

TV Schedule

If you live in Manhattan you can watch MNN on local cable, channel numbers are at the bottom of this page.

You can watch MNN's online live streams anywhere for our [Community \(/live/1-community-channel\)](#), [Lifestyle \(/live/2-lifestyle-channel\)](#), [Spirit \(/live/3-spirit-channel\)](#), [Culture \(/live/4-culture-channel\)](#) or [HD Community \(/live/5-hd-channel\)](#) channels.

<div style="display: flex; justify-content: space-between; align-items: center;"> ◀ <div style="text-align: center;">  Jun 23, 2016 </div> ▶ </div>					
Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
12:00 AM	Subzro TV (Subzero Television) <i>Other</i>	Hair Lab <i>Educational</i>	Roca de mi Salvacion <i>Religion</i>	Midevenings with Jay Miller <i>Other</i>	Talkin' Xbox <i>Other</i>
12:30 AM	Khametic Ascendants <i>Other</i>	Saifuddin Speaks <i>Other</i>			The Stryke Zone <i>Other</i>
1:00 AM			Manny Manhattan News <i>Other</i>	Knowing of Falun Dafa <i>Other</i>	MEN of MANhattan <i>Self Help</i>
1:30 AM	Songs of Freedom <i>Other</i>	What's Trending <i>Other</i>	Knit Bootie <i>Other</i>	Da Bomb <i>Other</i>	Blunt Squad TV <i>Other</i>
2:00 AM	Dellapeppo Village <i>Other</i>		Studio 59/G-Street <i>Other</i>	A L T V: 29 Minutes <i>Other</i>	Digital-Pro Ent. <i>Music</i>
2:30 AM	New Arts Alive <i>Other</i>	Exit Entertainment <i>Other</i>		Noticias Dominicanas <i>Other</i>	Council Member Helen

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
3:00 AM			DMT God 3.0 <i>Religion</i>	Dr. Pannozzo Medical Hour <i>Other</i>	Rosenthal Town Hall 2016 <i>Community Affairs</i>
3:30 AM	The Public Voice Salon	Natural Mystic <i>Other</i>			The Future is Now Radio
4:00 AM	<i>Community Affairs</i>		Best Friends Since Kinergarten <i>Other</i>	TV Exclusivo <i>Cultural Issues</i>	<i>Youth</i>
4:30 AM	NAACP MMB <i>Community Affairs</i>	Tyrants in Therapy <i>Cultural Issues</i>			Puerto Rico: Fightback Against Colonialism & The Neoliberal Agenda
5:00 AM		Exit Entertainment <i>Other</i>	Natural Mystic <i>Other</i>	Robert Junior Show TV <i>Other</i>	<i>Other</i>
5:30 AM	Puerto Rico: Fightback Against Colonialism & The Neoliberal Agenda				Malin Falú <i>Other</i>
6:00 AM		Social Issues <i>Cultural Issues</i>	Brazil Gospel TV <i>Religion</i>	The Gregory Hopkins Hour <i>Other</i>	
6:30 AM	<i>Other</i> Radiovision <i>Community Affairs</i>				MNN El Barrio Firehouse TV
7:00 AM		Something Different <i>Religion</i>	La Vara Del Soberano <i>Other</i>	New Tang Dynasty <i>Other</i>	<i>Other</i>
7:30 AM	Access for All <i>Community Affairs</i>		A Better World <i>Other</i>		Diamante <i>Other</i>
8:00 AM	Democracy Now w/ Amy Goodman		Muhammad and Friends <i>Other</i>	Journey to the East <i>Cultural Issues</i>	Democracy Now w/ Amy Goodman

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
	<i>Political Advocacy</i>	Discussing Issues of Health with Dr. Alcena <i>Other</i>			<i>Political Advocacy</i>
8:30 AM		Elsy Dance And... <i>Other</i>		A Chat with Glendora <i>Other</i>	
9:00 AM	The Stephanie Miller Show <i>Community Affairs</i>		Rev. Jerry Bowen Show <i>Music</i>	The Melissa Cole Show <i>Educational</i>	Vivacious Speaks <i>Community Affairs</i>
9:30 AM		Caribbean Body Talk <i>Other</i>		Dominica TurismoTV <i>Other</i>	
10:00 AM	Truth for a Change <i>Political Advocacy</i>	Tyrants in Therapy <i>Cultural Issues</i>	Jesus is My Lord and Savior Broadcast <i>Other</i>		Sustainability <i>Environment</i>
10:30 AM		Bernice Perry - Frankly Speaking <i>Other</i>		Mel Berkowitz Presents <i>Other</i>	Mel Berkowitz Presents <i>Other</i>
11:00 AM	Conversations with Harold Hudson Channer	Wedding Memories <i>Other</i>	Best Kept Secret <i>Other</i>		
11:30 AM	<i>Other</i>	Social Issues <i>Cultural Issues</i>	Jackie and Company <i>Other</i>	Variedades Do Brasil <i>Community Affairs</i>	Civic Programming <i>Community Affairs</i>

