

		enter 1st Monday ->		Mon Sep. 25, 2006		<CHANNEL NAME> MONTHLY SCHEDULE					
week	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
wk 1	wk 1	Mon Sep. 25, 2006	Tue Sep. 26, 2006	Wed Sep. 27, 2006	Thu Sep. 28, 2006	Fri Sep. 29, 2006	Sat Sep. 30, 2006	Sun Oct. 1, 2006			
wk 1	8:00 PM							Full Frontal Fashion: New York Spring 2007 #1	UFFNY112		
wk 1	8:30 PM							Fashion Avenue: Las Vegas	UFALV001		
wk 1	9:00 PM							Beautyphile: American Crew	UFLE005		
wk 1	9:30 PM							Ultra Eye: London	UEYLN001		
wk 1	10:00 PM							Reservations Required: 66	URR0001		
wk 1	10:30 PM							Behind the Label: Carolina Herrera	UBL0002		
wk 1	11:00 PM							Full Frontal Fashion: New York Spring 2007 #1	UFFNY112		
wk 1	11:30 PM							Fashion Avenue: Las Vegas	UFALV001		
wk 1	12:00 AM							Beautyphile: American Crew	UFLE005		
wk 1	12:30 AM							Ultra Eye: London	UEYLN001		
wk 1	1:00 AM							Reservations Required: 66	URR0001		
wk 1	1:30 AM							Behind the Label: Carolina Herrera	UBL0002		
wk 1	2:00 AM							Full Frontal Fashion: New York Spring 2007 #1	UFFNY112		
wk 1	2:30 AM							Fashion Avenue: Las Vegas	UFALV001		
wk 1	3:00 AM							Beautyphile: American Crew	UFLE005		
wk 1	3:30 AM							Ultra Eye: London	UEYLN001		
wk 1	4:00 AM							Reservations Required: 66	URR0001		
wk 1	4:30 AM							Behind the Label: Carolina Herrera	UBL0002		
wk 1	5:00 AM							Full Frontal Fashion: New York Spring 2007 #1	UFFNY112		
wk 1	5:30 AM							Fashion Avenue: Las Vegas	UFALV001		
wk 1	6:00 AM							Beautyphile: American Crew	UFLE005		
wk 1	6:30 AM							Ultra Eye: London	UEYLN001		
wk 1	7:00 AM							Reservations Required: 66	URR0001		
wk 1	7:30 AM							Behind the Label: Carolina Herrera	UBL0002		
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wk 1	7:30 PM							Behind the Label: Carolina Herrera	UBL0002		

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Ultra	Carolina Herrera: Behind the Label	Behind The Label	2	Meet one of the legends of the fashion world - Carolina Herrera. Hear about how she got into design and why it was later than when most enter.	TV-PG			Profile	00:30:00
Ultra	Kenneth Cole: Behind the Label	Behind The Label	3	An in-depth conversation with fashion legend, Kenneth Cole. Interview includes "against the odds" story behind the launch of his shoe company and controversy surrounding some print ads.	TV-PG			Profile	00:30:00
Ultra	Cynthia Rowley: Behind the Label	Behind The Label	4	A discussion with fashion designer and lifestyle expert Cynthia Rowley. Known for flirty and whimsical clothing, interview includes Rowley's big and the genesis of her "Swell" life.	TV-PG			Profile	00:30:00
Ultra	Jeanine Lobell: Behind the Label	Behind The Label	5	Meet Jeanine Lobell, the force behind the Stila Label. Hear how she balances motherhood and celebrity and see why the Stila Cosmetic label is one of today's biggest cosmetic brands.	TV-PG			Profile	00:30:00
Ultra	Paula Dorf: Behind the Label	Behind The Label	6	A dialogue with make-up artist and cosmetics mogul Paula Dorf, whose clients include Barbara Streisand, Diane Keaton, and others. Interview includes tips she gives to the stars.	TV-PG			Profile	00:30:00
Ultra	Frederic Fekkai: Behind the Label	Behind The Label	7	One of the most celebrated names in the world of hairstyling, Frederic Fekkai creates looks for the hottest stars in Hollywood. Find out how his sheer sense of style has groomed his successful brand.	TV-PG			Commentary	00:30:00
Ultra	Tommy Hilfiger: Behind the Label	Behind The Label	8	A discussion with fashion icon and business tycoon Tommy Hilfiger. Includes designer's rise to fame, evolution from preppy to hip-hop, and how he revived brand with sexy new "H" collection.	TV-PG			Profile	00:30:00
