

| | CH | DISH | DTV | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | 4 PM | 4:30 | 5 PM | 5:30 |
|------------------|-----|------|------|--|---|---|------------------------------------|--|--|--|---|---|--|--|-----------------------------------|
| BROADCAST | | | | | | | | | | | | | | | |
| KFFX | 11 | - | 11 | Ocean M./ Outback/ IntoWild/ R. Park | Divorce Court | Steve! | | Judge Mathis | | The People's Court | | Paid Program | Mom | Last Man Standing | Last Man Standing |
| KPTV | 3 | - | - | 12 O'Clock News | | The Wendy Williams Show | | Face the Truth | Face the Truth | The People's Court | | Judge Judy | Judge Judy | 5 O'Clock News | |
| KEPR | 19 | 2 | 19 | Funny You Should Ask | The Bold and the Beautiful | The Talk | | Let's Make a Deal | | Dr. Phil | | Judge Judy | Judge Judy | Action News at 5:00 p.m. | CBS Evening News |
| KOIN | 19 | - | - | KOIN Local 6 at Noon | The Bold and the Beautiful | The Talk | | The 700 Club | | Dr. Phil | | KOIN Local 6 at 4:00 p.m. | | KOIN Local 6 at 5:00 p.m. | KOIN Local 6 at 5:30 p.m. |
| KNDU | 25 | 6 | 25 | TMZ | Paid Program | Days of Our Lives | | The Wendy Williams Show | | Daily Mail TV | Daily Mail TV | The Ellen DeGeneres Show | | KNDU/ KNDO Local News | NBC Nightly News With Lester Holt |
| KGW | 8 | - | - | KGW News at Noon | Paid Program | Days of Our Lives | | The Dr. Oz Show | | The Ellen DeGeneres Show | | KGW News at 4:00 p.m. | | KGW News at 5:00 p.m. | NBC Nightly News With Lester Holt |
| KVEW | 42 | 4 | 42 | Strahan and Sara | | General Hospital | | The Doctors | | The Rachael Ray Show | | The Dr. Oz Show | | Local News at 5:00 p.m. | ABC World News |
| KATU | 5 | - | - | Strahan and Sara | | General Hospital | | Afternoon Live | | Who Wants to Be a Millionaire? | Who Wants to Be a Millionaire? | KATU News First at 4:00 p.m. | | KATU News at 5:00 p.m. | ABC World News |
| KTNW | - | 31 | 31 | Amanpour/ Lines/ Baking | (Fri) The Visionaries | Various | Various | Esmonde Technique | Let's Go Luna! | Nature Cat | Wild Kratts | Molly of Denali | Odd Squad | Arthur / (Mon) Biz Kid\$ | Nightly Business Report |
| OPB | 59 | 13 | - | Various | Various | Various | Various | Splash and Bubbles | Molly of Denali | Odd Squad | Odd Squad | Arthur | Arthur | Ready Jet Go! | Wild Kratts |
| CABLE | | | | | | | | | | | | | | | |
| A&E | 52 | 118* | 265* | Various | (Fri) Live PD | Various | Live PD/ Ghost | Various | Live PD/ Ghost | Various | Live PD/ PD Cam | Various | (Fri Mon) Live PD | Various | (Mon) Live PD |
| AMC | 60 | 131* | 254* | 11:30 * Double Jeopardy | (Tue) * * * * X-Men (2000, Sci-Fi) | (Mon) * * * * Jaws 2 ('78, Hor) | (Thu) :25 * Jaws(Fri) :25 * ... | (Wed) * * * * Ghostbusters (1984, Comedy) | | (Tue) * X2: X-Men United ('03, Sci-Fi) | (Mon) * * * * Jaws (1975, Horror) | (Thu) :25 * Jaws 2 ('78, Horror)/(Fri) :25 * Lethal Weapon ('87, Action)/(Wed) * Ghostbusters II ('89, Com) | | | |
| ANPL | 24 | 184* | 282* | Various | | Parole/ Treeh./ Alaskans | | Parole/ Treeh./ Alaskans | | Monsters/ Treeh./ Alaskans | | Various | | | Various |
| CMT | 43 | 166* | 327* | Reba | Reba | Home Improve. | Home Improve. | Home Improve. | Home Improve. | Home Improve. | Home Improve. | Home Improve. | Home Improve. | Last Man Standng | Last Man Standng |