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
12:00 PM	Civic Programming <i>Community Affairs</i>		The Carmen Lee Shue Real Estate Show <i>Other</i>	Judaism <i>Religion</i>	BK Live <i>Cultural Issues</i>
12:30 PM	Entre Lideres <i>Community Affairs</i>	The Dog Show <i>Animals</i>	Royal-Lady Talk Show <i>Community Affairs</i>	Cultura Y Futuro (Culture and Future) <i>Other</i>	
1:00 PM	Radiovision <i>Community Affairs</i>	The Bobby T Show <i>Other</i>	Calvary Deliverance Christian <i>Religion</i>	Harlem Life <i>Other</i>	Ditto Fitness <i>Other</i>
1:30 PM		A Neighborhood Story <i>Other</i>	YOGAXPRESS <i>Other</i>	Diji Dissemination <i>Religion</i>	Gotta Run with Will <i>Sports/Outdoors</i>
2:00 PM	Rent War News <i>Other</i>		Bible Study Hour <i>Religion</i>		Dem Bahamians <i>Community Affairs</i>
2:30 PM	Free Our Voices <i>Community Affairs</i>	Horses Sing None of It <i>Other</i>		The Safia Seivwright Show <i>Other</i>	
3:00 PM	Thom Hartmann Program <i>Community Affairs</i>	Sudzín Country Videos <i>Other</i>	Real Talk S.E.L.F. <i>Religion</i>	The People's Museum <i>Other</i>	Real Talk S.E.L.F. <i>Religion</i>
3:30 PM		Carol's Journey TV <i>Other</i>			

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
4:00 PM	The Jeff Santos Show <i>Community Affairs</i>	In Harlem <i>Other</i>	Mind Science: Freedom for You <i>Community Affairs</i>	PAM Time <i>Music</i>	Times Square Church <i>Religion</i>
4:30 PM		The Senior Guys <i>Other</i>		The Many Faces of Taiwan <i>Cultural Issues</i>	
5:00 PM	The Public Voice Salon <i>Community Affairs</i>	Woman and Earth <i>Other</i>	Beyond <i>Other</i>	NYC Atheists \Live\ <i>Religion</i>	Feminist Global Advocacy Elections 2016 <i>Women's Issues</i>
5:30 PM		Monumental Meg Ottavino <i>Community Affairs</i>	The Amazing Dr. D Show <i>Other</i>	My Road to Atheism <i>Other</i>	
6:00 PM	Community Action Roundtable <i>Other</i>	Carmine's Arena <i>Other</i>	Minister Farrakhan - Respect for Life <i>Other</i>	Youth Media: Shout Outs & Throwbacks <i>Youth</i>	Nightcap <i>Community Affairs</i>
6:30 PM	Brass Tacks <i>Community Affairs</i>	Pet Friendly Living <i>Other</i>	Understanding the Spirit You Are, Part II <i>Other</i>	Youth Media: Shout Outs & Throwbacks <i>Youth</i>	
7:00 PM	Democracy Now w/ Amy Goodman <i>Political Advocacy</i>	The Larry Parks Show <i>Other</i>	Journey Through Aesthetic Realms <i>Other</i>	The Sunni Valentine Show <i>Other</i>	Civic Programming <i>Community Affairs</i>
7:30 PM		Peace News	Dare 2 Dream		

