

	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
BROADCAST															
KFFX	11	-	11	AgDay	The Game	Good Day			Caught in Providence		Caught in Providence	Live PD: Police Patrol	Live PD: Police Patrol	Chicago P.D.	
KPTV	3	-	-	Good Day Oregon at 6:00 a.m.		Good Day Oregon			MORE Good Day Oregon		MORE Good Day Oregon		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 Thu) KOIN Local 6 at 6 / (Fri Mon Tue) 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	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 6:00 a.m.		Today			Today III		Today With Hoda and Jenna		Daily Blast Live	Daily Blast Live	
KVEV	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 / (Tue) Nature Cat	(Wed-Fri) Sesame St. / (Tue) Wild K.	SplashB./ Molly	(Wed-Fri) DinoT/(Tue) George	(W-F) CatHat/ (M) Curious... / (T) Luna	Daniel Tiger's Neighborhood	(Wed-Fri) Super/(Tue) D.Tiger	PinkaPet/ Sesame	Sit and Be Fit
OPB	59	13	-	Yoga/ Sit Fit/ Stretch	Wild Kratts / (Tue) Nature Cat	(Wed-Fri) Nature Cat / (Tue) Wild K.	George/ Molly	(Wed-Fri) Let's Go/(Tue) C.George	(W-F) D.Tiger/ (M) Curious... / (T) Luna	Daniel Tiger's Neighborhood	(Wed-Fri) Pinka-Peter/(Tue) D.Tiger	SplashB./ PinkaPet	Sesame Street	Dinosaur Train	The Cat in the Hat
CABLE															
A&E	52	118*	265*	Info-Documentary	Info-Documentary	Various	Dog B.H./ First 48	Various	Dog B.H./ First 48	First 48/ Dog B.H.	Dog B.H./ First 48	First 48/ Dog B.H.	Dog B.H./ Gangland	First 48/(Fri) Rewind	(Tue) Gangland
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program		Various	(Wed Fri) M*A*S*H	(Wed Fri) M*A*S*H	(Wed) M*A*S*H	(Wed) M*A*S*H	(Wed) M*A*S*H
ANPL	24	184*	282*	Croc.H./ Monsters/ Vet U		Various		R. Mountain Vet/(Thu) River Monsters		Cat/ Hell/(Thu) River Monsters	Animal Cribbs / (Thu) River Monsters		Secret Life-Zoo / (Thu) River Monsters		
CMT	43	166*	327*	CMT Music		CMT Music / (Thu) Throwback		CMT Music / (Thu) Throwback		Roseanne	Roseanne	Roseanne	Roseanne	Reba	Reba
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	Fancy Nancy	Mickey and Racer	Gigantosaurus	MuppetB./ PJ Masks	Various	Puppy/ :45 Puppy	T.O.T.S.	Vampirina	Mickey/ Amphibia	Big City Greens	Big City Greens	Big City Greens
ESPN	33	140*	206*	5:00 Tennis / Get Up!		(Mon Tue) First Take		(Mon Tue) SportsCenter		(Mon Tue) SportsCenter	(Thu Mon Tue) Outside the Lines	(Thu Mon Tue) NFL Live			
ESPN2	34	143*	209*	(Mon Tue) SportsCenter		(Thu Fri) First Take / (Mon Tue) Get Up!		(Thu Fri) SportsC. / (Mon Tue) First Take		1st Take/ OLines	(Fri) NFL Live	Jalen & Jacoby			
FNC	66	205*	360*	America's Newsroom		Outnumbered		Outnumbered		Outnumbered Overtime	The Daily Briefing With Dana Perino				
FOOD	61	110*	231*	Paid Program		Paid Program		Paid Program		Paid Program	Pioneer Woman	Various	Various	Various	Various
FREE	32	180*	311*	Paid Program	Paid Program	Reba	Reba	Reba	Reba	700 Club/ Reba	700 Club/ 700 Club	(Fri Mon Tue) The 700 Club	Various (Tue) The Middle		
FX	65	136*	248*	Paid Program	Paid Program	Various Movies			Movie	(Wed) Hitman: Agent 47 / (Thu) The Secret Life of Walter Mitty	Mother/ M.Molly				
