

	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			The Mel Robbins Show			Tamron Hall	25 Words or Less	25 Words or Less		
KPTV	3	-	-	Good Day Oregon at 6:00 a.m.		Good Day Oregon			MORE Good Day Oregon			MORE Good Day Oregon		The Kelly Clarkson Show		
KEPR	19	2	19	Action News at 6:00 a.m.	Action News at 6:30 a.m.	CBS This Morning			The Kelly Clarkson Show			The Price Is Right	The Young and the Restless			
KOIN	19	-	-	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		The Wendy Williams Show		
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/(Thu) Arthur	(Wed Mon Tue) Cat/(Fri) Curious G	Wild Kratts	Molly of Denali	Curious George	Let's Go/(Thu) TheCat in theHat	Daniel Tiger's Neighborhood	(Wed) Curious G/Daniel Tiger	Sesame Street	Sit and Be Fit	
OPB	59	13	-	Yoga/ Sit Fit/ Stretch	Nature Cat	Wild Kratts	(Thu Fri Tue) Molly of Denali	Curious/ George	(Thu Mon Tue) Let's Go Luna!	Daniel Tiger's Neighborhood	Daniel Tiger's Neighborhood	Pinkalicious & Peterrific	Sesame Street	Dinosaur T. / (Thu) The Cat in the Hat	The Cat in the Hat	
CABLE																
A&E	52	118*	265*	Info-Documentary	Enjoying Life	The First 48 / (Fri) Live PD: Rewind		The First 48 / (Fri) Live PD		(Wed Mon Tue) First 48/(Thu) Gangland	The First 48		Various			
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program		Various	(Thu) * Lost Souls/(Fri) * War of the Colossal Beast/(Fri) :45 * Tales From the Crypt	(Mon) * Friday the 13th Part VII: The...	(Wed) * The Apparition			
ANPL	24	184*	282*	The Crocodile Hunter		Too Cute!		My Cat From Hell		(Wed/Fri/Mon) Vet Life/(Thu/Tue) Dog/Home	(Wed Fri Mon) Dr. Jeff/(Thu Tue) The Zoo	The Zoo				
CMT	43	166*	327*	CMT Music		Crush/ Throw/ Music		CMT Music		Roseanne	Roseanne	Roseanne	Roseanne	Rose./ Reba	Rose./ 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	(Fri) Auction Kings	Various	(Fri) Baggage	Various	(Fri) Baggage	Various	(Fri) Baggage	Various	(Fri) Baggage	Various	(Fri) Baggage	
DISN	26	173	21	PupPals/ Mouse	PupPals/ Mouse	T.O.T.S./ Spookley	Bluey	Mickey/ Mouse	Mouse/ Mickey	MixedUp	Various	PupPals	Various	Various	Gigantos/ Mouse	
ESPN	33	140*	206*	5:00 Get Up!		First Take		First Take		SportsCenter		Outside the Lines	NFL Live / (Mon) NFL PrimeTime		(Mon) NFL Live	
ESPN2	34	143*	209*	SportsCenter		Get Up!		Get Up!		First Take		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	(Fri Tue) Paid	Paid Program	(Fri Tue) Paid	Paid Program	(Fri Tue) Paid	Paid Program	Pioneer Woman	Various	Various	Various	Various	
FREE	32	180*	311*	Paid Program	Paid Program	The Middle/(Mon) * Dark Shadows	(Wed-Fri) The Middle	(Wed-Fri) The Middle	(Wed-Fri) The Middle	(Wed-Fri) The Middle	700 Club Interactive	The 700 Club		Various	(Mon) * The Haunted Mansio...	
FX	65	136*	248*	Paid Program	Paid Program	Various	(Mon) Mike&Molly	(Mon) * Ice Age: Collision Course	(W F T) Mike&M.	Movie	Various	(Tue) Mike&Molly	Movie	Movie	Movie	
GOLF	88	401*	218*	(Mon Tue) Morning Drive	(Wed) Morn. Drive	(Thu Fri) Golf	(Wed) Tiger Woods: Chasing History /	(Mon) Golf / (Tue) Golf	(Mon) Golf / (Tue) Golf	PGA Tour/ SwingEx.	Various	Lessons/ Pre-game	(Wed) SwingEx.			
