

	CH	DISH	DTV	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
<b>BROADCAST</b>															
KFFX	11	-	11	AgDay	The Game	Good Day		FIFA Women's World Cup Today	Various	(Tue) Caught in Providence	(Tue) Live PD: Police Patrol	(Tue) Live PD: Police Patrol	FIFA Women's World Cup Today / (Tue) Chicago P.D.		
KPTV	3	-	-	Good Day Oregon at 6 a.m.		Good Day Oregon		FIFA Women's World Cup Today	Various		(Tue) MORE Good Day Oregon		FIFA Women's World Cup Today / (Tue) The Rachael Ray Show		
KEPR	19	2	19	Action News at 6:00 a.m.	Action News at 6:30 a.m.	CBS This Morning			Pickler & Ben		The Price Is Right		The Young and the Restless		
KOIN	19	-	-	(Wed) KOIN Local 6 at 6 / KOIN Local 6 at 6am		CBS This Morning			Let's Make a Deal		The Price Is Right		The Young and the Restless		
KNDU	25	6	25	4:30 Wake Up News / Wake Up Northwest		Today			Today III		Today With Hoda and Jenna		Who Wants to Be a Millionaire?	Hot Bench	
KGW	8	-	-	KGW News at Sunrise at 6 AM		Today			Today III		Today With Hoda and Jenna		Daily Blast Live	Daily Blast Live	
KVEW	42	4	42	Good Morning	Good Morning	Good Morning America			Live With Kelly and Ryan		The View		Paid Program	Right This Minute	
KATU	5	-	-	5:00 KATU News This Morning		Good Morning America			AM Northwest		The View		Live With Kelly and Ryan		
KTNW	-	31	31	Esmonde Technique	(Wed Thu Tue) Yoga / (Fri Mon) Yoga	Ready Jet Go!	Wild Kratts	Sesame Street	Splash and Bubbles	Dinosaur Train	The Cat in the Hat	Daniel Tiger's Neighborhood	Super WHY!	Pinka-Peter / (Tue) Ready Jet Go!	Sit and Be Fit
OPB	59	13	-	Yoga / Sit Fit / Stretch	Wild Kratt / (Mon) Ready Jet Go!	Nature Cat	Curious George	Let's Go Luna!	Daniel Tiger's Neighborhood	Daniel Tiger's Neighborhood	Pinkalicious & Peterrific	Splash and Bubbles	Sesame Street	Dinosaur Train	The Cat in the Hat
<b>CABLE</b>															
A&E	52	118*	265*	Info-Documentary	Info-Documentary	First 48 / Live PD / Dog B.H.		Various	(Wed Thu Tue) First 48 / (Mon) Dog B.H.	(Wed Thu Tue) First 48 / (Mon) Dog B.H.	Various	Hero Ink / Live PD			
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program	Various	Various	(Thu) * Saving Private Ryan / (Mon) :15 * National Lampoon's Animal House	(Tue) :15 * ** Rambo: First Blood Part II (1985, Action)			
ANPL	24	184*	282*	The Crocodile Hunter		Too Cute!		My Cat From Hell	The Vet Life		Dr. Jeff: Rocky Mountain Vet	The Secret Life of the Zoo			
CMT	43	166*	327*	CMT Music		CMT Music / (Thu) Throwback		CMT Music / (Thu) Throwback	Roseanne	Roseanne	Roseanne	Roseanne	Reba / (Tue) Rose.	Reba / (Tue) Rose.	
CNBC	72	208*	355*	Squawk on the Street		Squawk Alley		Squawk Alley	Fast Money Halftime Report		The Exchange	Power Lunch			
CNN	68	200*	202*	CNN Newsroom		CNN Newsroom		At This Hour with Kate Bolduan	Inside Politics		CNN Right Now With Brianna Keilar	CNN Newsroom			
DISC	51	182*	278*	Various		Various		Various	Various		Various	Various			
DISN	26	173	21	Nancy / (Fri) Puppy	Mickey / (Fri) Puppy	Gigantos / (Fri) Puppy	MuppetB. / Puppy	Puppy / (Fri) Mickey	Puppy Dog Pals	Puppy / T.O.T.S.	:25 T.O.T.S. / Vamp	Various	Big City Greens	Big City Greens	Big City Greens
ESPN	33	140*	206*	5:00 Get Up!		First Take			SportsCenter		OLines / SprtC	(Wed-Fri) NFL Live	(Mon Tue) Baseball		
ESPN2	34	143*	209*	SportsCenter		Get Up!			First Take		(Mon Tue) OLines	(Mon Tue) NFLLive	(Wed-Fri) Jalen & Jacoby		
FNC	66	205*	360*	America's Newsroom					Outnumbered		Outnumbered Overtime	The Daily Briefing With Dana Perino			
FOOD	61	110*	231*	Paid Program		(Tue) Paid	Paid Program	(Tue) Paid	Paid Program	Pioneer Woman	Various	Various	Various	Various	
FREE	32	180*	311*	Paid Program		Paid Program	Reba	Reba	Reba	700 Club / Reba	(Fri Mon Tue) 700 Club Interactive	(Fri Mon Tue) The 700 Club	Various Movies		
FX	65	136*	248*	Paid Program		Paid Program	Various Movies		Various Movies	(Tue) * Oblivion	(Thu) * Labor Day (2013, Drama)		(Fri Mon) Mother		
GOLF	88	401*	218*	(Wed-Fri) Live From the U.S. Open / (Mon Tue) Morning Drive		(Mon) Live From the U.S. Open / (Tue) Golf		(Thu Fri) Golf	Movie	(Tue) P. Lessons	(Tue) P. Lessons	(Tue) Tiger / Proj.			