Ultra	Jill Stuart: Behind the Label	Behind The Label	9	Host Judy Licht chats with clothing designer Jill Stuart at her Hamptons home. See the vintage clothes that inspire Jill Stuarts fun, flirty and feminine collections.	TV-PG			Profile	00:30:00
Ultra	Betsey Johnson: Behind the Label	Behind The Label	10	A conversation with Betsey Johnson. Called the wild child of fashion, Betsey Johnson has been rocking the fashion world with her youthful outlook and timeless clothing since the 1960's.	TV-PG			Profile	00:30:00
Ultra	Trish McEvoy: Behind the Label	Behind The Label	11	Host Judy Licht chats with cosmetics innovator Trish McEvoy at her Hamptons home as Trish demonstrates make-up tips and tells about her approach to beauty for the modern woman.	TV-PG			Profile	00:30:00

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Ultra	Vera Wang: Behind the Label	Behind The Label	12	Meet Vera Wang, a designer whose name is synonymous with the bridal business. Find out how her own stylish wedding sent her career skyrocketing and go inside her Hamptons home with Judy Licht.	TV-PG			Profile	00:30:00
Ultra	Diane Von Furstenberg: Behind the Label	Behind The Label	13	Outspoken fashion designer and 70's icon Diane von Furstenberg talks with Christina Ha about what it's like to live on top of fashions "A-List" more than 30 years after she burst on the scene with her celebrated wrap dress.	TV-PG			Profile	00:30:00
Ultra	Oleg Cassini: Behind the Label	Behind The Label	14	Fashion legend Oleg Cassini spills all about his relationships with Grace Kelly and first lady Jackie Kennedy. Find out why Jackie picked him over all the designers vying to dress her and hear how he went from riches to rags to riches again.	TV-PG			Profile	00:30:00
Ultra	Catherine Malandrino: Behind the Label	Behind The Label	15	A discussion with Catherine Malandrino, a young designer known for her sexy silhouettes. Includes her early years working in Paris and her creations for Madonna and other stars.	TV-PG			Profile	00:30:00
Ultra	Michael Kors: Behind the Label	Behind The Label	16	A revealing look into the world of design mogul Michael Kors. Host Judy Licht talks with Michael Kors about his new label "Michael" and his efforts to become America's next billion dollar brand.	TV-PG			Profile	00:30:00
Ultra	Michelle and Henry Roth: Behind the Label	Behind The Label	17	A discussion with Michelle & Henry Roth, siblings and 2nd generation bridal designers. Includes hot wedding trends, latest bridal silhouettes and tips for brides-to-be.	TV-PG			Profile	00:30:00
Ultra	Nanette Lepore: Behind the Label	Behind The Label	18	Designer Nanette Lepore shows Host Judy Licht her feminine and flirty fashions and tells why the Nanette Lepore label has captivated the stylish young women of Hollywood.	TV-PG			Profile	00:30:00
Ultra	Liz Lange: Behind the Label	Behind The Label	19	Meet the woman who revolutionized the maternity wear industry -- Liz Lange. Learn how she got her start and how she went from high-end boutiques to Target.	TV-PG			Profile	00:30:00
Ultra	Isaac Mizrahi: Behind the Label	Behind The Label	20	Fashion icon Isaac Mizrahi unzips all his secrets -- his biggest triumphs in fashion, the collapse of his empire and how he orchestrated the remarkable comeback that returned him to fashion's elite inner circle.	TV-PG			Profile	00:30:00

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Ultra	Giorgio Armani: Behind the Label	Behind The Label	21	A conversation with fashion legend Giorgio Armani. Hear from Glenn Close, Martin Scorsese and other celebs about Armani's influence in Hollywood. Also Armani's big plans for the America.	TV-PG			Profile	00:30:00