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		Various Movies		
HGTV	62	12*	299*	Paid Program	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	
HIST	50	120*	269*	Info-Documentaries	Info-Documentaries	Various	(Wed) Info-Doc/(Thu) Pawn S.	Various	(Wed) CountCars / (Thu) Pawn Stars	(Wed) CountCars / (Thu) Pawn Stars	(Wed) CountCars / (Thu) Pawn Stars	(Wed) CountCars / (Thu) Pawn Stars	(Wed) CountCars / (Thu) Pawn Stars	(Wed) CountCars / (Thu) Pawn Stars	(Wed) CountCars / (Thu) Pawn Stars	
LIFE	29	180*	252*	Paid Program	Paid Program	Enjoying Life	Various	Various	Various	(Wed Thu) The Closer	Various		(Wed Thu) The Closer			
NICK	27	171	300	Full House	SpongeBob	Sponge/ PAW	Sponge/ PAW	PAW Patrol	PAW Patrol	Guppies/ PAW	Abby/ PAW	Various	Various	Various	Various	
PRMT	42	241*	241	Paid Program	Paid Program	Paid Program	Paid Program	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	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						
SYFY	67	122*	244	(Wed) Zero/(Thu) * Nightmare Shark/(Fri) Van Hel./ (Mon Tue) Twilight	(Wed) Channel Zero: Butcher's Block/(Fri) Van Helsing	(Wed) Zero/(Thu) * Finder's Keepers/(Fri) Van Hel./ (Mon) Twilight	(Wed) Zero/(Thu) * Gallowwalkers	(Wed) Zero/(Thu) * Hills Have Eyes 2: Uncut (2007, Horror)	(Fri) Van Helsing/(Thu) :05 * * * The Hills Have Eyes 2: Uncut (2007, Horror)	(Fri) Saw VI/(Mon) * Saw II/(Tue) * A Nightmare on Elm Street 4: The Dr...						
TBS	59	139*	247	Loves Ray	Loves Ray	Loves Ray	Loves Ray	Seinfeld	Seinfeld	Sein./ (Mon) Friends	Sein./ (Mon) Friends	Friends	Friends	Friends	Friends	
TCM	56	132*	256	(Fri) :15 The Real McCoy	(Thu) * Captain Sinbad	(Fri) * Mountain Justice ('37, Dra)	(Tue) * * * Cry Wolf ('47, Mystery)	(Wed) * Walking on Air	(Fri) * Professional Sweetheart	(Tue) * Born To Kill/(Wed) :15 * Beat the Band	(Thu) * Jason & The Argonauts	(Wed) * Hips, Hips, Hooraay/(Tue) :45 * And One Was Beautiful	(Fri) * Elmer the Great			
TLC	49	183*	280	Quints/ Daughter	(Wed-Fri) Quints	OutDaughtered		Daughter/ Cheap		(Tue) Cheapskates	Hoarding/ Cheap	(Mon Tue) Cheap	Hoarding/ Medium	(Tue) L.I. Medium	Untold/ Medium	(Tue) L.I. Medium
TNT	57	138*	245	Charmed	Charmed	Charmed		Charmed		(Wed) UEFA BR Matchday / Charmed	(Wed) :55 Soccer / Supernatural		Supernatural			
UNI	21	-	-	Hijas de la Luna		Despierta America		Despierta America		Despierta America		Despierta America		La Gata		
USA	58	105*	242	(Wed) The DNA of Murder / CSI: Crime Scene Investigation	(Wed) The DNA of Murder / CSI: Crime Scene Investigation	NCIS: Los Angeles		NCIS		(Wed) NCIS / (Thu Fri Tue) Law & Order: S.V.U. / (Mon) Chicago P.D.	(Wed) NCIS / (Thu Fri Tue) Law & Order: S.V.U. / (Mon) Chicago P.D.	(Wed) NCIS / (Thu Fri Tue) Law & Order: S.V.U. / (Mon) Chicago P.D.	(Wed) NCIS / (Thu Fri Tue) Law & Order: S.V.U. / (Mon) Chicago P.D.	(Wed) NCIS / (Thu Fri Tue) Law & Order: S.V.U. / (Mon) Chicago P.D.	(Wed) NCIS / (Thu Fri Tue) Law & Order: S.V.U. / (Mon) Chicago P.D.	
