

| CH | DISH | DTV | 9 AM | 9:30 | 10 AM | 10:30 | 11 AM | 11:30 | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | 4 PM | 4:30 | 5 PM | 5:30 | | | | | | | | | | | | | | | | | | |
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| BROADCAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KFFX 11 | 11 | - | 11 | Fox NFL Sunday (L) | | | NFL Football Seattle Seahawks at Pittsburgh Steelers Site: Heinz Field -- Pittsburgh, Pa. (L) | | | NFL Football New Orleans Saints at Los Angeles Rams Site: Los Angeles Memorial Coliseum -- Los Angeles, Calif. (L) | | | The OT (L) | | Paid Program | | NorthFish-Reports | | | | | | | | | | | | | | | | | | | | | |
| KPTV 3 | 3 | - | - | Fox NFL Sunday (L) | | | NFL Football Seattle Seahawks at Pittsburgh Steelers Site: Heinz Field -- Pittsburgh, Pa. (L) | | | NFL Football New Orleans Saints at Los Angeles Rams Site: Los Angeles Memorial Coliseum -- Los Angeles, Calif. (L) | | | The OT (L) | | 5 O'Clock News (N) | | | | | | | | | | | | | | | | | | | | | | | |
| KEPR 19 | 2 | 19 | 19 | The NFL Today (L) | | | Paid Program | | Paid Program | | Three Wide Life (N) | | Paid Program | | PBR Bull Riding Western Invitational | | NFL Football Kansas City Chiefs at Oakland Raiders Site: Oakland Alameda Coliseum -- Oakland, Calif. (L) | | Inside Edition | | Paid Program | | Judge Judy | | Judge Judy | | | | | | | | | | | | | |
| KOIN 19 | 19 | - | - | The NFL Today (L) | | | Paid Program | | Paid Program | | Paid Program | | Paid Program | | PBR Bull Riding Western Invitational | | NFL Football Kansas City Chiefs at Oakland Raiders Site: Oakland Alameda Coliseum -- Oakland, Calif. (L) | | Raw Travel | | Face the Nation | | KOIN Local 6 @ 5 (N) | | KOIN News Sunday (N) | | | | | | | | | | | | | |
| KNDU 25 | 6 | 25 | 23 | Paid Program | | Paid Program | | Paid Program | | Paid Program | | Mecum Auto Auctions | | IMSA Auto Racing SportsCar Championship Site: WeatherTech Raceway Laguna Seca -- Salinas, Calif. (L) | | Paid Program | | Paid Program | | Football Night in America (L) | | :20 NFL Football Philadelphia vs Atlanta (L) | | | | | | | | | | | | | | | | |
| KGW 8 | 8 | - | - | To Be Announced | | | Mecum Auto Auctions | | IMSA Auto Racing SportsCar Championship Site: WeatherTech Raceway Laguna Seca -- Salinas, Calif. (L) | | Paid Program | | Paid Program | | Football Night in America (L) | | :20 NFL Football Philadelphia vs Atlanta (L) | | | | | | | | | | | | | | | | | | | | | |
| KVEW 42 | 4 | 42 | - | Good News Today | | Homeowner (N) | | FullCourt-Press (N) | | Military Makeover | | Hearts of Heroes (N) | | The Great Dr. Scott | | Rock the Park | | Vacation Creation | | ABC Fall Preview | | World of X Games (N) | | The American Game "The Culture" (N) | | The Greatest (N) | | Gametime | | Paid Program | | Paid Program | | ABC World News (N) | | | | |
| KATU 5 | 5 | - | - | Your Voice, Your Vote | | Full Measure | | This Week With George Stephanopoulos | | Wild Countdown | | Ocean Treks | | Hearts of Heroes (N) | | The Great Dr. Scott | | ABC Fall Preview | | World of X Games (N) | | The American Game "The Culture" (N) | | The Greatest (N) | | Vacation Creation | | Rock the Park | | KATU News at 5 (N) | | ABC World News (N) | | | | | | |
| KTNW - | 31 | 31 | - | Antiques Rd. "Palm Springs (Hour Two)" | | Inside Olympia (N) | | The Impact (N) | | To the Contrary (N) | | Firing Line | | Story in P. Square | | Retire Safe & Secure Ed Slott combines a vast in-depth knowledge of retirement tax rules. | | Better Brain Dr. Steven Masley helps you achieve optimal health and wellness. | | WealthTrack (N) | | Newshour. (N) | | | | | | | | | | | | | | | | |
