

Wednesday Best Bets

MasterChef

KFFX KTVP 8:00 p.m.

The remaining home cooks compete in a Mystery Box Challenge for immunity in this new episode. Things get tense when the judges throw a curveball at the contestants half-way through the challenge. Alessandra Ambrosio guest stars.

The Amazing Race

KEPR KOIN 9:00 p.m.

Phil Keoghan hosts as the remaining teams continue to tackle obstacles and challenges on their quest to win the \$1-million prize in this new episode. This season, the contestants travel 35,000 miles and visit nine countries on four continents.



Phil Keoghan hosts "The Amazing Race"

Krypton

SYFY 10:00 p.m.

Seg (Cameron Cuffe) faces off against Brainiac (Blake Ritson) in this new episode. At the same time, the rebels gain the upper hand against General Zod (Colin Salmon). This sci-fi drama is set on Superman's home planet.

The Employables

A&E 10:00 p.m.

Dr. Nancy Doyle and Dr. Jamie McPartland try to help Angela and Michael find jobs in this new episode. Angela, who has Tourette syndrome, wants to be able to support her son. Michael, who is autistic, struggles to communicate verbally.

Wednesday Evening

June 26, 2019

| | CH | DISH | DTV | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 | 12 AM | 12:30 |
|------------------|--|------|------|--|---|--|--|---|--------------------------------|---------------------------------|--------------------------|-----------------------|------------------------|------------------|------------------|------------------|------------------|
| BROADCAST | | | | | | | | | | | | | | | | | |
| KFFX | 11 | - | 11 | Modern Family | Modern Family | 2 Broke Girls | 2 Broke Girls | MasterChef "Hot and Spicy" (N) | 1st Respond "Episode 103" (N) | First at Ten (N) | :35 Dateline | :35 Mike&M. | :05 Mike&M. | :35 2½Men | | | |
| KPTV | 3 | - | - | 4:30 Soccer | P. Timbers | Family Feud | Family Feud | MasterChef "Hot and Spicy" (N) | 1st Respond "Episode 103" (N) | 10 O'Clock News (N) | News (N) | Page Six TV | TMZ Live! | | | | |
| KEPR | 19 | - | 19 | News (N) | Inside Edition | The Big Bang | The Simpsons | Big Brother (N) | The Amazing Race (SF) (N) | The Amazing Race (SF) (N) | News (N) | :35 The Late Show (N) | :35 J.Corden | | | | |
| KOIN | 19 | - | - | News (N) | News (N) | Extra | Ent. Tonight (N) | Big Brother (N) | The Amazing Race (SF) (N) | The Amazing Race (SF) (N) | News (N) | :35 The Late Show (N) | :35 J.Corden | | | | |
| KNDU | 25 | 6 | 25 | 23 | Democratic Presidential Primary Debate "June 26 2019" (L) | Ellen's Game of Games | Ellen's Game of Games | News (N) | Family Feud | Wheel Fortune | Jeopardy! (N) | News (N) | :35 The Tonight Show | :35 Late N. (N) | | | |
| KGW | 8 | - | - | Democratic Presidential Primary Debate "June 26 2019" (L) | Ellen's Game of Games | Ellen's Game of Games | Paid Program | Inside Edition | Dateline NBC (L) | News (N) | :35 The Tonight Show | :35 Late N. (N) | | | | | |
| KVEV | 42 | 4 | 42 | - | News (N) | Local News (N) | Ent. Tonight (N) | Extra | Press Your Luck (N) | Card Sharks (N) | Match Game (N) | News (N) | :05 Jimmy Kimmel | :05 Nightline | :35 Minute | | |
| KATU | 5 | - | - | KATU News at 6:00 p.m. (N) | Jeopardy! (N) | Wheel Fortune | Press Your Luck (N) | Card Sharks (N) | Match Game (N) | Match Game (N) | News (N) | :35 Jimmy Kimmel Live | :35 Nightline | | | | |