WE	118	128*	260	Emotional Mojo	Paid Program	(Wed) Paid Program		(Wed) Paid Program		Paid Program	Paid Program	CSI/ Growing/ Law:CI	CSI/ Growing/ Law:CI	CSI/ Law:CI/ :20 Growing	CSI/ Law:CI/ :20 Growing	
WGN	-	239*	307	Know the Cause	Joseph Prince	Through the Bible	Joyce Meyer	Creflo Dollar	Paid Program	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	In the Heat of the Night	
PREMIUM																
HBO	518	303	504	(Wed) * All the Way/(Tue) * Pride/(Thu) :20 * Waking Ned Devine	(Fri) * It's Kind of a Funny Story	(Mon) Last Week Tonight	(Thu) * Life as We Know It	(Fri) :50 * Robin Hood ('18, Action)	(Tue) :15 * * * * Big Business (1988, Comedy)	(Thu) * Glass (2019, Drama)/(M) Clinica	(Wed) :25 * In Her Shoes/(Fri) :45 ...	(Tue) :55 * Kin (2018, Action)				
HBO2	520	304	505	(Thu) :05 * The Alamo	(Mon) * * * Get Over It (2001, Comedy/Drama) / (Wed) :40 * * * Lottery Ticket (2010, Comedy)	(M) :55 * The Forest/ (T) :55 * The Ring 2	(Wed) :25 HBO First Look	(Fri) :20 * Away From Her ('07, Dra)	(Mon) * First Man / (Tue) :45 1stLook	(Thu) * * By the Sea (2015, Drama) / (Tue) * * * Predators (2010, Sci-Fi)	(Wed) * Out of Sight/(Fri) :15 * ...	(Tue) :50 * Thoroughbreds				
HBO3	521	302*	503*	(Tue) * Fahrenheit 451/(Thu) :10 * ...	(Fri) :25 * Hannah & Her Sis...	(Wed) :55 * Go for It! ('11, Drama)	(Tue) :45 * A Walk in the Clouds	(Thu) :15 * A Good Woman	(Wed) * * * * * The Hudsucker Proxy (1994, Comedy)	(Tue) * Evening	(Fri) :55 * BlackKlansman	(Wed) :25 * Men of Honor/(Mon) :35 * Open Range	(Tue) :05 * The Last Emperor/(Tue) :20 * Quantum of Solace	(Tue) :45 * The Making of/ (Thu) :45 * ...		
MAX	549	311	516	(Mon) :05 * House of D/(Fri) :10 * ...	(Wed) :25 * Patton/(Thu) :25 * In the Name of the Father/(Tue) :40 * ...	(Mon) :40 * Ideal Home ('18, Com)	(Tue) :10 * Overnight Delive...	(Thu) :40 * Darkest Hour	(Mon) :15 * Bedazzled	(Tue) :40 * * * Buried ('10, Thril)	(Fri) :15 * The Shape of Water	(Thu) :45 * Phenomenon	(Wed) :05 * The Last Emperor/(Tue) :20 * Quantum of Solace			
SHOW	578	319	546	(Wed) * A League of Their Own	(Fri) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Fri) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	(Thu) * * * * * The Impossible (2012, Drama)	
STARZ	621	351	526	(Wed) :10 * A Boy. A Girl. A Dr...	(Mon) * An Unfinished Life	(Fri) * The Front Runner	(Wed) :45 * Master & Comm....	(Mon) :25 * * * * * Moonrise Kingdom (2012, Comedy)	(Fri) :55 * Ray/(Thu) :15 * ...	(Tue) * * * * * Pitch Black ('00, Thriller)	(Mon) * Sleeping With the Enemy/(Wed) :05 * Green Zone	(Tue) :20 * Power	(Th) :25 * Baby Mama/ (F) * Casino			
STZNC	644	341	536	(Mon) :05 * Bride of Chucky	(Fri) :45 * My Bloody Valentine	(Tue) :05 * The Strangers ('08, Hor)	(Wed) :25 * The Onion Movie	(Thu) :05 * Two Fast Two Furious	(Fri) :25 * Army of Darkness	(Mon) :05 * Firestarter	(Fri) :50 * Bride of Chucky	(Tue) * The Happening	(Wed) :40 * Friends With Be...	(Mon) * The Exorcism of Mol....	(Tue) :35 * Patient Zero	
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	