

Triple R Program Guide – 3 June 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM								6AM
7AM	Breakfasters					Vital Bits		7AM
8AM								8AM
9AM	Future Perfect	Uncommon Sense	Baseline	SmartArts	On The Blower	Off The Record	Radio Marinara	9AM
10AM							Radiotherapy	10AM
11AM							Einstein A Go-Go	11AM
12PM	Banksia	Banana Lounge Broadcasting	Literati Glitterati	Get Down	Stylin'	Press Colour	Eat It	12PM
1PM	Zero G		Queer View Mirror				Indigenuity	1PM
2PM	Astral Glamour	The Good, The Dub & The Global	New & Groovy	Respect The Rock	Far and Wide	Twang	JVJG Radio Method	2PM
3PM								3PM
4PM	Maps	Double Bounce	The Distant Sky	Breaking And Entering	Neon Sunset	Stolen Moments	Pebbles	4PM
5PM								5PM
6PM						6PM		
7PM	Primal Screen	The Mission	Byte Into IT	Spin Cycle	Live at RRR	Beat Orgy	Frantic Items	7PM
8PM	Local and/or General	Sometimes Always	The International Pop Underground	The Australian Mood	Bright Lights	Velvet Haze	Where Yo Is	8PM
9PM								9PM
10PM	Full Circle	Brutal Realms	The Golden Age Of Piracy	Son of Crowdaddy	How High The Moon	LiveWire	Teenage Hate	10PM
11PM								11PM
12AM	Window Seat	O' Tomorrow	Mooncake	The Planetarium	Good Static	The Party Show	Cease And Desist	12AM
1AM								1AM
2AM	Constellations	Abstract	Long Distance	Fragments	Graveyard Shift		REPRESENTED	2AM
3AM								3AM
4AM	Orange Juice	Feel The Floor	Opium Audia	Culture Shock			Young At Art	4AM
5AM					5AM			

MONDAY

6AM: BREAKFASTERS

Music, news, sport, weather, information, special guests and regular segments each morning.

Daniel Burt, Monique Sebire and Bronwyn Kuss

9AM: FUTURE PERFECT

Talks and interviews spanning current affairs, politics, society, culture, and music. From the offbeat to the upbeat. The local to the global.

Dylan Bird

12 NOON: BANKSIA

Celebrating Indigenous music, arts and culture globally, presented by Yorta Yorta, Dja Dja Wurrung, Wiradjuri woman Vanessa Morris.

Vanessa Morris

1PM: ZERO G

Science Fiction, Fantasy and Historical.

Rob Jan and Megan McKeough

2PM: ASTRAL GLAMOUR

A music program exploring a wide range of sounds.

Joe

4PM: MAPS

Visiting friends or launching adventures, maps are always there to guide the way.

Fee B-Squared

7PM: PRIMAL SCREEN

Primal Screen is a show about movies, from the ones on the big screen to the ones you stream.

Flick Ford

8PM: LOCAL AND/OR GENERAL

Quality, new Australian (and NZ) music program focusing on local emerging artists, with interviews, live in-studio performances and regular guests.

Hal Langley

10PM: FULL CIRCLE

Ever evolving transmissions of forward-thinking electronics, organic grooves, psychedelic moods and beyond. Settle in for a never-ending trip.

Millú

MIDNIGHT: WINDOW SEAT

A mix of R&B, soul and eclectic hip hop vibes from Australia and around the world to keep those late night vibes right.

Sosefina Fuamoli

2AM: CONSTELLATIONS

Connecting the local to the global across eras and genres.

Caitlin Ramsay

4AM: ORANGE JUICE

A surreal variety program, featuring music, comedy and whatever else seems like fun at the time.

Tyler Bain

TUESDAY

6AM: BREAKFASTERS

Music, news, sport, weather, information, special guests and regular segments each morning.

Daniel Burt, Monique Sebire and Bronwyn Kuss

9AM: UNCOMMON SENSE

A weekly conversation about politics and current events, international affairs, history, art, books, and the natural world, to illuminate the issues faced by society and explore them in new ways.

Amy Mullins

12 NOON: BANANA LOUNGE BROADCASTING

Featuring dashes of old time weirdness and lashings of contemporary mainly Australian sounds... May contain traces of jazz.

Hosted by Dave Graney with Andrew Delaney.

Dave Graney

2PM: THE GOOD, THE DUB & THE GLOBAL

Explores the differences between traditional and contemporary global rhythms, the goodness of dub and other tasty treats that fall into the description of Good!

Systa BB

4PM: DOUBLE BOUNCE

Moments & movements, bouncing into earshot each Tuesday.

Vaughan Quinn

7PM: THE MISSION

Exploring the issues that impact the lives of Aboriginal people and those at the wrong end of social justice in this country.

Daniel James and Uncle Charles Pakana

8PM: SOMETIMES ALWAYS

Plugging into big stuff, little stuff, weird stuff, life stuff. Culture, music, art, the rest. Back-and-forthing, round-and-rounding. Long chats, small talks, sounds that are buzzing.

