

Everyday Heroes Weekly 2024-2025 Season One

Feed Date (Thursdays)	Episode Number	Broadcast Window Friday - Wednesdays
08/29/24	301	08/30/24
09/05/24	302	09/06/24
09/12/24	303	09/13/24
09/19/24	304	09/20/24
09/26/24	305	09/27/24
10/03/24	306	10/04/24
10/10/24	307	10/11/24
10/17/24	308	10/18/24
10/24/24	309	10/25/24
10/31/24	310	11/01/24
11/07/24	311	11/08/24
11/14/24	312	11/15/24
11/21/24	313	11/22/24
11/28/24	314	11/29/24
12/05/24	315	12/06/24
12/12/24	316	12/13/24
12/19/24	317	12/20/24
12/26/24	318	12/27/24
01/02/25	319	01/03/25
01/09/25	320	01/10/25
01/16/25	321	01/17/25
01/23/25	322	01/24/25
01/30/25	323	01/31/25
02/06/25	324	02/07/25
02/13/25	325	02/14/25
02/20/25	326	02/21/25
02/27/25	327	02/28/25
03/06/25	328	03/07/25
03/13/25	329	03/14/25
03/20/25	330	03/21/25
03/27/25	331	03/28/25
04/03/25	332	04/04/25
04/10/25	333	04/11/25
04/17/25	334	04/18/25
04/24/25	335	04/25/25
05/01/25	336	05/02/25
05/08/25	337	05/09/25
05/15/25	338	05/16/25
05/22/25	339	05/23/25
05/29/25	340	05/30/25
06/05/25	341	06/06/25

06/12/25	342	06/13/25
06/19/25	343	06/20/25
06/26/25	344	06/27/25
07/03/25	345	07/04/25
07/10/25	346	07/11/25
07/17/25	347	07/18/25
07/24/25	348	07/25/25
07/31/25	349	08/01/25
08/07/25	350	08/08/25
08/14/25	351	08/15/25
08/21/25	352	08/22/25