

| | News | | Points of View | | Local Voices | | | | |
|----------|---|---|--------------------------|--|--|-----------------|--------|---------|---------------------|
| | Ideas & Culture | | Sunday Breakfast | | Modules | | | | |
| | | | | | | | | | |
| 3:00 AM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | 3:00 AM | |
| | Democracy Now! (encore) | | | | | | music | music | |
| 4:00 AM | Background Briefing | | | | | | | | |
| 5:00 AM | Rising Up With Sonali | | | | | | | | Interfaith Voices |
| 6:00 AM | music | | | | | | | | Philosophy Talk |
| 7:00 AM | | | | | | | | | A Way With Words |
| 8:00 AM | | | | | | | | | Big Picture Science |
| 9:00 AM | Democracy Now! | | | | | | | | |
| | The Takeaway | | | | | | | | |
| 10:00 AM | | | | | | | | | |
| 10:30 AM | Reveal | Left Right & Center | This Way Out | WorldLink | Making Contact | | | | |
| 11:00 AM | | | CounterSpin | | Between The Lines | | | | |
| 11:30 AM | First Voices Radio | Living On Earth | WRIR Presents | Prose And Cons / Groundswell / The Final Straw | End Of The Line / We Do The Work | | | | |
| 12:00 PM | | | | | RVA Beer Show / The Social Enterprise | | | | |
| 12:30 PM | Richmond Recovers / Diversity Richmond Speaks | Inspire Indeed / Choppin' It Up Geek | Lightly On The Ground | Common Thread / Women In Politics | | Open Source RVA | | | |
| 1:00 PM | | A Grain Of Sand | It's Time For Justice | Death Club Radio | | | | | |
| | New Yorker Radio Hour | Thomas Jefferson Hour | Radiolab | On Being | Filmspottin | | | | |
| 2:00 PM | | | | | | | | | |
| | Le Show | Milk Street Radio | Studio 360 | The Moth Radio Hour | Sound Opinions | | | | |
| 3:00 PM | | | | | | | | | |
| | Modules | | | | | | | | |
| | A Time For Peace - 10:30 AM Monday, 1:30 PM Thursday, 8:55 AM Sunday | | | | | | | | |
| | Central Virginia Legal Aid Radio News - 11:30 AM Tuesday, 7:55 AM Sunday | | | | | | | | |
| | Hidden Histories - 6:55 AM Sunday | | | | | | | | |
| | Labor History In 2 - 8:57 AM Sunday | | | | | | | | |
| | Sifter - 12:29 PM Tuesday, 2:30 PM Wednesday, 1:30 PM Thursday | | | | | | | | |
| | The 90 Second Naturalist - 5:59 AM Sunday, 7:55 AM Sunday | | | | | | | | |
| | The Rainbow Minute - 3:59 AM, 7:59 AM, 9:59 AM and 12:59 PM Monday through Friday | | | | | | | | |
| | The V-Word - 11:29 AM Wednesday, 11:29 AM Friday, 5:55 AM Sunday | | | | | | | | |