

Wykaz programów wraz z częstotliwościami:

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|-----|-----|--------|----------------------|
| 1. | K06 | 175,25 | TVP1 |
| 2. | K07 | 183,25 | TVP2 |
| 3. | K08 | 191,25 | Polsat |
| 4. | K09 | 199,25 | TVP Polonia |
| 5. | K10 | 207,25 | TVP Info |
| 6. | K11 | 215,25 | RTV Gorlice |
| 7. | K12 | 223,25 | TVN |
| 8. | s09 | 231,25 | TVN 7 |
| 9. | s14 | 271,25 | TVP Historia |
| 10. | s15 | 279,25 | TV Puls |
| 11. | s16 | 287,25 | HGTV |
| 12. | s17 | 295,25 | TV Trwam |
| 13. | s18 | 303,25 | NatGeo Wild |
| 14. | s19 | 311,25 | Discovery Turbo Xtra |
| 15. | s20 | 319,25 | TLC |
| 16. | s21 | 327,25 | CBS Europe |
| 17. | s22 | 335,25 | Discovery Science |
| 18. | s23 | 343,25 | TVN Turbo |
| 19. | s24 | 351,25 | TVN Style |
| 20. | s25 | 359,25 | Kino Polska |
| 21. | s26 | 367,25 | National Geographic |
| 22. | s27 | 375,25 | Discovery Channel |
| 23. | K41 | 631,25 | TVP Sport |
| 24. | K42 | 639,25 | Ale Kino+ |
| 25. | K43 | 647,25 | MiniMini+ |
| 26. | K44 | 655,25 | TVN 24 BiS |
| 27. | K45 | 663,25 | TVS |
| 28. | K46 | 671,25 | TVN 24 |
| 29. | K47 | 679,25 | teleTOON+ |
| 30. | K48 | 687,25 | Eurosport |
| 31. | K49 | 695,25 | MTV Music |
| 32. | K50 | 703,25 | Polsat Sport |
| 33. | K51 | 711,25 | TVP Kultura |
| 34. | K52 | 719,25 | Polsat 2 |
| 35. | K53 | 727,25 | Discovery life |
| 36. | K55 | 743,25 | Fox |
| 37. | K56 | 751,25 | TVP Seriale |