.m.	Traffic Technical Advisory Committee rebroadcast
10 a.m.	NASA Television
11:00 a.m.	University Channel
1:30 p.m.	Liquor Control Board Live
2:30 p.m.	Wildlife Spotlight
3 p.m.	The Grill Sergeants: cooking expertise from the U.S. military
4 p.m.	NASA Television
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Books in Review
6:30 p.m.	City Center: information from the City of Fargo for its residents
7:30 p.m.	To be announced
8:30 p.m.	Destination Pets
9:30 p.m.	Library Board rebroadcast
11 p.m.	NASA TV

Third Thursday

4 a.m.	NASA TV (3 hours)
8 a.m.	University Channel
10 a.m.	Board of Health rebroadcast
11:30 a.m.	Today's Air Force
Noon	Sit and Be Fit
12:30 p.m.	Small Business School
1 p.m.	NASA TV (1 hour)
2:30 p.m.	Recon: a U.S. military news magazine
2:30 p.m.	Community Development Committee live
5 p.m.	Health programming
6 p.m.	NASA Television
7 p.m.	City Commission meeting rebroadcast
10 p.m.	Army Newswatch
11 p.m.	NASA TV

Third Friday

4 a.m.	NASA TV (3 hours)
7:30 a.m.	Auditorium Commission live
9 a.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
12:30 p.m.	Today's Air Force
1 p.m.	Books in Review
2:30 p.m.	Army Newswatch
3 p.m.	Spotlight North Dakota
4 p.m.	University Channel
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	NASA Television
7:30 p.m.	Historic Preservation Commission rebroadcast
9:30 p.m.	Vets Visits on TV: information for active and retired military members
11 p.m.	NASA TV

Third Saturday

4 a.m.	NASA TV (3 hours)
8 a.m.	City Commission rebroadcast
12 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
12:30 p.m.	Vets Visit on TV
1 p.m.	NASA Television
2 p.m.	Small Business School
2:30 p.m.	Yoga Daily Practice
4 p.m.	NASA TV
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Native Nation Building
7 p.m.	Destination Pets
8 p.m.	Health programming
9 p.m.	Books in Review
9:30 p.m.	Wake Up and Smell the Poetry
11 p.m.	NASA TV

Third Sunday

4 a.m.	NASA TV (3 hours)
8 a.m.	Planning Commission rebroadcast
Noon	Sit and Be Fit
12:30 p.m.	Army Newswatch
1 p.m.	NASA Television
2 p.m.	Disc Golf Magazine
3:30 p.m.	Spotlight North Dakota
5 p.m.	Wildlife Spotlight
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Partners Video Magazine
7 p.m.	Small Business School
7:30 p.m.	Today's Air Force
8:30 p.m.	City Center: information from the City of Fargo for its residents
9 p.m.	Golf with D.T.
11 p.m.	NASA TV

Fourth Monday

4 a.m.	NASA TV (3 hours)
8 a.m.	Health programming
8:30 a.m.	Books in Review
9 a.m.	Recon: a U.S. military news magazine
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
12:30 p.m.	Historic Preservation Commission meeting rebroadcast
2 p.m.	NASA Television
3 p.m.	Destination Pets
4 p.m.	City Center: information from the City of Fargo for its residents
5 p.m.	City Commission live
8:30 p.m.	The Grill Sergeants: military chefs share their recipes
9 p.m.	Education News Parents Can Use
11 p.m.	NASA TV

Fourth Tuesday

4 a.m.	NASA TV (3 hours)
9 a.m.	Board of Adjustment live
10:30 a.m.	Library Board meeting rebroadcast
Noon	Sit and Be Fit
12:30 p.m.	Vets Visit on TV
1:30 p.m.	Tax-Exempt Review Committee live
3 p.m.	NASA TV (1 hour)
4:30 p.m.	Today's Air Force
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Spotlight North Dakota
7 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
7:30 p.m.	Liquor Control Board rebroadcast
9 p.m.	Auditorium Commission rebroadcast
11 p.m.	NASA TV

Fourth Wednesday

4 a.m.	NASA TV (3 hours)
8 a.m.	Planning Commission rebroadcast
Noon	Sit and Be Fit
1 p.m.	NASA Television
2:30 p.m.	Wildlife Spotlight
3 p.m.	The Grill Sergeants: cooking expertise from the U.S. military
4 p.m.	Native American Commission rebroadcast
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Books in Review
6:30 p.m.	City Center: information from the City of Fargo for its residents
7 p.m.	Community Development Committee rebroadcast
8:30 p.m.	Destination Pets
9 p.m.	University Channel
11 p.m.	NASA TV

Fourth Thursday

4 a.m.	NASA TV (3 hours)
8 a.m.	Parking Commission meeting rebroadcast
9:30 a.m.	Human Relations Commission meeting rebroadcast
11:30 a.m.	Today's Air Force
Noon	Sit and Be Fit
12:30 p.m.	Small Business School
2:30 p.m.	Recon: a U.S. military news magazine
3 p.m.	NASA Television
5:30 p.m.	Board of Health rebroadcast
7 p.m.	City Commission meeting rebroadcast
10 p.m.	Army Newswatch
11 p.m.	NASA TV

Fourth Friday

4 a.m.	NASA TV (3 hours)
8 a.m.	Board of Adjustment rebroadcast (if recent) or other programming
9 a.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
10:30 a.m.	Yoga Daily Practice
Noon	Sit and Be Fit
12:30 p.m.	Today's Air Force
1 p.m.	Books in Review
2:30 p.m.	Army Newswatch
3 p.m.	Spotlight North Dakota
4 p.m.	NASA Television
5:30 p.m.	Jazz Cardio Strength Stretch
6:30 p.m.	Tax-Exempt Review Committee rebroadcast
8 p.m.	To be announced
9:30 p.m.	Vets Visits on TV: information for active and retired military members
11 p.m.	NASA TV

Fourth Saturday

4 a.m.	NASA TV (3 hours)
8 a.m.	City Commission rebroadcast
12 p.m.	Fit for Duty: high-energy exercise program led by U.S. soldiers
12:30 p.m.	Vets Visit on TV
1 p.m.	NASA Television
2:30 p.m.	Yoga Daily Practice
4 p.m.	NASA TV
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Native Nation Building
7 p.m.	Destination Pets
8 p.m.	Health programming
9 p.m.	Books in Review
9:30 p.m.	Wake Up and Smell the Poetry
11 p.m.	NASA TV

Fourth Sunday

4 a.m.	NASA TV (3 hours)
8 a.m.	Planning Commission rebroadcast
Noon	Sit and Be Fit
12:30 p.m.	Army Newswatch
1 p.m.	NASA Television
2 p.m.	Disc Golf Magazine
3:30 p.m.	Spotlight North Dakota
5 p.m.	Wildlife Spotlight
5:30 p.m.	Jazz Cardio Strength Stretch
6 p.m.	Partners Video Magazine
7 p.m.	Small Business School
7:30 p.m.	Today's Air Force
8 p.m.	Health programming
8:30 p.m.	City Center: information from the City of Fargo for its residents
9 p.m.	Golf with D.T.
11 p.m.	NASA TV