Ultra	Tracy Reese: Behind the Label	Behind The Label	22	See how Tracy Reese through blind ambition survived the rocky road to becoming one of America's most successful female African-American designers.	TV-PG			Profile	00:30:00
Ultra	Nicole Miller: Behind the Label	Behind The Label	23	Meet the world renowned designer and inventor of the little black dress. Fashion innovator Nicole Miller talks about her road to success and her ever expanding empire.	TV-PG			Profile	00:30:00
Ultra	Stephen Burrows: Behind the Label	Behind The Label	24	A conversation with Stephen Burrows, one of the best known designers of the 1970's. Find out why Halston called him an "unrecognized genius" and hear about the re-launch of his signature collection in 2002.	TV-PG			Profile	00:30:00
Ultra	Roberto Cavalli: Behind The Label	Behind The Label	25	A rare, exclusive interview with legendary Italian designer, Roberto Cavalli whose name is synonymous with sex appeal. Discover why all of Hollywood's A-lis can't get dressed without him.	TV-PG			Profile	00:30:00
Ultra	Ultra Eye: Berlin	Ultra Eye		Delve deep into the stylish side of this historical city. Meet the famed architect Steffen Duemler, designer of the premier venue, the Sony Center and tour The Regent Schloss Hotel, Europe's most luxurious villa.	TV-PG			Travel	01:00:00
Ultra	Ultra Eye: London	Ultra Eye		Experience a chic new London. Tour Philippe Starke's boutique hotel, St. Martin's Lane, visit the Tate Modern and the controversial Saatchi Collection and take a ride on London's most stylish new landmark, The London Eye.	TV-PG			Travel	01:00:00
Ultra	Ultra Eye: Miami	Ultra Eye		Discover the art-deco city that has come of age. Meet renowned designer Barbara Hulanicki of The Kent and The Marlin and discover one of the world's most valuable wine collections at the Forge Restaurant.	TV-PG			Travel	01:00:00
Ultra	Ultra Eye: Marrakech	Ultra Eye		Explore a style that is uniquely Moroccan. Tour North Africa's original marketplace, the Souk and be a personal dinner guest of Mohammed Zkhiri at the world famous restaurant Yacout.	TV-PG			Travel	01:00:00

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Ultra	Ultra Eye: Rio	Ultra Eye		Explore the unique style and energy of Rio. Take an inside look at the adventurous side of the city from high above and meet famed thong designer, Lenny Niemeyer.	TV-PG			Travel	01:00:00
Ultra	Los Angeles: Fashion Avenue	Fashion Avenue	4	Celebrity stylist Phillip Bloch knows all the best places to buy fashion in LA and takes supermodel Jodie Kidd to one of his favourite street, Robertson Blvd in West Hollywood.	TV-PG			Fashion	00:30:00
Ultra	London: Fashion Avenue	Fashion Avenue	1	Supermodel Jodie Kidd and guest host, celebrity stylist Michael Schaeble shop in London's ultra hip Westborne Grove.	TV-PG			Fashion	00:30:00
Ultra	Miami: Fashion Avenue	Fashion Avenue	6	Miami based personal shopper to the stars, Derek Warburton takes supermodel Jodie Kidd on a tour of South Beach where she can't wait to get her hands on some vintage thrift.	TV-PG			Fashion	00:30:00
Ultra	New York: Fashion Avenue	Fashion Avenue	2	Editor at large of Marie Claire USA, Lucy Sykes – Rellie, accompanies supermodel Jodie Kidd in a shopping trip around New York's funky NOLITA.	TV-PG			Fashion	00:30:00
Ultra	Paris: Fashion Avenue	Fashion Avenue	3	Guided by founding editor of French vogue.com Tina Isaac, supermodel Jodie Kidd checks out Paris's most famous Fashion Avenue, Rue Saint-Honore.	TV-PG			Fashion	00:30:00