Sarah Smith

10PM: BRUTAL REALMS

Music that sounds like a dying sun collapsing upon itself, sending you on a voyage through space and time.

Stu Carlson

MIDNIGHT: O' TOMORROW

Outsiders, The Avant-Garde, Noise, Experimental, Folk, Jazz, Pop music.

Down Pat

2AM: ABSTRACT

Taking you on a surreal journey through hip hop and beats from the unexpected and the unexplored.

Betty Mehari

4AM: FEEL THE FLOOR

From the rave to the club, don your best and explore the latest from the electronic scene.

Ethan Savage

WEDNESDAY

6AM: BREAKFASTERS

Music, news, sport, weather, information, special guests and regular segments each morning.

Daniel Burt, Monique Sebire and Bronwyn Kuss

9AM: BASELINE

A show about the people, systems and sounds that shape culture.

Nana Owusu

12 NOON: LITERATI GLITTERATI

Championing stylish wordsmiths and sterling conversation, Literati Glitterati is a weekly book show that loves a good story, well told.

Mel Fulton

1PM: QUEER VIEW MIRROR

A queer and trans talk show.

Sam Elkin, Jono Butler and Andrew Sutherland

2PM: NEW & GROOVY

Electronic space bag soul/fondue funk/jetset jazz and the bongos of your mind!!

Johnny Topper

4PM: THE DISTANT SKY

Sounds of now and sounds of then, The Distant Sky covers music from across this land and occasionally travels across the ditch, too.

Kate Kingsmill

7PM: BYTE INTO IT

Local insights on tech news, with feature interviews and regular guests.

Vanessa Toholka, Row Murray, Dan Salmon, Dan Morganti, Lilly Ryan, Mike Bantick, Eric Jong, Samantha Floreani and Alex Shermon

8PM: THE INTERNATIONAL POP UNDERGROUND

Unpopular pop-music at its most pretty and profound.

Anthony Carew

10PM: THE GOLDEN AGE OF PIRACY

Joins the dots between the new and the old, charting a course through the influences that shaped the sound of today's artists.

Tristen Harris

MIDNIGHT: MOONCAKE

Cooking up music from Asia and artists of the Asian-diaspora

Small FRY

2AM: LONG DISTANCE

A sonic bridge between past and present, here and there.

Monika Vidugiryte

4AM: OPIUM AUDIA

Exploring thematic and contextual ties of the underground with a hauntological mix of 80s/90s house, Rnb, electronic, jungle, post-punk, grunge rock, bossa Nova, Samba, Jazz and ambient avant pop.

Shambe Olweny-Pu

THURSDAY

6AM: BREAKFASTERS

Music, news, sport, weather, information, special guests and regular segments each morning.

Daniel Burt, Monique Sebire and Bronwyn Kuss

9AM: SMARTARTS

Visual art, theatre, film and literature.

Richard Watts

12 NOON: GET DOWN

Get Down to the funky sound, Get Down to lots of vinyl, Get Down to your community, Get Down for arts and music news and interviews, Get Down to get up again!

Chris Gill

2PM: RESPECT THE ROCK

Hear the rock 'n' roll universe expand as Tadpole travels to all the corners of rock and back again.

Nicole Tadpole

4PM: BREAKING AND ENTERING

Your weekly round up of new music. Hear from artists shaping what comes next, alongside the records, scenes and movements that brought us here. Featuring guest mixes and in-depth conversations.

Lauren Taylor

7PM: SPIN CYCLE

Spin Cycle aims to make sense of the 24/7 updates and hot takes we are bombarded with from media outlets, politicians and pundits all trying to own the narrative.

Jess Lilley, Charlie Lewis and Rachel Withers

8PM: THE AUSTRALIAN MOOD

Two hours of Australian music, playing the best of the new releases and the best from the past!

Neil Rogers

10PM: SON OF CRAWDADDY

Blues and its roots!

Max Crawdaddy

MIDNIGHT: THE PLANETARIUM

Let Phoebe take you on a celestial journey through outer space, with sounds that transcend the stars.

Phoebe Crehan

2AM: FRAGMENTS

Come with MOZÉ as she breaks apart the architecture of a song, from concept to conquest.

MOZÉ

4AM: CULTURE SHOCK

Wake up with a spoonful of gravel. If you don't know where the culture is headed, it's gonna leave you behind. Forever chasing the new noise, and unearthing where it came from.

Krishan Meepe

FRIDAY

6AM: BREAKFASTERS

Music, news, sport, weather, information, special guests and regular segments each morning.

Daniel Burt, Monique Sebire and Bronwyn Kuss

9AM: ON THE BLOWER

Brunch dahling? Shut up, I'm on the blower.

Tony Biggs

12 NOON: STYLIN'

Ennio Styles searches for the connections between spiritual jazz, earthly rhythms, future funk science, headnod soul and raw club beats.

Ennio Styles

2PM: FAR AND WIDE

Far and Wide is your Friday afternoon mixtape of new release UK Indie, interviews and banter with a smattering of op shop pop and vintage vinyl.