| OPB 59 | 13 | - | - | Rick Steves' Europe | | Travels to the Edge | | The Great Polar Bear Feast | | Nova "Rise of the Superstorms" | | Great Performances at the Met "Dialogues Des Carmelites" | | Focus on Europe | | GZERO World With | | To the Contrary | | Washington Week | | Firing Line | | Newshour. (N) | | | | | | | | | | | | | | |
| CABLE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A&E 52 | 118* | 265* | 7:30 Story | Jeff Dunham | | Biography "Jeff Dunham: Talking Heads" | | | Biography "Chris Farley: Anything for a Laugh" | | | *** National Treasure ('04, Adv) Diane Kruger, Justin Bartha, Nicolas Cage. | | Movie | | | | | | | | | | | | | | | | | | | | | | | | |
| AMC 60 | 131* | 254* | 5:25 *** Saving Pr... | :25 *** Zero Dark Thirty (2012, Drama) Jason Clarke, Joel Edgerton, Jessica Chastain. Chronicles the hunt for Osama bin Laden after the 2001 terrorist attacks. | | | :55 *** The Fugitive ('93, Thril) Sela Ward, Harrison Ford. A man convicted of murdering his wife escapes and searches for the real killer. | | | :55 *** The Green Mile Death row guards form a relationship with an inmate who possesses extraordinary powers. | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ANPL 24 | 184* | 282* | Lone Star Law | | L. Star Law "Deceived" | | Lone Star Law | | Lone Star Law | | North Woods Law | | North Woods Law | | North Woods Law | | North Woods Law | | North Woods Law | | | | | | | | | | | | | | | | | | | |
| CMT 43 | 166* | 327* | Hot 20 Countdown | | | *** Ferris Bueller's Day Off ('86, Com) Matthew Broderick. | | | *** Blended ('14, Com) Drew Barrymore, Adam Sandler. | | | *** Ferris Bueller's Day... | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CNBC 72 | 208* | 355* | Paid | | Paid | | Paid | | Paid | | Paid | | Shark Tank | | Shark Tank | | Shark Tank | | Shark Tank | | Shark Tank | | | | | | | | | | | | | | | | | |
| CNN 68 | 200* | 202* | State of the Union With Jake Tapper | | Fareed Zakaria GPS | | CNN Newsroom | | CNN Newsroom | | CNN Newsroom | | CNN Newsroom | | CNN Newsroom | | CNN Newsroom | | CNN Newsroom | | | | | | | | | | | | | | | | | | | |
| DISC 51 | 182* | 278* | Building Off the Grid | | Off Grid "Coastal Maine" | | Off the Grid "Mud Men" | | Building Off the Grid | | Off Grid "Cob Cottage" | | Building Off the Grid | | Alaskan Bush People | | Alaskan Bush People | | Alaskan Bush People | | | | | | | | | | | | | | | | | | | |
| DISN 26 | 173 | 21 | BigCity | | PupAca. | | Bunk'd | | CoopCami | | *** Descendants 3 ('18, Fam) Dove Cameron. | | CoopCmi | | CoopCmi | | CoopCmi | | CoopCmi | | :15 Rollwit | | :45 Raven | | :15 *** The Princess and the Frog | | | | | | | | | | | | | |
| ESPN 33 | 140* | 206* | 7:00 Sunday NFL Countdown (L) | | WNBA Basketball Playoffs (L) | | | UFC Fight Flashback | | MLS Soccer New York Red Bulls at Seattle Sounders FC Site: CenturyLink Field -- Seattle, Wash. (L) | | UFC Flash (N) | | Baseball T. "Sunday Night Countdown" (L) | | MLB Baseball Los Angeles Dodgers at New York Mets Site: Citi Field -- New York City, N.Y. (L) | | | | | | | | | | | | | | | | | | | | | | |
| ESPN2 34 | 143* | 209* | 7:00 Fantasy Football (L) | | E:60 | | College Football Final | | WNBA Basketball Playoffs (L) | | Adventure Racing | | ESPN FC (N) | | Greatest | | Greatest | | Football Is Us "The College Game" | | | | | | | | | | | | | | | | | | | |