GOLF	88	401*	218*	(Mon) Live From the Open	(Wed) On the Range	(Wed) Tom/Tur./ (Mon) On the Range		Famous 5/ LiveOpen	(Mon) Golf	(Wed) PGA Tour	Learn/ Golf	School/ LiveOpen	Golfer/ Golf		
GSN	76	116*	233*	Paid Program	Paid Program	Paid Program	Paid Program	Match Game	Match Game	Match Game	Match Game	ComKnowl.	Catch 21	America Says	America Says
HALL	87	185*	312*	(Wed-Fri) G. Girls	(Wed-Fri) G. Girls	Home and Family		Home and Family		Home and Family	Home and Family	Home and Family	Home and Family	Various Movies	
HGTV	62	12*	299*	Paid Program	Various	Various	Mexico/ IslndLif	Various	Mansions/ Bargain	Various	Mansions/ Bargain	Various	Mansions/ H.Hunt	Various	(Wed) Mansions
HIST	50	120*	269*	Info-Documentaries	Info-Documentaries	Various	(Wed) Pawn Stars	Various	(Wed) Pawn Stars	(Wed) Pawn/(Thu) Ax Men/(Fri) Custer	(Wed) Pawn/(Thu) Ax Men/(Fri) Custer	(Wed) Pawn/(Thu) Ax Men/(Fri) Custer	(Wed) Pawn/(Thu) Ax Men/(Fri) Custer	Various	(Wed) Pawn Stars
LIFE	29	180*	252*	Paid Program	Life Today	Enjoying Life	Various	The Closer	The Closer	The Closer	The Closer	The Closer	The Closer	The Closer	
NICK	27	171	300	Full House	PAW/ Sponge	PAW Patrol	Guppies/(Fri) PAW	Various	PAW Patrol	Various	PAW Patrol	Sponge/(Thu) LEGO	SpongeBob	Loud H/(Fri) Sponge	Loud H/(Fri) Sponge
PRMT	42	241*	241	Paid Program		Paid Program		Bar Rescue		Bar Rescue	Bar Rescue	(Wed Fri Tue) Bar Rescue / (Thu Mon) Bar Rescue	(Wed Fri Tue) Bar Rescue / (Thu Mon) :05 Bar Rescue		
ROOT	37	-	-	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	The Rich Eisen Show					
SYFY	67	122*	244	(Wed) Krypton / The Twilight Zone	Twilight/ Killjoys/ Face Off	(Wed) Krypton/(Thu Mon) Twilight	Various	(Wed) Krypton/(Mon) Twilight	Various	(W) Drag Me to Hell / (M) Twilight	(Thu) CSI: Crime/(Fri) Killjoys/(Mon) Stickman (2017, Horror)/(Tue) Face Off	(Thu) CSI: Crime Scene	(Wed) :05 Everly (*14, Action)	(Thu) Mad Max 2: The Road War...	
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	Various Movies	Various Movies	(Fri) Idiot's Delight	(Tue) This Land is Mine ('43, War)	(Mon) Tough Guy ('36, Adv)	(Thu) Now, Voyager ('42, Dra)	(Wed) For Those Who Think You...	(Mon) Central Park/(Tue) Spanish Main	Various Movies		(Tue) :15 Sinbad the Sailor (1947, Adventure)	
TLC	49	183*	280	Sweet Home Sextuplets		OutDaughtered / (Tue) Sextuplets		OutDaughtered / (Tue) Sextuplets		Various	Various	Various	Various	Various	(Wed-Fri) Say Yes
TNT	57	138*	245	Charmed		Charmed		Charmed		Charmed	Charmed	Supernatural	Supernatural	Supernatural	Supernatural
UNI	21	-	-	Como dice el dicho		Despierta America		Despierta America		Despierta America		Despierta America		La Gata	
USA	58	105*	242	CSI: Crime Scene Investigation		NCIS: Los Angeles		NCIS		(Wed Mon) Chicago P.D. / (Thu Tue) NCIS / (Fri) Law & Order: S.V.U.	(Wed Mon) Chicago P.D. / (Thu Tue) NCIS / (Fri) Law & Order: S.V.U.	(Wed Mon) Chicago P.D. / (Thu Tue) NCIS / (Fri) Law & Order: S.V.U.	(Wed Mon) Chicago P.D. / (Thu Tue) NCIS / (Fri) Law & Order: S.V.U.	(Wed Mon) Chicago P.D. / (Thu Tue) NCIS / (Fri) Law & Order: S.V.U.	(Wed Mon) Chicago P.D. / (Thu Tue) NCIS / (Fri) Law & Order: S.V.U.
