

# sports this week

## WEDNESDAY

**6:00 a.m.**

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**GOLF** Live From the Masters (Live) (6:00)

**6:30 a.m.**

**KTNW** Wai Lana Yoga (0:30)

**ESPN2** Get Up! (2:00)

**9:00 a.m.**

**ESPN2** First Take (1:00)

**ROOT** The Rich Eisen Show (Live) (3:00)

**Noon**

**ESPN** Golf Masters Par 3 Contest. (Live) (2:00)

**ESPN2** NBA: The Jump (Live) (1:00)

**GOLF** Inside the PGA Tour (0:30)

**TNT** UEFA Soccer Quarter-final Leg 1 Champions League, Barcelona at Man. Utd.. (Live) (2:00)

**12:30 p.m.**

**GOLF** PGA TOUR Champions Learning Center (0:30)

**1:00 p.m.**

**ESPN2** High Noon (0:30)

**GOLF** Inside the PGA Tour (0:30)

**ROOT** The Dan Patrick Show (3:00)

**1:30 p.m.**

**ESPN2** Highly Questionable (0:30)

**GOLF** Golfing World (0:30)

**2:00 p.m.**

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**ESPN2** Around the Horn (0:30)

**GOLF** Masters Highlights (1:00)

**TNT** UEFA BR Football Post-Match (Live) (0:30)

**4:00 p.m.**

**ESPN** NBA Countdown (Live) (1:00)

**ESPN2** WNBA Draft (Live) (1:00)

**ROOT** Mariners All Access (0:30)

**4:30 p.m.**

**ROOT** Mariners Pre-game (Live) (0:30)

**5:00 p.m.**

**ESPN** NBA Basketball Orlando at Charlotte. (Live) (2:30)

**ESPN2** Golf Masters Par 3 Contest. (2:00)

**ROOT** MLB Baseball Seattle at Kansas City. (Live) (3:00)

**6:00 p.m.**

**GOLF** Live From the Masters (9:00)

**7:00 p.m.**

**ESPN2** Countdown To (0:30)

**USA** NHL Hockey Stanley Cup Playoffs. (Live) (3:00)

**7:30 p.m.**

**ESPN** NBA Basketball Minnesota at Denver. (Live) (2:40)

**ESPN2** Unlocking Victory (0:30)

**8:00 p.m.**

**ROOT** Mariners Post-game (Live) (0:30)

**8:30 p.m.**

**ROOT** MLB Baseball Seattle at Kansas City. (3:00)

**10:00 p.m.**

**ESPN2** NFL Live (1:00)

**11:00 p.m.**

**ESPN2** Now or Never (0:30)

**11:30 p.m.**

**ESPN2** NBA Basketball Minnesota at Denver. (2:00)

**ROOT** Mariners Post-game (0:30)

**Midnight**

**ROOT** Champions Tennis QQQ Series Champions Cup. (2:00)

**1:00 a.m.**

**ESPN** NBA Basketball Orlando at Charlotte. (2:00)

**1:30 a.m.**

**ESPN2** UFC Top Ten (0:30)

**2:00 a.m.**

**ROOT** PBA Bowling Round of 24 Playoffs. (2:00)

**2:45 a.m.**

**HBO** Real Sports With Bryant Gumbel (1:05)

**3:00 a.m.**

**ESPN2** Golic and Wingo (Live) (2:00)

**GOLF** Morning Drive (Live) (2:00)

**4:00 a.m.**

**ROOT** DFL Soccer Bremen at M'Gladbach. (2:00)

**5:00 a.m.**

**ESPN** Get Up! (Live) (2:00)

**GOLF** Live From the Masters (Live) (7:00)

## THURSDAY

**6:00 a.m.**

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**OPB** Sit and Be Fit (0:30)

**6:30 a.m.**

**KTNW** Wai Lana Yoga (0:30)

**7:00 a.m.**

**ESPN2** First Take (Live) (2:00)

**10:00 a.m.**

**ESPN2** Outside the Lines (Live) (0:30)

**ROOT** MLB Baseball Seattle at Kansas City. (Live) (3:00)

**10:30 a.m.**

**ESPN2** NFL Live (Live) (1:30)

**11:30 a.m.**

**KTNW** Sit and Be Fit (0:30)

**Noon**

**ESPN** Golf Round 1 Masters Tournament. (Live) (4:30)

**ESPN2** NBA: The Jump (Live) (1:00)

**1:00 p.m.**

**ESPN2** Weigh-in Live (Live) (1:00)

**ROOT** Mariners Post-game (Live) (0:30)

**1:30 p.m.**

**ROOT** The Dan Patrick Show (3:00)

**2:00 p.m.**

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**ESPN2** NCAA Hockey Frozen Four Semifinal Division I Tournament. Providence vs. Minnesota - D.. (Live) (2:30)