Ultra	Vidal Sassoon: Beautyphile	Beautyphile	1	Beautiful hair models perform in celebration of 50 years of Vidal Sassoon creativity, featuring the man himself, and the VS creative team presents the colorful "Icon" Collection.	TV-PG			Beauty	00:30:00
Ultra	Tigi: Beautyphile	Beautyphile	2	Int'l creative director Anthony Mascolo presents collections ranging from high concept to ready-to-wear hairstyles, featuring spectacular performances and unique fashions.	TV-PG			Beauty	00:30:00
Ultra	Trevor Sorbie: Beautyphile	Beautyphile	3	Multi-award winning, celebrity stylist Trevor Sorbie charms with a light-hearted demonstration of unique hairstyles, including several magical, musical performances.	TV-PG			Beauty	00:30:00
Ultra	Bio Ionic: Beautyphile	Beautyphile	4	Fernando Romero presents "Global Texture Control": a dynamic Brazilian stage show and hair collection based on Japanese ion mineral therapies. Industry luminaries discuss beauty invention.	TV-PG			Beauty	00:30:00

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Ultra	American Crew: Beautyphile	Beautyphile	5	The American Crew All-Star Team presents bold new looks for men and women including the rock-n-sport inspired "Orb" collection and the street-wise "DIF" collection.	TV-PG			Beauty	00:30:00
Ultra	Robert Cromians: Beautyphile	Beautyphile	6	"Bad boy", Robert Cromians's provocative beauty collection is crazy with a purpose. A Beautyphile trend report brings you highlights from all the hair and beauty collections.	TV-PG			Beauty	00:30:00
Ultra	Reservations Required: 66	Reservations Required	1	Visit superstar chef Jean-Georges Vongerichten's new restaurant, 66; go to the Brooklyn Ice Cream Factory and WD50.	TV-G			Food	00:30:00
Ultra	Reservations Required: Tabla	Reservations Required	2	Reservations Required. Experience Indian fusion cuisine with chef Floyd Cardoz at "Tabla," a NYC "hot spot" owned by restaurant titan Danny Meyer. Also tour NYC's Artisinal Cheese Center with owner Terrence Brennan.	TV-G			Food	00:30:00
Ultra	Reservations Required: Lever House	Reservations Required	3	Step inside the new Lever House restaurant where the rich and powerful lunch. Meet Chef Dan Silverman and his New American cuisine. Also, gourmet hot chocolate from Jacques Torres and others.	TV-G			Food	00:30:00
Ultra	Reservations Required: Sona	Reservations Required	4	Experience the same first-class dining experience as many top celebrities as we visit Los Angeles hot spot, Sona. Plus, go inside a restaurant empire with legendary restaurateur Drew Nieporent.	TV-G			Food	00:30:00
Ultra	Reservations Required: Schiller's Liquor Bar	Reservations Required	5	Reservations Required. An inside look at Schiller's Liquor Bar, a hip new bistro from Keith McNally and the chef from Balthazar. Also Marcus Samuelsson and others experiment with unique Japanese flavors.	TV-G			Food	00:30:00
Ultra	Reservations Required: L'Impero	Reservations Required	6	Experience L'Impero, a sophisticated Italian restaurant recognized for "alta cucina", the cuisine of Italian nobility. Also Café Boulud and other top restaurants develop vegetarian alternatives.	TV-G			Food	00:30:00
Ultra	Reservations Required: David Burke & Donatella	Reservations Required	7	Meet Award winning chef David Burke famous for his whimsical approach to cooking and go behind the scenes at his popular new restaurant. Also, Todd English and other chefs star in new stage musical.	TV-PG			Food	00:30:00

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Ultra	Reservations Required: Nick & Toni's	Reservations Required	8	An exclusive tour of the legendary Nick & Toni's restaurant in East Hampton, famous for fresh Mediterranean cuisine and celebrity clientele. Also, farming on the historic Rockefeller estate.	TV-PG			Food	00:30:00