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
		<i>Cultural Issues</i>	<i>Other</i>	The Artists Forum: AFTV <i>Cultural Issues</i>	The Artists Forum: AFTV <i>Cultural Issues</i>
8:00 PM	Punto de Vista <i>Community Affairs</i>	Earth Bird Presents <i>Other</i>	Manhattan Moments <i>Fashion</i>	MNN El Barrio Firehouse TV <i>Other</i>	MNN El Barrio Firehouse TV <i>Other</i>
8:30 PM		Ditto Fitness <i>Other</i>	One People-One World <i>Religion</i>		
9:00 PM	Civic Programming <i>Community Affairs</i>	Decent Life <i>Political Advocacy</i>	On the Sportslines <i>Other</i>	Salsa En La Calle <i>Other</i>	Active Aging Stories <i>Community Affairs</i>
9:30 PM	State of the Union <i>Community Affairs</i>	Italian-Americans: Mid-Life Crisis <i>Other</i>	Gotta Run with Will <i>Sports/Outdoors</i>	Prensa En Accion <i>Music</i>	Gotta Run with Will <i>Sports/Outdoors</i>
10:00 PM	The Diana Montford Show <i>Other</i>	Magical Cities of Arts <i>Other</i>	Fishing 4 Reel <i>Sports/Outdoors</i>	Talkin' XBox <i>Other</i>	No Boundaries - Up Close + Personal <i>Community</i>
10:30 PM	Media Watch <i>Community Affairs</i>	Future Media <i>Other</i>	Brane Kandi <i>Other</i>	Soar Culture - The Shamanic Journey <i>Other</i>	
11:00 PM	Gay USA <i>Community Affairs</i>	Tribeca's I-Me & Mind <i>Other</i>	Wanna Bee TV <i>Other</i>	Tripwave <i>Other</i>	Gay USA <i>Community Affairs</i>

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11:30 PM		The Kyle Phoenix Show Self Help	Roulette TV Other	Working Tittle w/ todd montesi Other	

Channels

[Community Channel \(/LIVE/1-Community-Channel\)](/LIVE/1-Community-Channel)

[Watch Now ► \(/LIVE/1-Community-Channel\)](/LIVE/1-Community-Channel)

Stay up-to-date on local elections, New York politics, and community issues with our Community channel.

[Lifestyle Channel \(/live/2-lifestyle-channel\)](/live/2-lifestyle-channel) [Watch Now ► \(/live/2-lifestyle-channel\)](/live/2-lifestyle-channel)

Exercise your mind, body, and palate with entertainment and lifestyle programming for New Yorkers with interests as diverse as our city.

[Spirit Channel \(/live/3-spirit-channel\)](/live/3-spirit-channel) [Watch Now ► \(/live/3-spirit-channel\)](/live/3-spirit-channel)

Our Spirit channel broadcasts varied religious and philosophical services, lectures, and discussions for all faiths and worldviews.

[Culture Channel \(/live/4-culture-channel\)](/live/4-culture-channel) [Watch Now ► \(/live/4-culture-channel\)](/live/4-culture-channel)

Multi-lingual programming that covers the arts, politics, and global news for all of Manhattan's diverse communities.


[HD Channel \(/live/5-hd-channel\)](/live/5-hd-channel) [Watch Now ► \(/live/5-hd-channel\)](/live/5-hd-channel)

Our HD channel brings you the best MNN shows in High Definition.

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<div style="display: flex; justify-content: space-between; align-items: center;"> ◀ <div style="text-align: center;">  Jun 24, 2016 </div> ▶ </div>					
Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
12:00 AM	That's Kentertainment! <i>Other</i>	LIVE <i>Other</i>	I Hate Hate <i>Other</i>	The Mrs. Mouth Show <i>Other</i>	Puerto Rico: Fightback Against Colonialism & The Neoliberal Agenda <i>Other</i>
12:30 AM	Videopoem <i>Other</i>		Can You Picture That <i>Other</i>	T-Report <i>Community Affairs</i>	
1:00 AM	The Joan Quinn Profiles <i>Other</i>	Fred's Guitars <i>Music</i>	The Future is Now Radio <i>Youth</i>	Trading Photos <i>Music</i>	Trading Photos <i>Music</i>
1:30 AM	Harper's Bazzaro World	Dem Bahamians <i>Community Affairs</i>		The New School Presents <i>Community Affairs</i>	Times Square Church
2:00 AM	<i>Cultural Issues</i>		Grind Hard TV <i>Other</i>		<i>Religion</i>
2:30 AM	MNN El Barrio Firehouse TV <i>Other</i>	International Investor <i>Business/Financial</i>	Convent at Worship <i>Other</i>	Manos Amigables <i>Other</i>	Simple Faith with Dr. Michael Brown <i>Religion</i>
3:00 AM			DMT God 3.0	Dr. Pannozzo	

