

Main content table with columns for days of the week (月, 火, 水, 木, 金, 土, 日) and time slots (00, 05, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55). Includes program titles like 'サタデーとちぎ', 'ビタミンとちぎ', 'Accent', 'toy box', and 'レコメン!'. Contains host names, photos, and contact information.