Ultra	Reservations Required: Pacific East	Reservations Required	9	Reservations Required. Experience the intriguing flavors and provocative taste combinations of Pacific East, the restaurant which elevated Asian cuisine in the Hamptons. Also the organic food trend.	TV-PG			Food	00:30:00
Ultra	Reservations Required: Kittichai	Reservations Required	10	Experience Kittichai, the new restaurant from Chef Ian Chalermkittichai who is a celebrity overseas who advanced the cuisine of his native Thailand. Also, Ed Levine examines the raw food movement.	TV-G			Profile	00:30:00
Ultra	Reservations Required: The River Café	Reservations Required	11	Reservations Required. Step inside The River Café and see what makes it one of the great restaurants of the world. Also Ed Levine visits celebrity chef Tom Douglas in Seattle and explores his culinary empire.	TV-G			Food	00:30:00
Ultra	Reservations Required: Auberge Du Soleil	Reservations Required	12	Experience Auberge Du Soleil, the restaurant which first introduced fine dining to California's Napa Valley. Discover its in-linched ambience and find out how it advanced Cal-French cuisine.	TV-G			Food	00:30:00
Ultra	Reservations Required: Boulevard	Reservations Required	13	Discover Boulevard, "San Francisco's Favorite Restaurant" according to the Zagat Survey for 7 consecutive years. Also, Ed Levine introduces us to famed restaurant designer David Rockwell.	TV-G			Food	00:30:00
Ultra	Reservations Required: Megu	Reservations Required	14	Discover the modern Japanese flavors of Megu and learn the secrets behind its signature dish, Kobe Beef Chateaubriand. Also Ed Levine explores the nation's most expensive comfort foods.	TV-G			Food	00:30:00
Ultra	Ultra Space: Lisa Ling's City View	Ultra Space	1	Explore three amazing New York interiors including an exclusive look at the sleek Manhattan home of Lisa Ling.	TV-G			Space	00:30:00
Ultra	Ultra Space: Thoroughly Modern	Ultra Space	2	Ultra Space. Go inside architect Lee Mindel's penthouse apartment, visit the urban oasis designed by Hariri & Hariri and tour the home of designer Thomas O'Brien.	TV-G			Space	00:30:00

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Ultra	Ultra Space: California Dreaming	Ultra Space	3	Tour the sparkling home of Beverly Hills interior designer Carole Katleman, a beachside pavilion by Hamptons' architect Preston Phillips and a Brentwood home designed by pioneering architect A. Quincy Jones.	TV-G			Space	00:30:00
Ultra	Ultra Space: Bright Lights, Big City	Ultra Space	4	Tour the incredible home of California architect Ron Radziner, visit a limestone palace in Tribeca and a monochromatic marvel featuring mid-century modern style.	TV-G			Space	00:30:00
Ultra	Ultra Space: Park Avenue Posh	Ultra Space	5	From bare walls to finished product, see the installation of a Park Avenue apartment. And visit the chic country estate of two interior design legends. Plus, go to a bachelor pad owned by a design powerhouse.	TV-G			Space	00:30:00
Ultra	Ultra Space: On The Waterfront	Ultra Space	6	See the fabulous home of Miles Redd, the new creative director of Oscar De La Renta's home collection. Then it's modernist interior designer Chris Kraig's transformation of a glass box into an elegant showcase.	TV-G			Space	00:30:00
Ultra	Reservations Required: 5 Ninth	Reservations Required	15	Jacqui Malouf takes you inside NYC's Meatpacking District's hippest restaurant, known simply by its address, 5 Ninth. Alison Levine finds out what makes a 4-star restaurant.	TV-G			Food	00:30:00
Ultra	Cape Town: Fashion Avenue	Fashion Avenue	7	Supermodel Jodie Kidd is joined by South African celebrity stylist, Craig Jacobs, on a tour of the hip Long Street area of Cape Town.	TV-PG			Fashion	00:30:00
