

Life FM KZN Schedule

Monday to Friday

Time Slots	Program/ Shows	Presenters
1:00 – 03:00	Trainee slot	
3:00 – 6:00	Early Risers	
6:00 – 9:00	Rise to Life Breakfast #RTLB	
9:00 – 12:00	The Lifestyle Zone	
12:00 – 15:00	Midday Grinde	
15:00 – 18:00	Home Run	
18:00:19:00	The talking Point	
19:00-22:00	The Good life	
22:00 – 1:00	The Cross Over	