

Transmission times for Fit Happens Series Two  
Community Channel

Sky 539, Virgin 269, Freesat 164  
(Also Freeview 63 - mornings only for Freeview)

<u>Date</u>		<u>Time</u>	<u>Episode</u>
01-May	Mon	10:00	1
01-May	Mon	16:30	1
02-May	Tue	10:00	2
02-May	Tue	16:30	2
03-May	Wed	10:00	3
03-May	Wed	16:30	3
04-May	Thu	10:00	4
04-May	Thu	16:30	4
05-May	Fri	10:00	5
05-May	Fri	16:30	5
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06-May	Sat	11:30	4
07-May	Sun	11:30	5
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08-May	Mon	10:00	1
08-May	Mon	16:30	1
09-May	Tue	10:00	2
09-May	Tue	16:30	2
10-May	Wed	10:00	3
10-May	Wed	16:30	3
11-May	Thu	10:00	4
11-May	Thu	16:30	4
12-May	Fri	10:00	5
12-May	Fri	16:30	5
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19-May	Fri	10:00	1
19-May	Fri	16:30	1
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22-May	Mon	10:00	2
22-May	Mon	16:30	2
23-May	Tue	10:00	3
23-May	Tue	16:30	3
24-May	Wed	10:00	4
24-May	Wed	16:30	4
25-May	Thu	10:00	5
25-May	Thu	16:30	5
26-May	Fri	10:00	1
26-May	Fri	16:30	1