| CNBC | 72 | 208* | 355* | Closing Bell / (Mon) | The Profit | (Mon) The Profit | | Money/(Mon) Greed | (Fri) Options | Mad Money / (Mon) | American Greed | (Wed Thu Tue) Shark T. / (Fri Mon) Greed | | (Wed Thu Tue) Shark T. / (Fri Mon) Greed | |
| CNN | 68 | 200* | 202* | CNN Newsroom | | The Lead With Jake Tapper | | The Situation Room With Wolf Blitzer | | The Situation Room With Wolf Blitzer | | OutFront | | Anderson Cooper 360 | |
| DISC | 51 | 182* | 278* | Various | | Various | | Various | | Various | | Various | | Various | |
| DISN | 26 | 173 | 21 | Various | Various | Various | Various | Various | Various | Various | Various | BigCity/(Mon) Raven | Various | Various | Various |
| ESPN | 33 | 140* | 206* | 10:00 Baseball | | (Mon) Baseball | | (Thu) College GameDay / (Fri Tue) SportsCenter | | (Wed Tue) Tennis / (Thu) Football / (Fri) Football / (Mon) NCAA Countdown | | (Mon) Football | | | |
| ESPN2 | 34 | 143* | 209* | Football/ Jump | (Fri) SportsCenter | High Noon | Highly Question | Around the Horn | Interruption | Various | (Tue) Interruption | (Wed) NFL / (Thu/Fri/Mon) Tennis / (Tue) Holey | | CFP/ Soccer | (Wed) SportsC. |
| FNC | 66 | 205* | 360* | Shepard Smith Reporting | | Your World | | The Five | | Special Report With Bret Baier | | The Story | | Tucker Carlson Tonight | |
| FOOD | 61 | 110* | 231* | Various | Various | Pioneer/ Chopped | Pioneer Woman | Various | BeatPlay/ Diners | Various | BeatPlay/ Diners | Various | BeatPlay/ Diners | Various | BeatPlay/ Diners |
| FREE | 32 | 180* | 311* | (Wed) * * * * Jurassic Park ('93, Sci-Fi) / (Fri) * * * * Ice Age ('02, Ani) | | (Mon) * * * * Mulan ('98, Ani) | (Tue) The Middle | (Thu Tue) The Middle | (Thu Tue) The Middle | (Wed) * The Lost World: Jurassic | (Thu Tue) The Middle | (Thu Tue) The Middle | (Thu Tue) The Middle | (Thu) The Middle | (Thu) * Finding Nemo ('03, Ani) |
| FX | 65 | 136* | 248* | (Wed-Fri) Mother | (Wed-Fri) Mother | Mother/ M.Molly | Mike & Molly | Mike & Molly | Various | (Fri) * X-Men: The Last Stand / (Mon) * Thor: The Dark... | (Wed) * Get Out | Various Movies | | Movie | |
| GOLF | 88 | 401* | 218* | Various | (Wed) Feherty | (Fri) Golf / (Tue) Golf | (Wed) Academy | Lessons/ Pre-game | SwingEx./ Golf | Golf C./ Golf | (Fri) Golf | Various | Various | Various | (Tue) Golf |
| GSN | 76 | 116* | 233* | Wheel of Fortune | Wheel of Fortune | Match Game | Match Game | Catch 21 | Catch 21 | The Chase | | Best Ever Trivia | | America Says | America Says |
| HALL | 87 | 185* | 312* | (Wed) * All Summer Long | | (Fri) * Love Struck | Café / (Mon) The L... | (Wed) * Summer Villa / (Thu) * Aut... | | (Fri) * The Perfect Catch | | (Wed) * A Taste of Romance | | (Fri) * The Most Wonderful Time of | |
| HGTV | 62 | 12* | 299* | Fixer Upper / (Mon) | Love It or List It | Various | Hunters/ H.Hunt | Various | Hunters/ H.Hunt | Various | Hunters/ House | Various | Hunters/ H.Hunt | Various | Hunters/ H.Hunt |
| HIST | 50 | 120* | 269* | Various | (Wed) CountCars / (Thu) Pawn Stars | Various | (Wed) CountCars / (Thu) Pawn Stars | Various | (Wed) CountCars / (Thu) Pawn Stars | Various | (Wed) CountCars / (Thu) Pawn Stars | Various | (Wed) CountCars / (Thu) Pawn Stars | Various | (Thu) Pawn Stars |