| FNC 66 | 205* | 360* | America's News HQ | | America's News HQ | | Fox News Sunday | | Journal Editorial R. | | America's News HQ | | The Greg Gutfeld Show | | Fox Report | | Fox News Sunday | | Watters World | | | | | | | | | | | | | | | | | | | |
| FOOD 61 | 110* | 231* | Pioneer | | Pioneer | | Pioneer | | GirlFarm (N) | | The Kitchen | | Good Eats | | Good Eats | | Chopped | | Chopped "Cheap Eats" | | Chopped | | | | | | | | | | | | | | | | | |
| FREE 32 | 180* | 311* | :05 *** Cars Owen Wilson. A young race car learns to appreciate his friends and family, and let go of his wild life. | | | :45 *** Pete's Dragon Bryce Dallas Howard. A forest ranger finds a boy who claims he had been living with a dragon named Elliot. | | | :15 *** Ratatouille ('07, Fam) Brad Garrett. An ambitious rat with a flair for cooking battles an eccentric chef in a Paris restaurant. | | | :55 *** Zootopia Ginnifer Goodwin. | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FX 65 | 136* | 248* | The Weekly | | Mike&Molly | | *** Sausage Party ('16, Ani) Seth Rogen. | | *** Pixels ('15, Act/Com) Adam Sandler. | | *** The Emoji Movie ('17, Ani) Anna Faris, T.J. Miller. | | *** Pacific Rim Idris Elba. | | | | | | | | | | | | | | | | | | | | | | | | | |
| GOLF 88 | 401* | 218* | Golf Pre. | | PGA Golf KLM Open | | | Golf Pre. | | PGA Golf A Military Tribute Site: The Old White TPC (L) | | | CHAMPS Golf Ally Challenge | | Golf Central (N) | | | | | | | | | | | | | | | | | | | | | | | |
| GSN 76 | 116* | 233* | ChainReact. | | ChainReact. | | AmerSays | | AmerSays | | AmerSays | | AmerSays | | AmerSays | | AmerSays | | AmerSays | | AmerSays | | Family Feud | | | | | | | | | | | | | | | |
| HALL 87 | 185* | 312* | *** Love on the Menu (2019, Drama) | | | *** My Secret Valentine ('18, Rom) Andrew Walker. | | | *** A Royal Winter ('17, Rom) Merritt Patterson. | | *** Forever in My Heart ('17, Rom) Merritt Patterson. | | Chesapeake Shores (N) | | | | | | | | | | | | | | | | | | | | | | | | | |
| HGTV 62 | 12* | 299* | Property Brothers: F | | Property Brothers: F | | Property Brothers: F | | Property Brothers: F | | A Very Brady Renovation | | HouseHunt. | | HouseHunt. | | HouseHunt. | | HouseHunt. | | HouseHunt. | | HouseHunt. | | | | | | | | | | | | | | | |
| HIST 50 | 120* | 269* | ToyMakerz "Challenger Models for Sarah Edwards" | | Counting Cars: Drive A customer wants a wicked paint job to match his 1959 Anglia dragster. | | | American Pickers "Where's Aldo?" | | American Pickers "Ladies Know Best" | | American Pickers "Mad as a Picker" | | American Pickers "The Numbers Game" | | American Pickers "A Few Good Junk Men" | | American Pickers "American Dream" | | | | | | | | | | | | | | | | | | | | |
| LIFE 29 | 180* | 252* | Joel Osteen | | Paid | | *** The Many Faces of Alice Anna Lise Phillips. | | *** Nightmare Wedding ('16, Hor) Nicola Posener. | | *** Psycho Wedding Crasher Heather Morris. | | *** From Straight A's to XXX ('17, Dra) Haley Pullos. | | | | | | | | | | | | | | | | | | | | | | | | | |
| NICK 27 | 171 | 300 | SpongeBob | | LEGO | | SpongeBob | | SpongeBob | | Moguls (N) | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | | SpongeBob | |
| PRMT 42 | 241* | 241 | Bar Rescue "How to Train the Dragon" | | Bar Rescue "Shamrocks and Shenanigans" | | Bar Rescue "Owner on the Run" | | Bar Rescue "An Ode to the Cap'n" | | Bar Rescue "Irish Eyes Aren't Smiling" | | Bar Rescue "Dalia's Inferno" | | Bar Rescue "I Know What You Did Last Summit" | | Bar Rescue "Liv'n on a Prayer" | | :05 Bar Rescue "Don't Tell Mom the Bar Is Dead" | | | | | | | | | | | | | | | | | | | |
