

Sharon Towers Television- STTV

Channel 1394 Daily Schedule

Monday-Friday

9am Relaxation
 10am Fitness
 11am Mental Fitness
 1pm Fitness
 3pm Movie Matinee

Sunday

1pm Sunday Sounds
 3pm Movie Matinee
 6pm Bible Study



Sharon Towers

AT SOUTH PARK



Physical Fitness

Channel 1394

Monday-Friday- 10am & 1pm

	10:00 AM	1:00 PM
Monday	Cardio/Strength	Balance
Tuesday	Yoga	Dance
Wednesday	Cardio/Strength	Cardio/Strength
Thursday	Yoga	Dance
Friday	Balance	Cardio/Strength



Movie Matinees

Channel 1394

Monday-Friday- 3pm

Monday- Musical
Tuesday- Comedy
Wednesday- Drama
Thursday- Thriller
Friday- Classic
Sunday- Inspirational/Spiritual



Mental Fitness

Channel 1394

Monday-Friday- 11am

Monday- Arm Chair Travel
Tuesday- Ted Talks
Wednesday- Trivia Games
Thursday- *The Great Courses*
Friday- Biography