| KTNW | - | 31 | 31 | PBS NewsHour (N) | World News | WealthTrack | Rivers of Life "The Amazon" (N) | Nova "First Man on the Moon" | POV "Bill Nye: Science Guy" | POV "Bill Nye: Science Guy" | Amanpour and Company (N) | Journeys Japan | | | | | |
| OPB | 59 | 13 | - | - | Journeys Japan | Business (N) | PBS NewsHour (N) | Rivers of Life "The Amazon" (N) | Nova "First Man on the Moon" | Humanity From Space | | | | | | | |
| CABLE | | | | | | | | | | | | | | | | | |
| A&E | 52 | 118* | 265* | Storage Wars | Storage Wars | Wahlburgers "Be a Good Sport" | Wahlburgers | Wahlburgers (N) | The Employables (N) | :05 Wahlburgers | :05 Wahlburgers | | | | | | |
| AMC | 60 | 131* | 254* | 5:00 ★ ★ ★ Pearl Harbor ('01, War) Kate Beckinsale, Ben Affleck. | ★ ★ ★ My Cousin Vinny (1992, Comedy) Marisa Tomei, Ralph Macchio, Joe Pesci. | ★ ★ ★ The Great | Outdoors ('88, Com) John Candy, Dan Aykroyd. | Movie | | | | | | | | | |
| ANPL | 24 | 184* | 282* | North Woods Law | North Woods Law | North Woods Law: Uncuffed | "Fresh Cadets" (N) | Woods Law "Under the Radar" | Woods Law "Nothing to Hide" | NW Law "Fresh Cadets" | | | | | | | |
| CMT | 43 | 166* | 327* | Last Man St. | Last Man St. | Last Man St. | Last Man St. | Last Man St. | Roseanne | Roseanne | Married, Child | Married, Child | Married, Child | Married, Child | Married, Child | Married, Child | Married, Child |
| CNBC | 72 | 208* | 355* | Deal or No Deal "Hoop Dreams" | Deal or No Deal | No Deal "I'm Dancin' Here!" | No Deal "Beard or No Beard" | Deal No Deal "\$5 Redemption" | Paid Program | Paid Program | Paid Program | Paid Program | Paid Program | Paid Program | | | |
| CNN | 68 | 200* | 202* | Cuomo Prime Time | CNN Tonight With Don Lemon | DNC Debate: Post Analysis (L) | DNC Debate: Post Analysis (L) | Early Start | | | | | | | | | |
| DISC | 51 | 182* | 278* | Homestead "Fury and Fire" | Homestead Rescue "Killzone" | Homestead Rescue "Line of Fire" | Homestead Rescue (N) | Homestead Rescue (N) | Homestead Rescue "Poisoned" | Homestead "Winter's Fury" | | | | | | | |
| DISN | 26 | 173 | 21 | Bunk'd | Raven's Home | Sydney Max | JustRollwit | JustRollwit (N) | JustRollwit | Coop & Cami | Sydney Max | Amphibia | Big City Greens | JustRollwit | Andi Mack | Bunk'd | Bunk'd |
| ESPN | 33 | 140* | 206* | 4:00 NCAA Baseball | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) | SportsCenter (N) |
| ESPN2 | 34 | 143* | 209* | 5:00 O.J. "Part Three" | NBA: The Jump | Rookie Com. | Hey Rookie | Hey Rookie | Hey Rookie | UFC Main Event | NowNever (N) | UFC Knockouts | UFC UFC Fight Night 55 | | | | |
| FNC | 66 | 205* | 360* | Hannity | The Ingraham Angle | Fox News @ Night | Tucker Carlson Tonight | Hannity | The Ingraham Angle | Fox News @ Night | | | | | | | |
| FOOD | 61 | 110* | 231* | Guy's Grocery Games | Guy's Grocery Games | Guy's Grocery Games | Game "Kitchen Heroes" (N) | Game "First Round Redemption" | Guy's Game "Carnival Games" | Guy's Game "Kitchen Heroes" | | | | | | | |
| FREE | 32 | 180* | 311* | ★ ★ ★ The Breakfast Club ('85, Dra) Emilio Estevez, Judd Nelson. | Grown-ish (N) | ★ ★ ★ Thor: The Dark World ('13, Act) Chris Hemsworth, Natalie Portman. | The 700 Club | ★ ★ ★ 13 Going on 30 | | | | | | | | | |
