

# The Honest Home Front: Programme

09:00	 <p>09:00-10:00 <b>SUNNY SIDE UP</b> Mon, Tue, Wed, Thu, Fri</p>	An hour of music to start the day every weekday, presented by a range of DJs across the Honest team 
10:00	 <p>10:00-11:00 <b>WELLNESS</b> Tue, Thu</p>	Live streamed video classes to stay on top of your mental and physical health – yoga, HIIT & more 
11:00	 <p>11:00-12:00 <b>HONEST CONVERSATIONS</b> Wed, Fri</p>	Hosted by <b>Daniel Davis</b> and <b>Chanel Allen</b> , join this phone-in and share your <b>#MyCorona</b> journey  
12:00		
13:00	 <p>13:00-14:00 <b>KNIFE SKILLS &amp; LIFE SKILLS</b> Mon, Tue, Wed</p>	<b>Honest College</b> remixed for self isolation – weekly hits of learning. Get in touch to host a session. 
14:00	 <p>14:00-15:00 <b>THE FINEST HOUR</b> Thu</p>	A weekly magazine show focusing on the Honest team, presented by <b>Jonny Mckay</b> and <b>Ellis Deaves</b>  
15:00	 <p>15:00-16:00 <b>WELLNESS</b> Mon, Wed, Thu</p>	Live streamed video classes to stay on top of your mental and physical health – yoga, HIIT & more 
16:00		
17:00		
18:00		
19:00	 <p>19:00-20:00 <b>STATE OF THE NATION</b> Fri</p>	A weekly check-in with our exec team, digesting the latest news and its impact on Honest life  
20:00		
21:00	 <p>20:00-22:00 <b>THE HONEST PUB</b> Mon, Tue, Wed, Thu, Fri</p>	A free-for-all hangout – host a pub quiz, bingo night or whatever you want and invite the team to party 
22:00		

#StayConnected