



山形放送 2024年10月 基本 番組種別 HD

時	日	月	火	水	木	金	土	日	時
3									3
11									11
15									15
20									20
4									4
31									31
35									35
40									40
50									50
10									10
15									15
20									20
50									50
6									6
15									15
30									30
7									7
00									00
30									30
8									8
00									00
25									25
40									40
55									55
9									9
25									25
30									30
10									10
25									25
30									30
55									55
11									11
25									25
30									30
45									45
55									55
12									12
00									00
55									55
13									13
00									00
55									55
14									14
00									00
15									15
50									50
16									16
45									45
17									17
00									00
10									10
15									15
26									26
30									30
00									00
18									18
15									15
00									00
00									00
54									54
00									00
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									00
00									00
54									54
00									