| FX | 65 | 136* | 248* | 5:30 ★ ★ ★ ★ Deadpool ('16, Act) Ryan Reynolds. | ★ ★ ★ ★ Get Out (2017, Horror) Allison Williams, Catherine Keener, Daniel Kaluuya. | ★ ★ ★ ★ Get Out (2017, Horror) Allison Williams, Catherine Keener, Daniel Kaluuya. | | | | | | | | | | | |
| GOLF | 88 | 401* | 218* | 5:00 Golf's Greatest Rounds (N) | Famous 5 | Golf Central | Greatest Rounds "The Open: 1984 Seve Ballesteros at St. Andrews" | Famous 5 | Famous 5 | Famous 5 | Famous 5 | Famous 5 | Famous 5 | Famous 5 | Famous 5 | Famous 5 | Famous 5 |
| GSN | 76 | 116* | 233* | ComKnowl. | Family Feud | Family Feud | Family Feud | Family Feud | America Says | America Says | America Says | America Says | Family Feud | Family Feud | Family Feud | Family Feud | Family Feud |
| HALL | 87 | 185* | 312* | 5:00 ★ The Last Bridesmaid | Golden Girls | Golden Girls | Golden Girls | Golden Girls | Golden Girls | Golden Girls | Frasier | Frasier | Frasier | Frasier | Frasier | Frasier | Frasier |
| HGTV | 62 | 12* | 299* | Property Bros. "Party on the Hill" | Property Brothers "Sister, Sister" | Property Bros. "Mountain Chic" | Property Brothers: F (N) | House Hunt. (N) | House (N) | Boise Boys "Due for a Raze" (N) | Property Brothers: F | | | | | | |
| HIST | 50 | 120* | 269* | Forged Fire "The War Hammer" | Forged in Fire "The Zweihander" | Forged "The Messer Sword" (N) | Forged Fire "The Ram Dao" (N) | :05 The Butcher "The Beast" (N) | :05 Forged "The Naval Cutlass" | :05 Forged Fire "The Ram Dao" | | | | | | | |
| LIFE | 29 | 180* | 252* | Married "Nice To Marry You" | Married at First Sight | Married at (N) | Married "Don't Kiss on First Wedding Night" (N) | :05 Dance Moms | :05 Married at First Sight | Married at First Sight | | | | | | | |
| NICK | 27 | 171 | 300 | Loud House | Loud House | You Smarter | Smarter Than | ★ ★ ★ Annie (2014, Family) Jamie Foxx, Cameron Diaz, Quvenzhané Wallis. | Friends | Friends | :35 Friends | :10 Friends | :45 Friends | | | | |
| PRMT | 42 | 241* | 241 | ★ ★ ★ Django Unchained ('12, West) Jamie Foxx. A slave teams up with a bounty hunter to rescue his wife from her plantation owner. | Yellowst "New Beginnings" (N) | ★ ★ ★ Walking Tall ('04, Act) Dwayne "The Rock" Johnson. | | | | | | | | | | | |
| ROOT | 37 | - | - | 5:00 MLB Baseball Seattle Mariners at Milwaukee Brewers (L) | Post-game | MLS Soccer Portland Timbers at Montreal Impact | Post-game (N) | MLB Baseball Seattle Mariners at Milwaukee Brewers | | | | | | | | | |
| SYFY | 67 | 122* | 244 | 4:45 ★ ★ ★ Ghostbusters | :05 ★ ★ ★ Jurassic Park (1993, Sci-Fi) Laura Dern, Jeff Goldblum, Sam Neill. | Krypton "Will to Power" (N) | ★ ★ ★ Ghostbusters ('84, Com) Harold Ramis, Bill Murray. | | | | | | | | | | |
| TBS | 59 | 139* | 247 | Family Guy | Family Guy | Bob's Burgers | Bob's Burgers | The Big Bang | The Big Bang | The Big Bang | The Big Bang | The Big Bang | Full Frontal (N) | Conan | Full Frontal | Seinfeld | Conan |
| TCM | 56 | 132* | 256 | Movie | :45 ★ ★ ★ The Girl Most Likely ('57, Rom) Jane Powell. | :45 ★ ★ Enchanted Island ('58, Adv) Dana Andrews, Jane Powell. | ★ ★ Marie ('85, Bio) Jeff Daniels, Morgan Freeman, Sissy Spacek. | Movie | | | | | | | | | |