GSN	76	116*	233*	Paid Program		Paid Program	Paid Program	Match Game	Match Game	Match Game	ComKnowl.	Catch 21	America Says	America Says	
HALL	87	185*	312*	The Golden Girls		The Golden Girls	Home and Family		Home and Family		Various Movies				
HGTV	62	12*	299*	Paid Program		Various	Mtn Life / IslndLif	Various	(Mon) Desert Flip	Various	(Mon) Desert Flip	Various	(Mon) Desert Flip		
HIST	50	120*	269*	Info-Documentaries		Info-Documentaries	Various	(Wed) Pawn Stars	Pawn / Alone / Unident	(Wed) Pawn Stars	Pawn / SEALS / Unident	(Wed) Pawn Stars	SEALS / (Fri) Korea	(Wed) Pawn Stars	(Wed) Pawn Stars
LIFE	29	180*	252*	Paid Program		Life Today	Enjoying Life	Various	The Closer		The Closer	The Closer	The Closer		
NICK	27	171	300	Full House	SpongeBob	PAW Patrol	Bubble Guppies	Butterb / :15 Abby	PAW Patrol	Various	PAW Patrol	44 Cats / :15 44 Cats	ALVIN / :45 ALVIN	Loud H / :15 Loud H.	The Loud House
PRMT	42	241*	241	Paid Program		Paid Program		Bar Rescue	Bar Rescue		(Thu) Bar Rescue / Bar Rescue	(Thu) Bar Rescue / :05 Bar Rescue			
ROOT	37	-	-	Paid Program		Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Rich Eisen / (Thu) Mariners Access	(Thu) Mariners Pre-game	(Thu) Baseball		
SYFY	67	122*	244	Twilight / Z Nation / Killjoys	(Wed) Krypton	Various	(Wed) Krypton	(Thu) CSI / (Fri) Z Nation / (Fri) Killjoys	(Wed) Krypton	(Thu) CSI: Crime Scene / (Fri) Z Nat...	(Wed) :25 Krypton	(Thu) CSI: Crime / (Fri) Z Nation	(Wed) :25 * Tremors 6: A Co....	(Th) * ** * The Mummy / (F) ZNation	(Tue) :45 * Ghostbusters II
TBS	59	139*	247	Loves Ray	Loves Ray	King of Queens	King of Queens	Queens / Friends	Queens / Friends	Sein. / (Mon) Friends	Sein. / (Mon) Friends	Sein. / Friends	Friends	Friends	Friends
TCM	56	132*	256	5:45 * The Curse of the Cat People	(Tue) MGM Parade Show	(Wed) * The Secret Garden	(Fri) * ** * The Sharkfighters (1956, Adventure)	(Wed) :45 * The 5,000 Fingers of...	(Thu) * ** * Bataan ('43, War) / (Fri) * ** * Last Of The Pagans ('35, Adv)	(Tue) * Forty Little Mothers ('40, Dra)	(Wed) * The Little Fugitive	(Thu) * Back to Bataan ('45, War)	(Tue) :45 * This Side of Heaven		
TLC	49	183*	280	What Not to Wear		OutDaughtered	OutDaughtered	Various	Various	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	(Mon Tue) Say Yes		
TNT	57	138*	245	Charmed		Charmed	Charmed	Charmed	Charmed	Supernatural	Supernatural	Supernatural			
UNI	21	-	-	Como dice el dicho		Despierta America					La Gata				
USA	58	105*	242	(Wed) Chrisley Knows/CSI: Crime Scene	(Wed) CSI: Crime Scene	NCIS: Los Angeles	(Wed) NCIS: Los Angeles	NCIS	(Wed) NCIS	(Thu) NCIS / (Fri) Tue SVU / (Mon) Chicago	(Wed) Chicago P.D.	(Thu) NCIS / (Fri) Tue SVU / (Mon) Chicago	(Wed) Chicago P.D.	(Thu) NCIS / (Fri) Tue SVU / (Mon) Chicago	(Wed) Chicago P.D.