**4:30 p.m.**

**ESPN2** NCAA Studio Update (Live) (1:00)

**GOLF** Live From the Masters (Live) (2:00)

**ROOT** Mariners Pre-game (0:30)

**5:00 p.m.**

**ESPN** Golf Round 1 Masters Tournament. (3:00)

**ROOT** MLB Baseball Seattle at Kansas City. (3:00)

**5:30 p.m.**

**ESPN2** NCAA Hockey Frozen Four Semifinal Division I Tournament. Denver vs. Massachusetts. (Live) (2:30)

**6:30 p.m.**

**GOLF** Live From the Masters (8:30)

**7:00 p.m.**

**USA** NHL Hockey Stanley Cup Playoffs. (Live) (3:00)

**8:00 p.m.**

**ESPN2** NFL Live (1:00)

**ROOT** Mariners Post-game (0:30)

**8:30 p.m.**

**ROOT** Mariners All Access (0:30)

**9:00 p.m.**

**ESPN2** NBA: The Jump (1:00)

**ROOT** Mariners All Access (0:30)

**9:30 p.m.**

**ROOT** Mariners All Access (0:30)

**10:00 p.m.**

**ESPN2** UFC Main Event (0:55)

**ROOT** Mariners All Access (0:30)

**10:30 p.m.**

**ROOT** PBA Bowling Round of 24 Playoffs. (2:00)

**10:55 p.m.**

**ESPN2** F1 Auto Racing Practice Chinese Grand Prix. (Live) (1:35)

**11:35 p.m.**

**KEPR** KOIN Masters Highlights (0:15)

**12:30 a.m.**

**ESPN2** Golf Round 1 Masters Tournament. (2:30)

**ROOT** Champions Tennis QQQ Series Champions Cup. (2:00)

**4:00 a.m.**

**ROOT** Cliff Diving (1:00)

**5:00 a.m.**

**ESPN** Get Up! (Live) (2:00)

**GOLF** Live From the Masters (Live) (7:00)

## FRIDAY

**6:00 a.m.**

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**OPB** Classical Stretch: The Esmonde Technique (0:30)

**6:30 a.m.**

**KTNW** Happy Yoga With Sarah Starr (0:30)

**7:00 a.m.**

**ESPN2** First Take (Live) (2:00)

**9:00 a.m.**

**ESPN2** First Take (1:00)

**ROOT** The Rich Eisen Show (Live) (3:00)

**10:00 a.m.**

**ESPN2** Outside the Lines (Live) (0:30)

**10:30 a.m.**

**ESPN2** NFL Live (Live) (0:30)

**11:00 a.m.**

**ESPN2** NBA: The Jump (1:30)

**11:30 a.m.**

**KTNW** Sit and Be Fit (0:30)

**Noon**

**ESPN** Golf Round 2 Masters Tournament. (Live) (4:30)

**12:30 p.m.**

**ESPN2** Woj & Lowe (Live) (0:30)

**1:00 p.m.**

**ESPN2** Outside the Lines (0:30)

**ROOT** The Dan Patrick Show (3:00)

**1:30 p.m.**

**ESPN2** NFL Live (1:30)

**2:00 p.m.**

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**4:00 p.m.**

**ROOT** In Depth With Graham Bensinger (0:30)

**4:30 p.m.**

**ESPN2** Countdown To (0:30)

**GOLF** Live From the Masters (Live) (2:00)

**ROOT** Edgar Martinez (0:30)

**5:00 p.m.**

**ESPN** Golf Round 2 Masters Tournament. (3:00)

**ESPN2** The College Basketball Awards (Live) (1:30)

**ROOT** Edgar Martinez (0:30)

**5:30 p.m.**

**ROOT** Edgar Martinez (0:30)

**6:00 p.m.**

**ROOT** Mariners All Access (0:30)

**6:30 p.m.**

**KTVN** Timbers in 30 (0:30)

**ESPN2** NBA: The Jump (0:30)

**GOLF** Live From the Masters (9:30)

**ROOT** Mariners Pre-game (Live) (0:30)

**7:00 p.m.**

**ESPN2** Basketball Hoop Summit. (Live) (2:00)

**ROOT** MLB Baseball Houston at Seattle. (Live) (3:00)

**10:00 p.m.**

**ESPN2** UFC Countdown (0:55)

**ROOT** Mariners Post-game (Live) (0:30)

**10:30 p.m.**

**ROOT** MLB Baseball Houston at Seattle. (3:00)

**10:55 p.m.**

**ESPN2** F1 Auto Racing Qualifying Chinese Grand Prix. (Live) (1:05)

**11:00 p.m.**

**TBS** eSports (1:00)

**11:35 p.m.**

**KEPR** KOIN Masters Highlights (0:15)

**Midnight**

**ESPN2** Golf Round 2 Masters Tournament. (3:00)

**UNI** Combate Americas (1:30)

**1:30 a.m.**

**ROOT** Mariners Post-game (0:30)

**UNI** Combate Americas Extra (0:30)

**2:00 a.m.**

**ROOT** NHRA Drag Racing (3:00)

**TNT** Mixed Martial Arts Martin Nguyen vs. Narantungalag Jadambaa ONE Championship: Roots of Honor. (1:00)

**2:20 a.m.**

**KEPR** Ring of Honor Wrestling (0:38)

**3:00 a.m.**

**ESPN2** NBA: The Jump (0:30)

**3:30 a.m.**

**ESPN2** Woj & Lowe (0:30)

**3:35 a.m.**

**KATU** The James Brown Show (0:25)

**4:00 a.m.**

**KEPR** KATU Three Wide Life (0:30)

**ESPN2** NFL Live (1:30)

**GOLF** Morning Drive (Live) (2:00)

**5:00 a.m.**

**ROOT** The Dan Patrick Show (1:00)

**5:30 a.m.**

**ESPN2** Hey Rookie: Welcome to the NFL Combine (0:30)

## SATURDAY

**6:00 a.m.**

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**ESPN2** SportsCenter Special (1:00)

**GOLF** Live From the Masters (Live) (6:00)

**6:30 a.m.**

**KTNW** Happy Yoga With Sarah Starr (0:30)

**7:00 a.m.**

**CNBC** EPL Soccer Man. Utd. at West Ham. (Live) (2:00)

**DISC** The Scott Martin Challenge (0:30)

**ESPN2** Pro14 Rugby Glasgow vs. Leinster. (Live) (2:00)