<script type="text/javascript">

var now = new Date();

var today = now.getDay();

var startTime = new Date();

startTime.setHours(11);

startTime.setMinutes(00);

startTime.setSeconds(00);

var endTime = new Date();

endTime.setHours(11);

endTime.setMinutes(30);

endTime.setSeconds(01);

var on = '<iframe width="560" height="315" src="https://www.youtube.com/embed/fB5BSEtW5eM" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>1 manha bandeirantes</a>';

var off = '<iframe width="560" height="315" src="https://www.youtube.com/embed/bbwqyR3uNU4" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>2 os donos da bola</a>';

if ((today > 0) && (today < 6) && (now > startTime) && (now < endTime))

{document.write(on);}

else

{document.write(off);}

</script>