

	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 6:00 a.m.		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		
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	-	-	4:30 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!	Nature Cat	Wild Kratts	Molly of Denali	Curious George	Let's Go Luna!	Daniel Tiger's Neighborhood	Daniel Tiger's Neighborhood	Sesame Street	Sit and Be Fit	
OPB	59	13	-	Yoga/ Sit Fit/ Stretch	Nature Cat	Wild Kratts	Molly of Denali	Curious George	Let's Go Luna!	Daniel Tiger / (Mon) Dinosaur T.	Daniel Tiger / (Mon) Dinosaur T.	Pinka-Peterrific / (Mon) Dinosaur T.	Sesame St. / (Mon) DinosaurTrain	Dinosaur Train	The Cat in the Hat	
CABLE																
A&E	52	118*	265*	Info-Documentary	Info-Documentary	Ghost/ First 48/ Live PD		Ghost/ First 48/ Live PD		(Wed Mon) Ghost/ (Thu Tue) First 48	(Wed Fri Mon) Ghost/ (Thu Tue) First 48	Ghost/ Scared/ Gangland				
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program		(Wed Thu Mon) The Three Stoog...	(Wed) *** Rambo III / (Th Mon) Stoo	(Thu) :55 * Lethal Weapon 4/ (Mon) * Rambo: First Blood Part II	(Fri) * Fast Times at Ridgemont High	(Tue) * The Green Mile ('99, Dra)		
ANPL	24	184*	282*	The Crocodile Hunter / (Thu) Tanked!		The Crocodile Hunter / (Thu) Tanked!		My Cat From Hell / (Thu) Tanked!		The Vet Life / (Thu) Tanked!	Tanked!	Rocky Mountain Vet / (Thu) Tanked!		The Zoo / (Thu) Tanked!		
CMT	43	166*	327*	CMT Music		Various		CMT Music		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	Puppy Dog Pals	Puppy Dog Pals	T.O.T.S.	MuppetB/ Mouse	Mickey M.	Mouse/ MuppetB	T.O.T.S.	T.O.T.S./ (Fri) PupPals	PlayPups/ PupPals	Puppy Dog Pals	Muppet Babies	PupPals/ Gigantos	
ESPN	33	140*	206*	5:00 Get Up!		First Take		First Take		(Wed-Fri) SportsCenter / (Mon Tue) Tennis	(Wed-Fri) Outside the Lines	(Wed-Fri) NFL Live				
ESPN2	34	143*	209*	SportsCenter		Get Up!		Get Up!		(Wed-Fri) First Take/ (Mon Tue) SportC	(Mon Tue) OLines	(Mon Tue) NFLLive	(Wed-Fri) Jalen & Jacoby			
FNC	66	205*	360*	America's Newsroom		America's Newsroom		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	(Tue) Paid	Paid Program	Pioneer Woman	Various	Various	Various	Various	
FREE	32	180*	311*	Paid Program	Paid Program	Young & Hungry	Young & Hungry	Baby Daddy	Baby Daddy	Baby Daddy	700 Club Interactive	The 700 Club		Various Movies		
FX	65	136*	248*	Paid Program	Paid Program	Various Movies			Various Movies			(Wed) * No Good Deed (2014, Thriller)	(Fri Mon Tue) Mother	Met Your Mother		
GOLF	88	401*	218*	(Mon Tue) M. Drive	(Thu Fri) Golf	(Wed) Morning Drive		(Mon) Golf / (Tue) Golf		(Thu Fri) Golf Pre.		Various	Learn/ Academy	PGA Tour/ Feherty	(Wed) On Range	
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*	The Golden Girls	The Golden Girls	G. Girls/ HomeFam.	The Golden Girls	Various Movies		(Fri) * Pearl in Paradise (2018, Action)	Various Movies		(Fri) * Love at First Glance ('17, Rom)			
HGTV	62	12*	299*	Paid Program	Various	Various	Mexico/ IslndLif	Various	Various	Various	Various	Various	Various	Various	Various	
HIST	50	120*	269*	Info-Documentaries	Info-Documentaries	Various	(Thu) Pawn Stars	Various	(Thu) Pawn Stars	Quest/ Pawn/ WWII HD	(Thu) Pawn Stars	Various	(Thu) Pawn Stars	(Wed) Quest/ (Thu) Pawn/ (Mon) Pickers	(Thu) Pawn Stars	
LIFE	29	180*	252*	Paid Program	Life/ Paid	Life/ InTouch	Various	The Closer		The Closer		The Closer		The Closer		
NICK	27	171	300	Full House	SpongeBob	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	Various	Various	Various	The Loud House	
PRMT	42	241*	241	Paid Program		Paid Program		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		
ROOT	37	-	-	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	The Rich Eisen Show	(Wed) Mariners Pre-game	(Wed) Baseball				
SYFY	67	122*	244	(Wed) Magician/Twilight	Twilight/ Van Hel./ Face Off	(Wed) Magician/ (Thu Mon) Twilight	Various	Magician/ Twilight	Various	(Wed) The Magicians	(Th) CSI/ (T) * Movie / (F) :35 Van Hel.	(Wed) * Stickman (2017, Horror)	(Thu) CSI/ (Fri) :35 Van Helsing	(Mon) * Megalodon	(Thu) CSI: Crime Scene	
TBS	59	139*	247	Loves Ray	Loves Ray	Queens/ Am.Dad	Queens/ Am.Dad	Various	Various	Various	Various	Sein./ Friends	Friends	Friends	Friends	
TCM	56	132*	256	(Thu) * * The Girl Said No ('30, Com)	(Mon) :45 * Behind Office D....	(Wed) * The Richest Girl in t.....	(Thu) :45 * Sins of the Children	(Mon) :15 * Smart Woman	(Wed) * * * * * Dead End ('37, Cri)	(Fri) * Easter Parade	(Mon) * A Successful Cala...	(Wed) :15 * Primrose Path	(Thu) :45 * Gentleman's Fate	(Fri) * Three Little Words/ (Mon) * Red Dust/ (Tue) * The Green Promise		
TLC	49	183*	280	Quints by Surprise	Quints by Surprise	The Little Couple		The Little Couple		Various		Various		Untold Stories of the ER		
TNT	57	138*	245	Charmed	Charmed	Charmed		Charmed		Charmed		Supernatural		(Wed Tue) Matchday/ (Thu Fri Mon) Super.		