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
		Feminist Global Advocacy Elections 2016 <i>Women's Issues</i>	<i>Religion</i>	Medical Hour <i>Other</i>	Everyday Spirituality <i>Religious</i>
3:30 AM	The Public Voice Salon <i>Community Affairs</i>				Everyday Spirituality <i>Religious</i>
4:00 AM		Malin Falú <i>Other</i>	Roca de mi Salvacion <i>Religion</i>	Aladino Show! <i>Fashion</i>	In Harlem <i>Other</i>
4:30 AM	Khametic Ascendants <i>Other</i>			El Super Show <i>Other</i>	Broadway After Dark <i>Other</i>
5:00 AM		Makilala TV <i>Community Affairs</i>	Sanidad Del Cielo <i>Community Affairs</i>		The Dog Show <i>Animals</i>
5:30 AM	New Arts Alive <i>Other</i>	Warlovers - Making The Musical <i>Other</i>		PAM Time <i>Music</i>	Russian ChitChat <i>Community Affairs</i>
6:00 AM		The Mr. Phil Show <i>Music</i>	T.E.A. - Goddess Sofreayah <i>Other</i>	Hungarian TV Magazine of New York <i>Community Affairs</i>	Variedades Do Brasil <i>Community Affairs</i>
6:30 AM	Economic Update <i>Community Affairs</i>		Beyond <i>Other</i>		Life in A Minor with Char Gibbs <i>Other</i>
7:00 AM		Ditto Fitness <i>Other</i>	That Which Is <i>Religious</i>	New Tang Dynasty	Lee Torchia Sings <i>Music</i>

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
7:30 AM	Media Watch <i>Community Affairs</i>	Health Center <i>Other</i>		<i>Other</i>	Ardzagang <i>Other</i>
8:00 AM	Democracy Now w/ Amy Goodman <i>Political Advocacy</i>	Variedades Do Brasil <i>Community Affairs</i>	Discover the Spiritual Purpose of Life <i>Other</i>	Chinese Mini-Drama <i>Other</i>	Democracy Now w/ Amy Goodman <i>Political Advocacy</i>
8:30 AM		Stimulus Plus <i>Other</i>	Sunday School Television <i>Religion</i>		
9:00 AM	The Stephanie Miller Show <i>Community Affairs</i>	MNN El Barrio Firehouse TV <i>Other</i>	Kingdom Time <i>Religion</i>	Tigueritos TV Show <i>Cultural Issues</i>	Gay USA <i>Community Affairs</i>
9:30 AM			New Realities <i>Other</i>		
10:00 AM	Truth for a Change <i>Political Advocacy</i>	Hi! Drama <i>Other</i>	Van Nest <i>Religion</i>	Learning and Have Some Fun <i>Other</i>	Makilala TV <i>Community Affairs</i>
10:30 AM		The Light Millennium TV <i>Other</i>	Represent NYC <i>Community Affairs</i>		The Laura Flanders Show <i>Community Affairs</i>
11:00 AM	Conversations with Harold Hudson Channer <i>Other</i>	It's All Good TV <i>Music</i>	Focus on Truth <i>Religion</i>	Hungarian TV Magazine <i>Other</i>	MNN El Barrio Firehouse TV <i>Other</i>

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
11:30 AM		Sudzin Country Videos <i>Other</i>	Convent at Worship 2 <i>Other</i>		
12:00 PM	VK Report <i>Other</i>	Margarita Pracatan <i>Other</i>	T.E.A. - Goddess Sofreeyah <i>Other</i>	Youth in Focus <i>Other</i>	Access for All <i>Community Affairs</i>
12:30 PM	Entre Lideres <i>Community Affairs</i>	Caregiving and You <i>Health</i>	Herald <i>Religion</i>	Biblio TV <i>Religion</i>	The Woman's Connection <i>Other</i>
1:00 PM	Access for All <i>Community Affairs</i>			La Nueva Ola <i>Other</i>	Cultural Caravan <i>Other</i>
1:30 PM	Rent War News <i>Other</i>	Jim Duckworth & Friends <i>Music</i>	YOGAXPRESS <i>Other</i>	The Truth of Falun Gong <i>Other</i>	Diamante <i>Other</i>
2:00 PM	Ginger New York <i>Music</i>	LIVE <i>Other</i>	Beyond <i>Other</i>	Ricardo Vasquez Invita <i>Other</i>	Ginger New York <i>Music</i>
2:30 PM	Talk Music Show <i>Music</i>		God's Healing Cathedral <i>Religion</i>	THE WINDOW OF LATIN AMERICA <i>Cultural Issues</i>	Dem Bahamians <i>Community Affairs</i>
3:00 PM	Thom Hartmann Program	QETV Show <i>Other</i>			