Ultra	Amsterdam: Fashion Avenue	Fashion Avenue	8	With the help of Dutch TV host, Irene van de Laar, supermodel Jodie Kidd checks out Amsterdam's must see shopping hotspot, The Nine Streets.	TV-PG			Fashion	00:30:00
Ultra	Sydney: Fashion Avenue	Fashion Avenue	9	Supermodel Jodie Kidd hits the shops in funky Paddington district of Sydney with style columnist of the Australian Sunday Telegraph, Melissa Hoyer.	TV-PG			Fashion	00:30:00
Ultra	San Francisco: Fashion Avenue	Fashion Avenue	10	Fashion expert, Gina Pell, accompanies supermodel Jodie Kidd on a tour of San Francisco's hip Hayes Valley fashion boutiques.	TV-PG			Fashion	00:30:00
Ultra	Toronto: Fashion Avenue	Fashion Avenue	11	Supermodel Jodie Kidd and host of "The A List", Dina Pugliese, take in the ultra chic fashion boutiques of Bloor/Yorkville, Toronto.	TV-PG			Fashion	00:30:00

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Ultra	Chicago: Fashion Avenue	Fashion Avenue	12	Chicago based fashion reporter, Amy Tara Koch, can't wait to show supermodel Jodie Kidd around this city's fashion forward Wicker Park/Buck Town area.	TV-PG			Fashion	00:30:00
Ultra	Hong Kong: Fashion Avenue	Fashion Avenue	13	Fashion Expert, Tania Mohan, is the perfect person to show supermodel Jodie Kidd around Hong Kong's sensational Central shopping district.	TV-PG			Fashion	00:30:00
Ultra	Narciso Rodríguez: Behind The Label	Behind The Label	26		TV-PG			Profile	00:30:00
Ultra	Donna Karan: Behind The Label	Behind The Label	27	Go Behind the Label with one of the biggest names in fashion history - Donna Karan. Judy Licht sits down in a candid interview with the designer about her business, her life, her charity and her many achievements.	TV-PG			Profile	00:30:00
Ultra	Jonathan Adler: Behind The Label	Behind The Label	28	Go Behind The Label as James Aguiar explores the groovy world of potter, interior decorator and writer Jonathan Adler.	TV-PG			Profile	00:30:00
Ultra	Anna Sui: Behind The Label	Behind The Label	29	When rock stars need their fashion fix, they turn to ultra-trendy Anna Sui. Join Full Frontal Fashion's Christina Ha as she goes Behind The Label to see what makes this designer reign over rock royalty.	TV-PG			Profile	00:30:00
Ultra	Baby Phat: Behind The Label	Behind The Label	30	Draining the high aspiration and stretch denim that made Baby Phat a mainstay on the fashion runways. Behind the Label's Christina Ha gets the low-down on its success from Designer and Creative Director, Kimora Lee Simmons.	TV-PG			Profile	00:30:00
Ultra	Namaste: Sunbird	Namaste Yoga	1	The Sunbird Sequence wakes up the spine, and energizes the limbs. All levels will enjoy this energy freeing sequence which includes cat rolls, sunbird and dog poses.	TV-G			Fitness	00:30:00
Ultra	Namaste: Heart Opening	Namaste Yoga	2	This posture sequence stimulates flow of energy from the core to the limbs, and moves through classic standing postures in an easy, gentle manner. This is a wonderful workout for beginners who want to improve flexibility of the hips, legs and spine.	TV-G			Fitness	00:30:00
Ultra	Namaste: Triange	Namaste Yoga	3	Although the Triangle sequence is not easy to do perfectly, it will give great benefit to those who give it an honest effort. Emphasis is lengthening the spine, the hamstrings are stretched, and strengthening the knees while the hips are loosened.	TV-G			Fitness	00:30:00

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Ultra	Namaste: Warrior	Namaste Yoga	4	The Warrior series encourages confidence, and relieves sluggishness. Included in this sequence is Warrior III pose, which is a challenging balance. Yet all levels can safely learn this sequence, and sense the grounded calm which is required for master.	TV-G			Fitness	00:30:00
