

Grid of program listings for days 1-11 (TUE to FRI). Each cell contains a time slot, program title, and a brief description. Includes special notices for '2019 BEST' and '放送編成メンテナンス'.

Grid of program listings for days 12-22 (SAT to TUE). Continues the schedule with various program titles and descriptions.

Grid of program listings for days 23-31 (WED to THU). Includes a 'PICK UP GIRLS' section on the right side featuring photos and details of featured personalities.

Promotional box for 'OA中の番組の詳細はコチラ' (Details of programs currently on air) with a QR code and the website 'rainbow-ch.com/m'.