WE	118	128*	260	Emotional Mojo		Paid Program	(Wed) Paid Program	(Wed) Paid Program	Paid Program	Paid Program	Law / CI / Lockup / CSI	Law / CI / CSI	(Fri) Love After		
WGN	-	239*	307	Know the Cause		Joseph Prince	Through the Bible	Joyce Meyer	Creflo Dollar	Paid Program	Murder, She Wrote	Murder, She Wrote	Murder, She Wrote		
<b>PREMIUM</b>															
HBO	518	303	504	5:45 * Breakin' All the Rules	(Fri) :45 * * Just Visiting ('01, Com)	(Tue) :05 * Dave	(Wed) * Robin Hood / (Mon) LastWk	(Mon) :05 * Ready Player One / (Fri) :15 * You Got Served	(Thu) * Rampage	(Fri) :50 * * Breakin' All the Rules (2004, Comedy) / (Wed) :50 Out.Bubble	(Mon) :25 * Sphere	(Tue) :15 * Paycheck ('03, Sci-Fi) / (Fri) :20 * In Her Shoes ('05, Dra)			
HBO2	520	304	505	(Mon) * Big Fish / (Wed) :10 ...	(Fri) :40 * The Perfect Score	(Tue) :55 * * * Get Over It (2001, Comedy/Drama)	Various	(Tue) :25 * * * * The Client (1994, Thriller)	(Fri) :45 * The Jakal	(Mon) :55 * * * Deja Vu ('06, Act)	(Tue) Fall to Grace	(Tue) :15 * My Friend Dahmer	(Wed) :15 * HBO First Look		
HBO3	521	302*	503*	(Tue) * * * * The Mask / (Fri) :15 Grace	(Mon) * The Invasion ('07, Hor)	(Wed) :55 * The Perfect Score	(Thu) :35 * Jessabelle	(Mon) :15 * The Pelican Brief	(Wed) * Our Family Wedding	(Fri) :55 * Secret Window / (Thu) :10 * The Best Man	(Tue) :55 * The Kingdom of Hea...	(Fri) :35 * BlackKkLansman	(Tue) * Boys Don't Cry ('99, Dra)		
MAX	549	311	516	Various Movies		(Tue) :45 * * * * House of D (2004, Comedy/Drama)	(Wed) :40 * It's Kind of a Funny S...	(Thu) :55 * Sorority Boys	(Mon) :25 * Mr. Holland's Opus / (Tue) :25 * The Shape of Water / (Fri) :45 ...	(Wed) :25 * You've Got Mail / (Thu) * Bring It On	(Fri) * The Object of My Affection	(Thu) :10 * Houseitter	(Wed) :25 * Being John Mal...		
SHOW	578	319	546	(Fri) * The Foreigner (2017, Action)		(Thu) * Anaconda	(Tue) * * * * The Firm (1993, Drama)	(Fri) * * * * Into the Blue ('05, Act)	(Thu) * Molly's Game ('17, Bio)	(Wed) * The Catcher Was a Spy (2018, Drama) / (Mon) * * * I Spy (2002, Spy)	(Fri) * Mission to Mars / (Tue) :15 ...	(Wed) :35 * The Naked Gun	(Thu) * * * * Panic Room (2002, Thriller)		
STARZ	621	351	526	(Fri) :10 * The League of Extraor...	(Wed) :35 * Teen Wolf Too / (Thu) :50 * How Do You Know	(Mon) :50 * Soul Surfer ('11, Action)	Various	(Thu) :55 * * * * Jumping the Broom (2011, Comedy)	(Tue) :35 * Gnomeo & Juliet	(Fri) * Saving Mr. Banks	(Thu) :50 * The Girl in the Spider...	(Mon) :05 * The Karate Kid ('84, Dra)	(Mon) :55 * The Spanish Princess		
STZENC	644	341	536	(Thu) :20 * Barefoot in the ...	(Fri) :50 * Proud Mary ('18, Action)	(Wed) :05 * The Other Guys / (Tue) :10 * Out of Time / (Mon) :20 * Just Go...	(Thu) :10 * Frozen / (Fri) :25 ...	(Wed) :55 * Dickie Roberts: F...	(Tue) :55 * The Leisure Seeker / (Mon) :15 * Film Stars Don't Die in Liverpool	(Thu) :55 * Alice in Wonderland	(Wed) :35 * Hard Rain / (Tue) :50 ...	(Mon) :05 * Scent of a Woman	(Thu) :45 * Dragonfly		
C - Charter; DISH - DISH; DTV - DirecTV															
* Subscribers to DISH and DirecTV may see programming on select channels appear 3 hours earlier than listed.															
<b>SPORTS</b>					<b>MOVIES</b>					<b>NEWS</b>					