WE	118	128*	260	Emotional Mojo	Paid Program	(Thu) Paid Program		(Thu) Paid Program		Paid Program	Paid Program	Law & Order: C.I. / (Tue) CSI: Miami	Law & Order: C.I. / (Tue) CSI: Miami	Law & Order: C.I. / (Tue) CSI: Miami	Law & Order: C.I. / (Tue) CSI: Miami
WGN	-	239*	307	Know the Cause	Joseph Prince	Through the Bible	Joyce Meyer	Creflo Dollar	Paid Program	Murder, She Wrote	Murder, She Wrote	In the Heat of the Night	In the Heat of the Night	In the Heat of the Night	In the Heat of the Night
PREMIUM															
HBO	518	303	504	(Thu) :15 Ocean's 8	(Wed) To Be Announced	(Tue) :05 Get Over It	(W) The First Grader / (F) Happen	(Thu) :15 Bohemian Rhapsody	(Tue) :35 Night School/(Fri) :50 ...	(Mon) The A-Team/(Wed) :15 I, Robot	(Fri) :20 Without a Paddle	(Thu) San Francisco 2.0	(Mon) The Ring Two/(Wed) :10 First Dates/(Thu) :10 Wall Stre...	(Mon) The Ring Two/(Wed) :10 First Dates/(Thu) :10 Wall Stre...	(Mon) The Ring Two/(Wed) :10 First Dates/(Thu) :10 Wall Stre...
HBO2	520	304	505	(Th) Movie / (F) Movie / (T) SanFran	(Wed) :25 Only the Lonely/(Tue) :50 Roll Bounce	(Fri) :40 Robin Hood/(Mon) :45 ...	(Wed) :10 Here on Earth ('00, Rom)	(Tue) :45 The Invasion ('07, Hor)	(Mon) :20 Sunshine ('07, Adv)	(Fri) :40 The Station Agent	(Thu) :10 Stay Alive ('06, Hor)	(Tue) :45 Sprung (1997, Romance)	(Mon) :10 Religulous	(Thu) :40 Valentine's Day	
HBO3	521	302*	503*	(Thu) :05 The Wicker Man	(Mon) :40 Won't You Be My Neighbor?	(Fri) :40 The Grudge	(Wed) :45 Down a Dark Hall ('18, Hor)/(Mon) :20 The Forest ('16, Hor)	(Fri) :15 Mamma Mia! He...	(Tue) :25 Angela's Ashes	(Thu) :55 Traffik ('18, Thriller)/(Mon) :55 Thoroughbreds ('17, Drama)	(Wed) :10 Disclosure	(Mon) :25 Sex & the City 2/(Thu) :35 ...			
MAX	549	311	516	(Wed) The Skulls III/(Thu) :20 Moses/ :50 Gema	(Fri) :05 Goodbye Christo...	(Wed) :45 American Animals (2018, Crime Story)	(Tue) :25 Mr. Bean's Holiday	(Fri) :55 A Woman Under t...	(Mon) Pacific Rim Uprising	(Tue) :55 Wimbledon	(Thu) :35 RoboCop 2	(Fri) :20 Galveston	(Mon) :25 The Getaway		
SHOW	578	319	546	(Mon) :15 Days of Thunder	(Wed) I Spy/(Thu) Kra...	(Fri) :15 Demolition Man	(Tue) :45 My Girl ('91, Com/Dra)	(Wed) :15 Blankman/(Thu) :15 100%: Julian Edelman/(Mon) :15 ...	(Fri) :15 Hotel Artemis	(Thu) :45 The Pursuit of Happy...	(Wed) Snake Eyes ('98, Act)/(Mon) :15 Faster ('10, Act)	(Fri) Rounders	(Thu) The Missing		
STARZ	621	351	526	(Mon) :10 My Hero Academia: Two	Various Movies	(Mon) :10 The Host (2013, Action) / (Fri) :15 *** Carlito's Way (1993, Crime Story)	(Thu) :35 Prince of Persia: The S....	(Mon) :15 The Possession of Ha...	(Fri) :40 Only the Brave (2017, Drama)	Various	(Mon) :15 Sweetbitter	(Mon) :45 Dragonfly			
STZENC	644	341	536	(Wed) :20 The Leisure Seeker	(Fri) :35 GoldenEye	(Thu) :15 The Thing ('82, Sci-Fi)	(Tue) :35 Final Portrait	(Wed) :15 The Presidio ('88, Thril)	(Fri) :50 Max Payne ('08, Act)	(Thu) :05 Parenthood	(Wed) :55 Escape From Alcatraz (1979, True Story)	(Fri) :45 Fallen ('98, Susp)	(Thu) :10 King Solomon's Mines...	(Wed) :50 The Good, the Bad & ...	

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