| ROOT 37 | - | - | Seahawks Press Pass | | Seahawks Press Pass | | Charlie Moore (N) | | Powerboat R. Nationals | | Journal | | Mariners Spotlight | | Mariners Access (N) | | MarinersPre-game (L) | | MLB Baseball Chicago White Sox at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L) | | Post-game (L) | | Mariners All Access | | Mariners Heritage | | Mariners In Depth | | | | | | | | | | | |
| SYFY 67 | 122* | 244 | Twilight Zone | | *** Need for Speed ('14, Act) Imogen Poots, Aaron Paul. A blue-collar mechanic joins a cross-country car race in the hopes of exacting revenge. | | | :25 *** The Hunger Games: Mockingjay, Part 1 Sheltered in the hidden District 13, Katniss prepares to save Peeta from President Snow. | | | *** The Hunger Games: Mockingjay, Part 2 Katniss Everdeen and her friends prepare for an assassination attempt on President Snow. | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TBS 59 | 139* | 247 | Queens | | Queens | | Friends | | MLB Baseball Atlanta Braves at Washington Nationals Site: Nationals Park (L) | | Friends | | Friends | | Seinfeld | | Seinfeld | | *** The Change-Up ('11, Com) Jason Bateman. | | Movie | | | | | | | | | | | | | | | | | |
| TCM 56 | 132* | 256 | *** The Philadelphia Story A socialite's plans to remarry are complicated by the appearance of her ex-husband. | | | *** Summer Stock Romance is in the air as a theater group takes over a farm to put together a production. | | | *** A Shot in the Dark An inspector investigates the case of a parlour maid who is accused of her lover's murder. | | | *** The Sunshine Boys Despite their hatred for each other, two ex-vaudevillians are reunited for a TV special. | | | *** Ulee's Gold ('97, Dra) Peter Fonda. | | | | | | | | | | | | | | | | | | | | | | | |
| TLC 49 | 183* | 280 | Yes Dress | | Yes Dress | | Yes Dress | | Yes Dress | | Yes Dress | | Yes Dress | | Yes Dress | | 90 Day Fiancé "Love is a Battlefield" | | 90 Day Fiancé "The Rest Is Still Unwritten" | | | | | | | | | | | | | | | | | | | |
| TNT 57 | 138* | 245 | NCIS: New Orleans | | | *** Cop Out ('10, Act) Tracy Morgan, Bruce Willis. | | | *** Norbit ('07, Com) Eddie Murphy. | | | *** Race to Witch Mountain | | | *** The Game Plan Dwayne Johnson. | | | | | | | | | | | | | | | | | | | | | | | |
| UNI 21 | - | - | FútbolCent. | | MFL Fútbol | | Morelia at Toluca Site: Estadio Nemesio Diez (L) | | | Republica deportiva | | Al punto | | Aqui y ahora | | Como dice el dicho | | Como dice el dicho | | Los guapos | | Los guapos | | | | | | | | | | | | | | | | |
| USA 58 | 105* | 242 | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | | | | | | | | | | | | | | | | |
| WE 118 | 128* | 260 | 4:00 Growing Up Hip H | | Law & O: CI "Shandeh" | | Law & O: CI "Con-Text" | | Law & Order "C.O.D." | | Law & Order "Paradigm" | | Law & Order | | Law & Order | | Law & Order | | Law & Order | | Law & Order "Gunplay" | | | | | | | | | | | | | | | | | |
| WGN - | 239* | 307 | Cops | | Cops | | Cops | | Cops | | Cops | | Cops | | Cops | | Cops | | Cops | | Cops | | Cops | | Cops | | | | | | | | | | | | | |
