

MGTV TV- 15
SUBJECT TO CHANGE
WEEK OF JANUARY 22, 2018

Time	Mon. 1/22	Tue. 1/23	Wed. 1/24	Thur. 1/25	Fri. 1/26	Sat. 1/27	Sun. 1/28
9:00am	Fit For Duty/ Circuit Training	Fit For Duty/ Yoga For Runners	Fit For Duty/ Interval Training	Fit For Duty/ Legs, Buns, Abs	Fit For Duty/ Chair Exercises	Fit For Duty/ Yoga/ Pilates	Fit For Duty/ Latin Dance
9:30am	Greenworks/ Home Green Home	Organ Transplant Pgn.	Breast Cancer	ID Crisis	Reflections Of Monroeville	Future Soldier	USS Constitution
10:00am	In The Fight	Capitol Connection	Greenworks/ Green Building	In The Fight	Closer Look/ Afghanistan Crossroads	Capitol Connection	Greenworks/ Ecological Home
10:30am	Arthritis Prevention	Recon/ Conquering The Climb	Recon/ Big Muddy	Greenworks/ Economical Home	Diabetes Prevention	Armed With Science	Rising Sun Education
11:00am							
11:30am							
12:00pm	Planning Commission Replay	In The Fight	Joint Replacement	Capitol Connection	Two Fields One Team	In The Fight	Gettysburg Battle
12:30pm	Closer Look :Big Picture	Fraud Files	Recon Time Out	Greenworks/ A river Sojourn	Greenworks/ Living Communities	Greenworks/ Biodiversity	Greenworks/ Raying The Sun
1:00pm	Strength & Conditioning	Gettysburg Battle	Managing Joint Pain In Winter	Battling The Odds	Bragging Rights #2	Vietnam Wall Stories	Desert Vision
1:30pm	Recon/ Conspicuous Courage	Managing Type 2 Diabetes	Too Good To Be True	Eat Smart For Your Health	Greenworks/ Choose To Reuse	Organ Transplant Pgm.	Capitol Connection
2:00pm	Greenworks/ Bay To PA	Greenworks/ Echoes through Penns Woods	Recon/ Riverine Warriors	AF Horizons For Hondorus	Tour Of Duty/ Langly	Greenworks/ Environmental University	Command Performance
2:30pm							
3:00pm							
3:30pm							
4:00pm							
5:00pm							
6:00pm							Drill Teams
6:30pm							Back Pain
7:00pm	Greenworks/ Living Communities	Recon/ Vietnam Wall Stories	In The Fight	Strike Package	Marine Museum	Rising Sun/ The Aquarium	Digital Detectives
7:30pm	Capitol Connection	Greenworks/ Raying The Sun	Greenworks/ Cleaning The Air	Your Kidney's & You	Capitol Connection	Uss Constitution	Greenworks/ Enviromental Careers
8:00pm	War Against Japan	Recon/ 2008 Reloaded	American Veterans/ Tuscan Airmen	Lighter Than Air	Combat Camera	Greenworks/ Eat Locally	American Veterans/ Amputees
8:30pm	Steady On Your Feet	Balance Training	Seven Families Of Old Patton Twp.	Greenworks/ Water Resourses	Put Some Spring In Your Step	Ergonomics To Prevent Injuries	Reflections Of Monroeville
9:00pm	Greenworks/ Protecting Our Children's Health	Freedom Watch	Winter falls	Recon/ In Tandom	Engaging Africa	Recon/ Stolen Valor	Greenworks/ Polution Prevention
9:30pm	Tour Of Duty/ Camp Humphrey	Greenworks/ Erie & It's Environment	Closer Look Leadership	Greenworks/ Polution Solutions & Results	Whitetail Deer Of PA	Greenorks/ Evoronmental Pioneer	Coast Guard
10:00pm							