Ultra	Namaste: Sun Wind	Namaste Yoga	5	Moving with grace through this flow will encourage flexibility while strengthening the legs, shoulders and abdominal muscles. Intermediate students will find this one both challenging and encouraging	TV-G			Fitness	00:30:00
Ultra	Namaste: Sealed Twist	Namaste Yoga	6	The Seated Twist Sequence has a slower pace of moving which is excellent for deep, full breathing and a workout for the lungs. This is a floor sequence featuring hip openers, and spinal rolling. A terrific energizer for all levels.	TV-G			Fitness	00:30:00
Ultra	Namaste: Extended Leg Balancing	Namaste Yoga	7	This standing sequence starts with easy poses, and then follows with two difficult balances and returns to ease. The challenge is to keep the integrity of the breath throughout. Strength, flexibility, and grace all feature in this intermediate work out.	TV-G			Fitness	00:30:00
Ultra	Namaste: Swan	Namaste Yoga	8	The Swan Sequence was a favorite, with the rhythm and grace of its namesake. The postures flow together with elegance and include all spinal curves of Cat and Swan rolling, to deep hip flexor stretches of Pigeon and One Legged Down Dog.	TV-G			Fitness	00:30:00
Ultra	Namaste: Third Eye	Namaste Yoga	9	The side arm balances in this sequence make it advanced practice, although with an easy modification, everyone is a welcome student. The pace is steady, and the postures stay close to the floor with plenty hip openers and leg stretches.	TV-G			Fitness	00:30:00
Ultra	Namaste: Heart Mind	Namaste Yoga	10	Core strength as well as shoulder and leg flexibility are increased with the practice of this sequence. The dynamic interplay between Sunbird Bow, and One Legged Down Dog gives boldness to the phrase, and welcomes all attempts. For strong players only.	TV-G			Fitness	00:30:00

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Ultra	Namaste: Lord of the Fish	Namaste Yoga	11	This sequence starts standing and moves to the floor to take us through variations of Sage Pose and Sitting Head to Knee. The spine, shoulders, and hips are all deeply stretched. Caution to beginners. This is an intermediate/advanced practice.	TV-G			Fitness	00:30:00
Ultra	Namaste: Dove	Namaste Yoga	12	Although the arm balance may pose a challenge, the fun is giving it a try. This flow of movements uses balances, twists and side bends to tone the waistline and increase flexibility in the back and hips. All levels with care.	TV-G			Fitness	00:30:00
Ultra	Namaste: Dancing Diva	Namaste Yoga	13	Kate has created this one for all of the advanced Yogis to test their strength, balance, and good humor. In fact, all the joints are strengthened by this sequence and it is a rigorous work out for all the muscles. Have a good time with it.	TV-G			Fitness	00:30:00
Ultra	Full Frontal Fashion: Miami Swim Shows 2007 #1	Full Frontal Fashion	1	See the latest swimwear designs from Becca, ANK and Rosa Cha. Plus, James Aguiar finds out the secret behind the success of celebrity hairstylist Ric Pipino.	TV-PG			runway	00:30:00
Ultra	Full Frontal Fashion: Miami Swim Shows 2007 #2	Full Frontal Fashion	2	See the newest ultra sexy suits from Lycra, Red, White and Inca. Plus, James Aguiar indulges in celebrity spa treatments with model and writer Kelly Killoren Bensimon.	TV-PG			runway	00:30:00
Ultra	Full Frontal Fashion: Miami Swim Shows 2007 #3	Full Frontal Fashion	3	Full Frontal Fashion burns up the runway with new looks from Shay Todd, Gideon Oberson and the Swimwear Association of Florida. Plus, James Aguiar goes behind the scenes of a fashion photo shoot.	TV-PG			runway	00:30:00
