

**main
FM**

94.9

**LISTEN
LOCAL**



PROGRAM GUIDE
March 2026
mainfm.net

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	POP TART Tegan Grace	MAINFM MUSIC Random Selection	MY 12 INCH DISC Scott Sanders	THURSDAYS ON MY MIND Annie & guests	BREAKFAST EPIPHANIES Toby & Georgina	MAINfm MUSIC Random Selection	ROCK SOLID FOUNDATION Dave Vertigan (8-9am)
8.45am	THE LOWDOWN Community service announcements	THE LOWDOWN Community service announcements	THE LOWDOWN Community service announcements	THE LOWDOWN Community service announcements	THE LOWDOWN Community service announcements	SONGS IN THE KEY OF GLEE (8-9am) Ned Middleton	
9am	SALTGRASS Allie Hanly	PACHELBEL'S CARAVAN Julia Monsbrough	MIND YA HEAD Gen Ward	THE BIGGER PICTURE Bruce Carruthers	IN MALDON TODAY IMT team	DIG IT Claire Reynolds & Lou Lorback	ON THE WING Tadpole, Mitch, Sophie, Fresto, Aimes, Herbie & friends
10am	DEAD AIR Hayley West	SCI CURIOUS Heidi Eager	THE HORN SECTION Jeremy Meaden			FOMO RADIO Bec and Ryan	HOT BUTTERED SOUL Justin Walsh
11am	STILL LIFE WITH PANSY Martin Lee	GET YOUR GROOVE BACK Rhythm & blues, roots Tony Peachey	SOMEPLACE SOMEWHERE Crag Carrick	BEYOND THE MIRAGE Alex Bennett	FEMME FORTISSIMA Bridget Haylock	INNER SPACE Sam & Kynan	THE UPSHOT Kya Moore & Lucy Armstrong
12 noon	THE NUGGET Shelley & Amy						FOLKS ON FILM Sam & Sarah
1pm	MAINFM MUSIC Random Selection	BASS AND RHYTHM Christine King	AROUND THE WIRELESS Glenn Williams	TRIGGER WARNING Shot Betty	ABLE RADIO Various Presenters	THE FIRST AUSTRALIAN MUSIC HOUR Steve Norwood	MAINFM MUSIC Random Selection
2pm						SATURDAY ARVO WITH MACCA Kate McDonald	IT'S THE VIBE Jarred Holt
3pm	SONGS ON THE WIRE Anne McCue	RAMJET RADIO Rosie Ramjet	POCKETS FULL OF CHANGE Jodi Newcombe and Will Tait	FRESH PRODUCE Emily Kratzmann	THE SPIRIT OF JAZZ Jakob Schmitt	JUMP OUT JAMAICA Edd Selectah & ReRe Dub	TONE POEM Bonny Cassidy
4pm	GIRLS ON AIR Jan Palethorpe & Melissa Scott		HYPE Castlemaine Secondary College		GET OUTTA TOWN Carol and Dazza		FROM PADDOCK TO PLATE Alice Mathieu
5pm	ONE CROWDED HOUR Fionna Allan	QUEER & NOW Sherene, Amalie & Guests	RETRONAUTS Suzanne Donisthorpe	IT'S A JANGLE OUT THERE Indie guitar pop Josh Meadows	WHAT'S GOLDEN Alex Playsted & Alex Parsons	DANCE THIS MESS AROUND Peta (5-6.30pm)	PARALLEL ISLANDS Experimental pop Julian Williams
6pm	CRASH LANDING Melissa Scott	THE LUDDITE SHOW Ross Richards	OVER THE HUMP Anne-Marie				
7pm	FEIJOADA DJ Caozinho & DJ Asif	TUESDAY ROAST Rich McLeish & Shane Matts	RAMBLE ON Marty Sharples	THE LATIN HOUR Ian Patrick	LOVE STORM Gus Read-Hill	THE WAVE (6.30-8pm) Lifon Henderson	THREE POINT TURN Will Douglas
8pm	FOR ELECTRONIC MUSIC LOVERS Luqman	O MY STARS Lewis	DOWN THE RABBIT HOLE Frank Veldze	NIGHT MOOGS Wildman & Mr Moog	MIXED TAPES Multiple presenters	WOW SIGNAL Kyan	TRACKS OF WHACK Gery
9pm		AGAINST THE GRAIN Darren					
10pm	SENSORIUM Electronica Tim Ratcliffe	OPEN TUNING Doc Henry	TEST DRIVE For new presenters	LEO ROC RADIO Leo Rocher	DEEP HOUSE CHEWTON Sam Wills	2006 Manny & Lee	NIGHT RAMBLINGS Glendon
11pm							
12am	RAMJET RADIO (Rpt) Rosie Ramjet	FRESH PRODUCE (Rpt) Emily Kratzmann	FEMME FORTISSIMA (Rpt) Bridget Haylock	WHAT'S GOLDEN (Rpt) Alex Playsted & Alex Parsons	DOWN THE RABBIT HOLE (Rpt) Frank Veldze	SENSORIUM (Rpt) Electronica Tim Ratcliffe	OPEN TUNING (Rpt) Doc Henry