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
3:30 PM	<i>Community Affairs</i>	Noel Simone Band of Friends <i>Other</i>	Dios Tiene Las Manos Llenas Para Todos <i>Religion</i>	Asia Attraction <i>Other</i>	No Boundaries - Up Close + Personal <i>Community</i>
4:00 PM	The Jeff Santos Show <i>Community Affairs</i>	Celebrity Showcase <i>Other</i>	Spirituality for the 21st Century <i>Other</i>	African in New York <i>Community Affairs</i>	
4:30 PM		Elsy Dance And... <i>Other</i>	Simple Faith with Dr. Michael Brown <i>Religion</i>		Puerto Rico: Fightback Against Colonialism & The Neoliberal Agenda <i>Other</i>
5:00 PM	Punto De Vista (Sunday) <i>Community Affairs</i>		The Walter Banks Network <i>Other</i>	Temple of Ptah <i>Self Help</i>	
5:30 PM		Rapid T. Rabbit and Friends <i>Other</i>	Legion of Mary <i>Other</i>		Model Behavior <i>Fashion</i>
6:00 PM	Smart Talk <i>Other</i>	The Moe and Mary Show <i>Other</i>	Self-Awareness, Whose Truth <i>Self Help</i>	Nightcap <i>Community Affairs</i>	Nightcap <i>Community Affairs</i>
6:30 PM	Josh Wolinsky Show <i>Community Affairs</i>	Show your talent <i>Other</i>	The Body of Christ <i>Religion</i>	Nightcap <i>Community Affairs</i>	

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7:00 PM	Democracy Now w/ Amy Goodman <i>Political Advocacy</i>	Nancy Lombardo Comedy Variety <i>Other</i>	Aqui Con Jesus <i>Religion</i>	The Curly Grail <i>Other</i>	MNN El Barrio Firehouse TV <i>Other</i>
7:30 PM		Sissy Gamache Show <i>Cultural Issues</i>	A Better World <i>Other</i>	Variedades Do Brasil <i>Community Affairs</i>	
8:00 PM	The Laura Flanders Show <i>Community Affairs</i>	The Carmen Mathis Show <i>Other</i>	Orientación Cristiana <i>Religion</i>	The Artists Forum: AFTV <i>Cultural Issues</i>	The Laura Flanders Show <i>Community Affairs</i>
8:30 PM	Civic Programming <i>Community Affairs</i>	Norivision <i>Other</i>	Wisdom of Gale Armstead <i>Religious</i>	Best Kept Secret <i>Other</i>	Woman2WomanTV <i>Women's Issues</i>
9:00 PM	Peak Moment <i>Environment</i>	Harvey's Earth and Beyond <i>Other</i>	The Answer <i>Community Affairs</i>	Reality Check with Indy Smith <i>Other</i>	A Global Perspective on the State of Women <i>Women's Issues</i>
9:30 PM	What's Ailing/Healing US A? <i>Community Affairs</i>	Link <i>Other</i>	Discussions on Theosophy <i>Other</i>	NG67 <i>Music</i>	
10:00 PM	Racism in the Nonprofit Arts <i>Other</i>	Movie Talk Show <i>Entertainment</i>	Michael Inglesh Presents <i>Other</i>	The Starlite Show <i>Fashion</i>	Movie Talk Show <i>Entertainment</i>

Time	Channel 1	Channel 2	Channel 3	Channel 4	Channel 5
10:30 PM		Fashion Museum TV Theater <i>Other</i>	Fit N Fine with Sheron Mickie <i>Other</i>	Franco Kultur <i>Community Affairs</i>	EX-MOVIES <i>Other</i>
11:00 PM	Economic Update <i>Community Affairs</i>	Let's Get Greedy <i>Other</i>	Getto Videos/Getoe TV <i>Other</i>	Ding Dong... You're Wrong <i>Other</i>	Good Friday Radio <i>Other</i>
11:30 PM		VIDEOWAVE: Going Underground <i>Other</i>	Spic'N Spanish Reloaded <i>Other</i>	\$andy Kane's Naked Cowgirl Show <i>Music</i>	

Channels

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[Watch Now ► \(/LIVE/1-Community-Channel\)](/LIVE/1-Community-Channel)

Stay up-to-date on local elections, New York politics, and community issues with our Community channel.

2 [Lifestyle Channel \(/live/2-lifestyle-channel\)](/live/2-lifestyle-channel) [Watch Now ► \(/live/2-lifestyle-channel\)](/live/2-lifestyle-channel)

Exercise your mind, body, and palate with entertainment and lifestyle programming for New Yorkers with interests as diverse as our city.

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Our Spirit channel broadcasts varied religious and philosophical services, lectures, and discussions for all faiths and worldviews.

4 [Culture Channel \(/live/4-culture-channel\)](/live/4-culture-channel) [Watch Now ► \(/live/4-culture-channel\)](/live/4-culture-channel)

Multi-lingual programming that covers the arts, politics, and global news for all of Manhattan's diverse communities.

MNN ^{HD} **HD Channel** (</live/5-hd-channel>) [Watch Now ▶ \(/live/5-hd-channel\)](/live/5-hd-channel)

Our HD channel brings you the best MNN shows in High Definition.