Ultra	Full Frontal Fashion: Miami Swim Shows 2007 #4	Full Frontal Fashion	4	All eyes are on the runway as Miami heats things up with designs from Norma Kamali and Parke & Ronen. Plus, James Aguiar hits the golf course to spread his sense of style.	TV-PG			runway	00:30:00
Ultra	Party Flash: Fashion Week Spring 2007	Party Flash			TV-G			Special	00:30:00
Ultra	Ultra Eye: Tokyo	Ultra Eye		Arguably the style capital of Asia, Tokyo is a city caught in a paradox of the old, the new, and quite often, the eccentric. The result is a style and creativity beyond anywhere else in the world.	TV-PG			Travel	01:00:00
Ultra	Ultra Eye: Singapore	Ultra Eye			TV-PG			Travel	01:00:00

Channel	Tribune IPG Title	Series Title	EP Number	On Air Description	Rating	Rating Ext	Rating Warning	Genre	On Air Block
Ultra	Style Me with Rachel Hunter: Flea Market Fabulous	Style Me with Rachel Hunter	1	The contestants scramble to accessorize Rachel's little black dress within a 45-minute time limit—and a \$75 budget.	TV-PG				01:00:00
Ultra	Style Me with Rachel Hunter: Frat Fashion	Style Me with Rachel Hunter	2	The contestants are instructed to create "the boyfriend look" by only using articles of clothing found in the closets of a fraternity house!	TV-PG				00:30:00
Ultra	Style Me with Rachel Hunter: Stylist's Closet	Style Me with Rachel Hunter	3	The stylists take on their hardest challenge yet as they create and define "Ladies Who Lunch meets Rocker Chic."	TV-PG				00:30:00
Ultra	Style Me with Rachel Hunter: FDNY	Style Me with Rachel Hunter	4	The competition starts heating up as the stylist's dress three members of New York's finest for the 30th anniversary party celebrating Jhane Barnes' menswear collection.	TV-PG				00:30:00
Ultra	Style Me with Rachel Hunter: NY Tourists	Style Me with Rachel Hunter	5	The contestants board a double-decker tour bus to soon learn that their newest clients are NYC tourists!	TV-PG				00:30:00
Ultra	Style Me with Rachel Hunter: Old Hollywood	Style Me with Rachel Hunter	6	The stylist's are given \$800 to shop at a vintage boutique in downtown NYC. The challenge: create the look of Old Hollywood Glamour for up and coming actresses!	TV-PG				00:30:00
Ultra	Style Me with Rachel Hunter: Designer Ad Campaign	Style Me with Rachel Hunter	7	It's time for the grand finale! The remaining three contestants take a trip down Fashion Avenue only to find out they have been hired by designer Carmen Marc Valvo to style his newest ad campaign.	TV-PG				00:30:00
Ultra	Cover Stories: Episode #1	Cover Stories	1						00:30:00
Ultra	Cover Stories: Episode #2	Cover Stories	2						00:30:00
Ultra	Cover Stories: Episode #3	Cover Stories	3						00:30:00
Ultra	Cover Stories: Episode #4	Cover Stories	4						00:30:00
Ultra	Cover Stories: Episode #5	Cover Stories	5						00:30:00
Ultra	Fashion Avenue: Stockholm	Fashion Avenue	14	With the help of Swedish MTV host, Kicki Berg, supermodel Jodie Kidd checks out Stockholm's must-see shopping hot spot, SOFO.	TV-PG				00:30:00
Ultra	Fashion Avenue: Las Vegas	Fashion Avenue	18	Supermodel Jodie Kidd is joined by celebrity stylist, Robert Arganza, on a tour of the hip Strip of Las Vegas.	TV-PG				00:30:00
Ultra	Cover Stories: Episode #6	Cover Stories	6						00:30:00
Ultra	Full Frontal Fashion: Haute Couture Fall 2006 #1	FFF Haute Couture Fall 2006	1	Full Frontal Fashion takes you window-shopping through the most expensive week in fashion - Haute Couture Fall 2006. See the latest over the top collections from Elie Saab, Frank Sorbier, Anne Valerie Hash and Valentino.	TV-PG			runway	01:00:00

