

July 2026

KHEN 106.9 FM Schedule

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
				Early Morning Rain Theron McAdoo									
7AM	Classical Music Mix	RMCR Roundup	People's Pharmacy Joe Graedon	Listening to America Clay Jenkinson	Alternative Radio David Barsamian	Bioneers	Bluegrass Music Mix	7AM					
8AM		Americana Music Mix				Americana Music Mix		8AM					
9AM	New Dimensions	Sunny Side Up Dennis Kapela	Sunny Side Up Casey Thornton	Sunny Side Up Fred Schubert	Sunny Side Up Rick White	Sunny Side Up Jim Lofgren	Americana Music Mix	9AM					
10AM		The Golden Age of Radio Dennis Kapela				River Flow Jim Lofgren		10AM					
11AM	Rock Music Mix	Across The Great Divide Ben Tiefenbrun	Putumayo	We Made It Here From There	RMCR Roundup	RiverFlow Live Jim Lofgren	Sing Out! Tom Druckenmiller	11AM					
Noon	Listening to America Clay Jenkinson		Reggae Music Mix	Art Matters Ryan and Naters	Rock Music Mix		Modern Jetset Iris Berkeley	11AM					
1PM	With Good Reason Sarah McConnell	Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!	Beale Street Caravan	Noon					
2PM	Bioneers	OMFUG Barely Gifted	Good 4U Wellness	Rock Music Mix	Tango with Dvora Dvora Kanegis	From the Coop Various	eTown Nick Forster	1PM					
3PM	Counter Spin		Soul Music Mix		Putumayo	The Mail-In Mix Zakk Byers	Woodsongs Old-Time Radio Hour	2PM					
4PM	This Way Out		The Lineup DJ Sheady		Modern Jetset Iris Berkeley	Reggae Music Mix	Salida Shred Files Ethan Hedayat	Colorado Playlist Chris K	3PM				
5PM	Good 4U Wellness	Connecting Frequencies Rotating Hosts		Greggae Riddims DJ Greggae						The Market Report Susan & Sophia	Dogtown Radio Bacon	Grateful Dead Hour David Gans	5PM
6PM	Something Human Lily Foster												
7PM	Hazed & Confused Haze & Charz		Two'fers with Tanya Tanya Wait		After Dinner Mint Dutchess & the Royal Oui	Big Wooly Music Lisa Ledwith	Radio Roller-Coaster Cat Wrangler & Dog McCoy	Tangents Monica LaTronica	8PM				
8PM	Blues Music Mix	Free Range Love Deidre Wilda		Cage Free After Dark Craig Scott						Radio Mesopotamia Rama	Chicken Scratch Eric Ramsey	Rocky Mountain Live GP3	9PM
9PM	The Verve Reserve Mark Dean												
10PM	Funk Up Your Life DJ Silky Grooves		Rock Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
11PM	Twine Time Music Mix	Rock Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
Midnight-5AM	Wolf's New Age Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM				
	Overnight Music Mix	Overnight Music Mix		Overnight Music Mix						Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Midnight-5AM
	Overnight Music Mix												
	Overnight Music Mix		Overnight Music Mix		Overnight Music Mix	Overnight Music Mix	Overnight Music						

Local Public Affairs

Local Music

Syndicated Music

Syndicated Program

Music From the
KHEN Library