| TLC | 49 | 183* | 280 | My 600-lb Life "Jennifer and Marissa and Liz" | My 600-lb Life "Milla" (N) | My 600-lb Life "Tiffany's Story" | My 600-lb Life "Milla" | | | | | | | | | | |
| TNT | 57 | 138* | 245 | 5:15 ★ ★ ★ This Is 40 ('12, Com) Leslie Mann, Paul Rudd. | ★ The Intern (2015, Comedy) Anne Hathaway, Adam DeVine, Robert De Niro. | ★ ★ How to Be Single (2016, Comedy) Alison Brie, Leslie Mann, Dakota Johnson. | | | | | | | | | | | |
| UNI | 21 | - | - | P. Luche | Noticiero Univ. | La rosa de Guadalupe | La Reina Soy Yo | La rosa de Guadalupe | Por Amar Sin Ley | Impacto extra | NoticieroUni | Contacto Deportivo | | | | | |
| USA | 59 | 105* | 242 | Law&O: SVU "Her Negotiation" | Law&O: SVU "Surrender Benson" | Law&O: SVU "Beast's Obsession" | SVU "Post-Mortem Blues" | Law & Order: S.V.U. "Terrorized" | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family |
| WE | 118 | 128* | 260 | Law & Order "Equal Rights" | Law & Order "Slaughter" | Law & Order "Dazzled" | Law & Order "Foul Play" | Law & Order "Attorney Client" | Law & Order "Oxymoron" | Law & Order "Patriot" | | | | | | | |
| WGN | - | 239* | 307 | 5:00 ★ ★ Out for Justice | ★ ★ Under Siege ('92, Act) Tommy Lee Jones, Steven Seagal. | ★ ★ Under Siege 2: Dark Territory ('95, Act) Steven Seagal. | Pure "Penance" | Married, Child | Married, Child | | | | | | | | |
| PREMIUM | | | | | | | | | | | | | | | | | |
| HBO | 518 | 303 | 504 | 5:05 ★ ★ ★ Bad Times at the El Royale | Vice News (N) | True Justice (N) | :45 ★ The Old Man & the Gun Robert Redford. | :20 Big Little Lies | :05 Years and Years | | | | | | | | |
| HBO2 | 520 | 304 | 505 | :05 ★ Night School ('18, Com) Tiffany Haddish, Kevin Hart. | Euphoria | Last Week | AXIOS | :15 ★ 12 Strong (2018, Action) Michael Shannon, Navid Negahban, Chris Hemsworth. | Movie | | | | | | | | |
| HBO3 | 521 | 302* | 503* | 5:45 ★ ★ ★ The Prestige ('06, Dra) Hugh Jackman, Christian Bale. | ★ ★ There's Something About Mary ('98, Com) Ben Stiller. | Big Lies (N) | :45 ★ The Darkest Minds ('18, Sci-Fi) Amandla Stenberg. | :35 AXIOS | | | | | | | | | |
| MAX | 549 | 311 | 516 | 5:40 ★ ★ Vanilla Sky ('01, Dra) Cameron Diaz, Tom Cruise. | ★ ★ ★ Goodfellas (1990, Crime Story) Joe Pesci, Robert De Niro, Ray Liotta. | ★ ★ ★ The Town ('10, Act) Rebecca Hall, Jon Hamm, Ben Affleck. | Movie | | | | | | | | | | |
| SHOW | 578 | 319 | 546 | 5:10 ★ ★ ★ The Devil's Own | City on a Hill | ★ ★ ★ The Help (2011, Drama) Viola Davis, Octavia Spencer, Emma Stone. | :25 City on a Hill | Desus & Mero | ★ ★ ★ Demolition Man | | | | | | | | |
| STARZ | 621 | 351 | 526 | 5:25 ★ ★ Romancing the Stone | :10 ★ ★ The Jewel of the Nile ('85, Adv) Kathleen Turner. | ★ ★ Zookeeper ('11, Com) Kevin James. | :45 ★ ★ ★ Apollo 13 (1995, Docu-Drama) Bill Paxton, Kevin Bacon, Tom Hanks. | | | | | | | | | | |
| STARZENC | 644 | 341 | 536 | 5:20 ★ ★ Something New | :05 ★ ★ Road House ('89, Act) Sam Elliott, Patrick Swayze. | ★ ★ Assault on Precinct 13 ('05, Act) Ja Rule. | :50 ★ ★ ★ The Big Lebowski ('98, Com) Jeff Bridges. | Movie | | | | | | | | | |
| C | Charter; DISH - DISH; DTV - DirecTV | | | | | | | | | | | | | | | | |
| * | Subscribers to DISH and DirecTV may see programming on select channels appear 3 hours earlier than listed. | | | | | | | | | | | | | | | | |
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