

Main content table with columns for time (時分), day (月火水木金土日), and program details. Includes various show titles like 'サタデーとちぎ', 'ビタミンとちぎ', 'とちぎのつよき松茸のよ〜く聴かないで', '隆さま劇場', 'toy box', and 'レコメン!'. Each cell contains program names, hosts, and contact information.