| LIFE | 29 | 180* | 252* | Wife Swap / (Mon) * From Straight A... | | Wife Swap | | Wife Swap / (Mon) * Fab Five: The T... | (Wed Thu Tue) Wife Swap | (Wed Thu Tue) Wife Swap | | (Wed Thu Tue) Wife Swap | | (Wed Thu T) W.Swap | Movie |
| NICK | 27 | 171 | 300 | PAW/ Smarter | 44 Cats/ H.Danger | Sponge/ H.Danger | Loud H./ Sponge | Movie | :35 Sponge | :05 Sponge | LEGO: :35 Sponge | Sponge/ :10 Sponge | Various | The Loud House | The Loud House |
| PRMT | 42 | 241* | 241 | Bar Rescue / (Mon) * * * * John Wick (2014, Action) | | Bar Rescue | | Two and a Half Men | Two & a Half Men | Two and a Half Men | Two and a Half Men | (Wed) 2 1/2 Men / (Thu Fri Tue) Mom | (Wed) * John Wick / (Thu Fri Tue) Mom | (Thu Fri Tue) Mom | (Thu Fri Tue) Mom |
| ROOT | 37 | - | - | Paid Program | Pre-game/ Paid | (Wed) Baseball / (Thu Fri Tue) The Dan Patrick Show | | (Mon) :20 Post-game | (Mon) Mariners Heritage | (Mon) The Dan Patrick Show | | Postgame/ Mariners/ Soccer | (Wed) DPatrick / (Thu Fri Tue) Pre-game | (Thu Fri) Baseball / (Tue) Baseball | (Wed) Mariners Spotlight |
| SYFY | 67 | 122* | 244 | (Fri) * Hardcore Henry ('15, Action) | (Thu) :35 * Mad Max: Beyond Thu... | (Tue) :05 * Harry Potter & the Dea... | (Wed) :35 * * Blade II ('02, Act) | (Mon) * Harry Potter & the Deathly Hallows: Part 1 / (Fri) :05 * Resident... | | (Thu) * * * Blade: Trinity (2004, Thriller) | | (Tue) * Push / (Wed) :05 * Hansel & Gretel: Witch Hunters / (Fri) :10 * Tra... | | (Mon) :15 * Harry Potter & the Dea... | (Thu) * * * Red 2 (2013, Action) |
| TBS | 59 | 139* | 247 | Friends | Friends | Friends | Friends | Friends | Friends | Friends/ BobBurg. | Friends/ BobBurg. | Am.Dad/ BobBurg. | Am.Dad/ BobBurg. | Am.Dad/ BobBurg. | Am.Dad/ Fam.Guy |
| TCM | 56 | 132* | 256 | (Mon) * * * * Inn of the Sixth Happiness (1958, Drama) | | (Wed) * Executive Suite / (Fri) * The... | (Thu) * Uncertain Valley of Gwangi | Glory / (Tue) * The | (Mon) :45 * The Opposite Sex | (Wed) * The Opposite Sex | (Thu) * * * * Deadline at Dawn (1946, Mystery) | Various Movies | | | |
| TLC | 49 | 183* | 280 | (Wed-Fri) Untold / (Mon) 90 Day Fiancé | | Weddings/ Untold/ 90 Day | | Weddings/ Unxpect/ 90 Day | | Wedding/ Unxpect/ 90 Day | | Various | (Tue) Yes Dress | Various | (Wed Fri) Say Yes |
| TNT | 57 | 138* | 245 | (Wed) Soccer / (Thu Fri Tue) Supernat... | | (Thu Fri) Bones / (Tue) Supernatural | | Various | (Wed) Super. | Various | (Wed) Super. | (Fri) Bones | (Wed) Super. | Movie | Various Movies |
| UNI | 21 | - | - | Notic./ Notic. | Nosotros guapos | Hoy | | Como dice el dicho | | Sin Tu M/ Como Dice/ Y Mañana | | El gordo y la flaca | | Primer impacto | |
| USA | 58 | 105* | 242 | (Thu Tue) SVU / (Mon) Chrisley | :25 Chicago/ Chrisley | (Thu Mon Tue) Law & Order: S... | (Wed) :25 Chicago P.D. | (Thu Mon Tue) Law & Order: SVU | (Wed) :25 Law & Order: S.V.U. | (Thu Mon Tue) Law & Order: SVU | (Wed) :25 Law & Order: S.V.U. | (Thu Mon Tue) Law & Order: SV... | (Wed) :25 Law & Order: S.V.U. | (Thu Mon Tue) Law & Order: SVU | (Wed) :25 Law & Order: S.V.U. |
| WE | 118 | 128* | 260 | Law/ CI/ CSI | (Thu) :45 Law/ CI | Law/ CI/ CSI | (Thu) :45 Law/ CI | Law/ CI/ CSI | (Thu) :45 Law/ CI | Various | (Thu) :45 Law/ CI | Various | (Thu) :45 Law/ CI | Various | (Thu) :45 Law/ CI |