| PREMIUM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HBO 518 | 303 | 504 | 8:05 *** Notting Hill ('99, Rom) Hugh Grant. | | :10 *** The Rundown A bounty hunter teams up with a mob boss's son to retrieve a legendary artifact. | | | My Favorite Shapes by Julio Torres | | *** Truth or Dare (2018, Horror) Tyler Posey, Violet Beane, Lucy Hale. | | :40 Real Time With Bill Maher | | :40 Our Boys | | :40 *** Bohemian Rhapsody ('18, Bio) Joseph Mazzello, Rami Malek. | | | | | | | | | | | | | | | | | | | | | | |
| HBO2 520 | 304 | 505 | :55 *** The 15:17 to Paris ('18, Drama) Judy Greer, Tony Hale, Jenna Fischer. | | Real Time With Bill Maher | | *** Rescue Dawn True story of an American fighter pilot who led a group of POWs in a courageous escape. | | | :35 *** Aquaman ('18, Act) Jason Momoa. A man learns that he is the half-human, half-Atlantean heir to an undersea kingdom. | | Succession | | Succession | | | | | | | | | | | | | | | | | | | | | | | | |
| HBO3 521 | 302* | 503* | 7:45 *** Signs | | :35 *** Meet the Fockers Mayhem ensues when Greg introduces his eccentric family to his straight-laced in-laws. | | | Last Week Tonight | | *** Dangerous Liaisons In 18th century France, an aristocrat schemes to have her ex-lover seduce a pious woman. | | *** The Favourite Two jealous cousins spar to be Queen Anne's closest friend and most trusted advisor. | | *** Mary Queen of Scots In a male-dominated world, two young queens become rivals for the throne of England. | | | | | | | | | | | | | | | | | | | | | | | | |
| MAX 549 | 311 | 516 | 7:35 *** Les Misérables | | :15 *** Pan With the help of Tiger Lily and James Hook, Peter Pan takes on the fearsome Blackbeard. | | | :10 *** The Greatest Showman Legendary showman P. T. Barnum launches his iconic circus despite countless doubters. | | :55 *** Someone Like You ('01, Rom) Greg Kinnear, Ashley Judd. | | :35 *** The Prestige The rivalry between two magicians leads them on a life-long battle for supremacy. | | :45 *** Van Helsing | | | | | | | | | | | | | | | | | | | | | | | | |
| SHOW 578 | 319 | 546 | *** Upside Down Kirsten Dunst. Ten years after they were separated, Adam sets out to find Eden. | | | *** Spider-Man 3 Tobey Maguire. Peter's dark side surfaces after he comes in contact with a black suit from another world. | | | *** Air Force One The president fends off deadly terrorists who are holding his plane & family hostage. | | :35 *** Mile 22 (2018, Action) Iko Uwais, John Malkovich, Mark Wahlberg. | | :15 Murder.B "Chapter One: A Body in a Canal" | | | | | | | | | | | | | | | | | | | | | | | | | |
| STARZ 621 | 351 | 526 | 8:45 *** Alpha ('18, Act) Kodi Smit-McPhee. | | :25 *** A Dog's Way Home A dog sets out on an incredible 400-mile journey to reunite with her beloved human. | | | *** Venom Teens flee from a man who is possessed by 13 evil souls and is in pursuit of new victims. | | *** Power "Forgot About Dre" | | *** The Front Runner Senator Gary Hart's presidential campaign is derailed by allegations of an affair. | | :55 *** Notorious ('09, Bio) Jamal Woolard. | | | | | | | | | | | | | | | | | | | | | | | | |
| STZENC 644 | 341 | 536 | 8:30 *** Legally Blonde 2: Red, White & Blonde | | :10 *** Winchester '73 ('50, West) Dan Duryea, James Stewart. | | | :45 *** My Cousin Vinny A Brooklyn lawyer attempts to defend his innocent cousin & a friend on murder charges. | | :45 *** Jumping the Broom Two very different families spend the weekend on Martha's Vineyard for a wedding. | | :40 *** Back to School ('86, Com) Burt Young, Rodney Dangerfield. | | :20 *** Jumanji: Welcome to the Jungle | | | | | | | | | | | | | | | | | | | | | | | | |

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