Steve Wide

4PM: NEON SUNSET

Ramp ups and wind downs, bedroom jams and familiar sounds. Carpet stickers and non-genre specifics. Luminous freaks fit for your Friday.

Annaliese Redlich

7PM: LIVE AT RRR

Live music events from the Triple R Performance Space to prime you for your weekend!

Rotating hosts

8PM: BRIGHT LIGHTS

Whatever the weather.

Rachel Short

10PM: HOW HIGH THE MOON

A sci-fi soul excursion, a hip-hop sound signature, it's fancy footwork for ya mind!

Dan Dare

MIDNIGHT: GOOD STATIC

Amongst all the chaos, we all thrive for the calm, the eclectic, the intentional, the underground. From rnb, hip hop, to techno, footwork and everything in between. Now, more than ever we welcome Good Static.

Paul Gorrie and Lizzynice

2AM: GRAVEYARD SHIFT

A space for new and emerging broadcasters on Triple R.

Rotating hosts

SATURDAY

6AM: VITAL BITS

Filling the space between the Graveyard Shift and Things To Do Today with music, occasional guests and weekly chats with taxi-driving farming horticulturalist Bohdan, and bicycle mechanic and enthusiast Marcus Walker.

Tim Thorpe

9AM: OFF THE RECORD

A 'roots' music program with feature interviews, in studio performances and live recordings and regular broadcasts from festivals at home and overseas.

Brian Wise

12 NOON: PRESS COLOUR

A vibrant palette of new sounds from across the musical spectrum with a splash of impressions from the past.

Sam Cummins

2PM: TWANG

Alternative country and roots influenced music.

Denise Hylands

4PM: STOLEN MOMENTS

Enjoy the passing of time with the sounds of joy from the jazz side - modal, spiritual, soulful, latin, bossa nova, folk, funk and electronica fusions.

John Bailey

6PM: BEAT ORGY

Saturday night kitchen dance parties, songs from under the floorboards, quiet life playlists and the occasional stolen orgy.

Steve Cross

8PM: VELVET HAZE

Float through space, time and velvet voids on waves of soulful fuzz, and psych stained static. For freaks, feelers and groove possessed minds.

Clara Slewa

10PM: LIVEWIRE

A show that celebrates live gigs past, present and future.

Pauly P and Nereaders Digest

MIDNIGHT: THE PARTY SHOW

Robust exchange of views with the influential, the infamous and the informed.

Headley Gritter, Paul Jones and DD

2AM: GRAVEYARD SHIFT

A space for new and emerging broadcasters on Triple R.

Rotating hosts

SUNDAY

6AM: VITAL BITS

Filling the space between the Graveyard Shift and Things To Do Today with music, occasional guests and weekly chats with taxi-driving farming horticulturalist Bohdan, and bicycle mechanic and enthusiast Marcus Walker.

Tim Thorpe

9AM: RADIO MARINARA

The team continues the great Marinara tradition of bringing you a quirky but informative look at all that is marine.

Bron Burton, Dr Beach, Anthony Boxshall, Kade Mills and Cabin Boy

10AM: RADIOTHERAPY

The longest running community radio show in the universe dedicated to all things health and medicine and well-being - curing Saturday night hangovers every Sunday morning since March 1996!

Panel Beater, Dr Sharma, Neo Natal, Dr Dilemma, Dr Living, Dr Mal Practice, Dr Kit Kat, Training Wheels, Miss Peri Neum, Dr Nick, Miss Diagnosis, Prudence Dear and Dr Katie

11AM: EINSTEIN A GO-GO

Exploring the wonders of science and its impact on the world.

Dr Shane, Dr Susi, Dr Jacinta and Dr Scarlett

12 NOON: EAT IT

Food for thought: recipes, hints and tips, interviews and a market report.

Cameron Smith and Matt Steadman

1PM: INDIGENUITY

A weekly conversation with Indigenous knowledge holders, showcasing all forms of Indigenous ingenuity.

Krystal De Napoli

2PM: JVG RADIO METHOD

A personally biased, segment laden, thematically blended hotchpotch.

Jonnie von Goes

4PM: PEBBLES

Noongar sister duo exploring the musical ripples.

A weekly pebble skipping across the pond of relativity.

Bumpy and Emmy

6PM: FRANTIC ITEMS

Everything, all at once, forever.

Charlie Miller

8PM: WHERE YO IS

Where Yo Is? is a wild ride exploring strange, oft-overlooked music genres.

Bruce Milne

10PM: TEENAGE HATE

Fast blasts, cosmic jams, and ratbag rock 'n' roll.

Tim Scott

MIDNIGHT: CEASE AND DESIST

Outsiders, outcasts and outlaws. Discarding genre to bring you forgotten gems and underground hits.

Yasmine Sharaf

2AM: REPRESENTED

Over-representing the under-represented in AU/NZ music.

Bez

4AM: YOUNG AT ART

A show that platforms young artists and their talents; and tackles the ideas surrounding stereotypes about the music of younger generations.

Frankie Mazzo

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