| WGN | - | 239* | 307 | Heat Night/ Cops | (Mon) Cops | Heat Night/ Cops | (Mon) Cops | Various | (Mon) Cops | Various | (Mon) Cops | Various | (Mon) Cops | Various | (Mon) Cops |
| PREMIUM | | | | | | | | | | | | | | | |
| HBO | 518 | 303 | 504 | (Mon) * * * * Rush Hour 2 ('01, Act) | (Fri) :40 * Down to You | (Thu) :05 * Shanghai Knights | (Mon) Last Week Tonight | (Mon) * Justice League / (Fri) :15 ... | (Wed) :45 * The Darkest Minds | (Thu) Hard Knocks / (Tue) :15 * Wall Street: Money Never Sleeps ('10, Dra) | (Th) :55 * The 15:17 ... / (M) * Aquaman | (Wed) * Robin Hood ('18, Action) | (Fri) :15 * Fantastic Beasts:... | (Thu) * The Bourne Identity | |
| HBO2 | 520 | 304 | 505 | 11:50 * The Lucky Ones | (Wed) * Notting Hill / (Thu) * Wild Hogs / (Mon) Succession | (Fri) * Entrapment | | (Thu) :10 * * * * Signs ('02, Thriller) | (Mon) Succession / Bohemian Rhapsody (2018, Biography) | (Wed) :40 * Wor... / (M) Succession | (Fri) :25 * Jurassic | (Thu) * 12 Strong / (Tue) :10 Bill Maher | (Mon) * The Dilemma | (Wed) Last Wk / (Tue) :10 Last Wk | (Wed) :35 * Aquaman |
| HBO3 | 521 | 302* | 503* | (Mon) :05 * The Manchurian Can... | (Thu) :45 * Deliver Us From E... | (Wed) :10 * * * * Funny Games (2007, Drama) | | (Mon) :20 * First Man ('18, Bio) | (Fri) :25 * Halloween | (Wed) :05 * The Favourite (2018, Biography) | (Thu) :10 * Breaking In | (Mon) :45 * The Ring Two ('05, Hor) | (Wed) :10 * The Old Man & the ... | (Thu) :40 * BlackKkLansman | |
| MAX | 549 | 311 | 516 | (Thu) :05 * Cinema Paradiso | (Wed) * The Island ('05, Action) / (Fri) :40 * The Last Seduction ('94, Susp) | (Mon) :25 * Barbershop | | (Thu) :10 * Traffik (2018, Thriller) | (Fri) * Being John Malkovich | (Mon) :10 * Head Office ('86, Com) | (Tue) :40 * Match Point | (Wed) :15 * Midnight Special | (Fri) :25 * Very Bad Things / (Mon) :45 The Nutty Professor | (Tue) :45 * The Prestige ('06, Dra) | |
| SHOW | 578 | 319 | 546 | (Tue) :15 * Mile 22 (2018, Action) | (Mon) * * * * * Faster ('10, Act) / (Thu) :45 * Peppermint ('18, Act) | (Wed) * Mile 22 / (Fri) * My B... | | (Tue) * Peppermint | (Thu) * I Feel Pretty ('18, Com) | (Wed) :05 * A Bad Moms Chris... | (Tue) :45 * Kill Bill: Vol. 1 | (Mon) :15 * Total Recall ('90, Sci-Fi) | (Thu) * Cruel Intentions / (Wed) :50 * Cruel Intentions | (Tue) :40 * Kill Bill: Vol. 2 | |
| STARZ | 621 | 351 | 526 | (Fri) :20 * Zoolander | (Tue) :10 Cinderella Man | (Tue) :10 Power / (Thu) :15 ... | | (Tue) :10 * Nona (2017, Drama) | (Mon) :10 Power | (Fri) :35 Power / (Tue) :45 ... | (Thu) * * * * * Casino | (Fri) :35 Power: Confidential | (Fri) :05 * The Sorcerer's Appre... | (Mon) :50 * Empire ('02, Act) | |
| STZENC | 644 | 341 | 536 | 11:35 * Carlito's Way / * Prince of Persia: The Sands of Time | | (Mon) :55 * Wreck-It Ralph | (Fri) :35 * Virus | (Thu) :05 * * * * Easy A ('10, Com) | (Mon) :40 * * * * Cars 2 ('11, Ani) | (Fri) :15 * Just Go With It | (Tue) :25 * * * * The Hitman / (Thu) :40 * Proud Mary | (Mon) * Monsters University | (Tue) * * * * Parenthood / (Thu) :10 * Only the Brave / (Fri) :15 * Shock & A... | | |

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