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 Fri) Law & Order: S.V.U. / (Tue) NCIS	(Wed Mon) Chicago P.D. / (Thu Fri) Law & Order: S.V.U. / (Tue) NCIS	(Wed Mon) Chicago P.D. / (Thu Fri) Law & Order: S.V.U. / (Tue) NCIS	(Wed Mon) Chicago P.D. / (Thu Fri) Law & Order: S.V.U. / (Tue) NCIS			
WE	118	128*	260	Emotional Mojo	Paid Program	(Tue) Paid Program		(Tue) 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		
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		In the Heat of the Night		
PREMIUM																
HBO	518	303	504	(Thu) :25 * Only the Lonely	(Wed) :25 * Paycheck	(Mon) :05 * Jessabelle/ (Tue) :15 * Down to You	(Thu) :10 * * * Sphere ('98, Sci-Fi)	(Wed) :25 * Veronica Mars/ (Mon) :35 * Breakin' All the Rules/ (Fri) :40 * Despicable Me/ (Tue) :50 * Suffragette	Various		(Tue) :40 * Crazy Rich Asians	(Wed) :55 * * * * * The Invasion (2007, Horror)				
HBO2	520	304	505	Various		(Wed) :55 * Bringing Down t....	(Fri) :45 * The Ring Two/ (Tue) :45 * Fantastic Beasts: The Crimes of Grind...	(Wed) :40 * The Making of	(Wed) :55 * Justice League	(Fri) :35 * * * * * The Meg ('18, Act)	(Tue) * * * * * An Ideal Husband (1999, Romance)	(Mon) :55 * * * * * The Mule a Dark Hall				
HBO3	521	302*	503*	(Mon) :10 * Joe Somebody	(Tue) * Breakin' All the Rules	(Wed) * Ever After: A Cinderella...	(Mon) :50 * Calendar Girls	(Tue) * The Young Messiah ('16, Dra)	(Thu) :35 * Mean Girls/ (Fri) :45 * ...	(Wed) :05 * Reality Bites	(Mon) :40 * The Hate U Give	(Tue) :55 * Class Divide/ (Thu) :15 * ...	(Fri) :40 * * * * * Dear God (1996, Comedy) / (Wed) :50 * * * * * Just a Kiss (2002, Comedy/Drama)			
MAX	549	311	516	(Thu) * Sorority Boys ('02, Com)	(Wed) * The Hustler	(Fri) * Head in the Clouds	(Thu) :35 * * * * * Get Him to the Greek (2010, Comedy)	(Mon) :35 * Child's Play 2	(Fri) * The Secret of My Success	(Thu) :25 * Touch of Pink	(Mon) * Opening Night ('77, Dra)	(Wed) * Big Mommas: Like Fa...	(Fri) :55 * The Prince and Me/ (Thu) * Jingle All the Way			
SHOW	578	319	546	(Fri) * * * * * Radio / (Tue) G.Magic	(Wed) * The Back-Up Plan ('10, Rom)	(Thu) * The Pursuit of Happy...	(Tue) :35 * Jenny's Wedding	(Fri) * Bad Company	(Mon) :45 * Diary of a Mad Black...	(Thu) * * * * * Awakenings ('90, Dra)/ (Tue) :15 * Wildlife ('18, Dra)	(Wed) * White Chicks/ (Thu) * Cit...	(Mon) :45 * 13 Going on 30	(Thu) * Danny Collins/ (Tue) * My Girl			
STARZ	621	351	526	5:40 * Doom/ * Max Payne	(Wed) :25 * Earth to Echo	(Mon) :20 * The Raven/ (Thu) :25 ...	(Fri) * Master & Commander: The... Serendipity	(Tue) :25 * Legally Blonde 2...	(Thu) :05 * Friends With Be.....	(Wed) :35 * Pleasantville	(Tue) :05 * * * * * Friends With Benefits (2011, Comedy)	(Thu) :55 * * * * * Fallen ('98, Susp)	(Fri) * Waterworld			
STZNC	644	341	536	(Thu) :15 * Hannibal	(Mon) :35 * Lorenzo's Oil	(Fri) :10 * Greedy/ (Wed) :15 * Moonstruck/ (Tue) :20 * The Hitcher	(Thu) :25 * Film Stars Don't Die in...	(Wed) * Live Free or Die Hard ('07, Action)/ (Fri) :05 * Held Up ('00, Com)	(Thu) :15 * Tango and Cash ('89, Act)	(Tue) :25 * Bad Teacher	(Wed) :10 * * * * * Smokey and the Bandit (1977, Comedy)					
C - Charter; DISH - DISH; DTV - DirecTV																
* Subscribers to DISH and DirecTV may see programming on select channels appear 3 hours earlier than listed.																
SPORTS					MOVIES					NEWS						