

Weekday Daytime

December 30, 2020 to January 5, 2021

	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	Inventi./ R. Park/ Heroes	AgDay	Good Day				25 Words or Less	25 Words or Less	Tamron Hall		Maury	
KPTV	3	-	-	Good Day Oregon at 6:00 a.m.		Good Day Oregon / (Fri) Happy Holidays America		(Fri) Stellar Tribute to the Holidays		MORE Good Day Oregon / (Fri) Best of MORE Good Day Oregon		The Rachael Ray Show		The Kelly Clarkson Show	
KEPR	2	19	19	Action News/(Fri) Morning News	Action News at 6:30 a.m.	CBS This Morning				The Kelly Clarkson Show		The Price Is Right / (Thu) The Young and the Restless		The Young and the Restless / (Thu) Football	
KOIN	19	-	-	KOIN 6 at 6:00 a.m.		CBS This Morning				Let's Make a Deal / (Thu) To Be Announced		The Price Is Right / (Thu) The Young and the Restless		The Young and the Restless / (Thu) Football	
KNDU	6	25	23	Wake Up Northwest		Today		(Fri) Tournament of Roses Parade	(Fri) Tournament of Roses Parade	Today III		Today With Hoda and Jenna		The Wendy Williams Show	
KGW	8	-	-	KGW News / (Fri) KGW News	(Fri) KGW News at Sunrise	Today		(Fri) Tournament of Roses Parade	(Fri) Tournament of Roses Parade	Today III		Today With Hoda and Jenna / (Fri) Michael Allen Harrison Concert		Daily Blast Live	Daily Blast Live
KVEW	4	42	-	Good Morning Northwest at 6:00 a.m. / (Fri) Good Morning America		Good Morning America		(Fri) Tournament of Roses Parade		Live With Kelly and Ryan		The View / (Fri) Football		Paid Program	Right This Minute
KATU	5	-	-	5:00 KATU News This Morning		Good Morning America		(Fri) Tournament of Roses Parade		AM Northwest		The View / (Fri) Football		Live With Kelly and Ryan	
KTNW	-	31	31	ClassStretch/(Fri) Midsomer M.	(Wed Thu Tue) Yoga/(Mon) Yoga	D.Tiger/(Fri) Midsomer M.	Elinor Wonders Why	Sesame St./(Fri) Midsomer M.	Pinkalicious & Peterrific	DinoTrain/(Fri) Midsomer M.	Clifford the Big Red Dog	Sesame St./(Fri) Midsomer M.	Elinor Wonders Why	Hero Element/(Fri) Esmonde Tech.	Sit and Be Fit
OPB	13	-	-	Stretch/ Sit Fit	Wild Kratts	Molly of Denali	Curious George	Daniel Tiger's Neighborhood	Daniel Tiger's Neighborhood	Elinor Wonde/(Fri) Brain Revolution	Clifford the Big Red Dog	Pinkalicious & Peterrific	Sesame St. / (Fri) Aging Backwards	Dinosaur Train	Xavier Riddle / (Fri) Suze Orman
CABLE															
A&E	52	118*	265*	Info-Documentary	Enjoying Life	P. Wars/(Fri) Rewind	Parking Wars	P. Wars/(Fri) Rescue	Parking Wars	Parking Wars	Parking Wars	Various	(Fri) Court Cam	Various	(Fri) Court Cam
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program		Various		(Fri) ★ ★ ★ Rocky V (1990, Drama)	(Mon) ★ ★ ★ Sabotage (2014, Action)	(Tue) ★ Fast Times at Ridgemont High	(Thu) ★ ★ ★ Jack Frost ('98, Family)
ANPL	24	184*	282*	Various		Various		Various		Various		Various		Various	
CMT	43	166*	327*	(Wed-Fri) Music/(Mon) Music/(Tue) Hot 20	(Wed-Fri) Music/(Mon) ManCrush	(Wed-Fri) Music/(Mon) CMT Music	(Wed-Fri) Music/(Mon) CMT Music		Various		Rose./ Rose.	Rose./ :05 Rose.	Rose./ :35 Rose.	Various	Various
CNBC	72	208*	355*	Squawk on the Street / (Fri) The Profit		(Fri) Streets of Dreams		Squawk Alley / (Fri) Jay Leno Garage		Fast Money / (Fri) Jay Leno's Garage		The Exchange / (Fri) Jay Leno Garage		Power Lunch / (Fri) Jay Leno's Garage	
CNN	68	200*	202*	CNN Newsroom		CNN Newsroom		CNN Newsroom / (Tue) At This Hour With Kate Bolduan		CNN Newsroom / (Tue) Inside Politics		CNN Newsroom / (Tue) CNN Right Now With Brianna Keilar		CNN Newsroom	
DISC	51	182*	278*	Various		Various		Various		Various		Various		Various	
DISN	26	173	21	PupPals/ Mickey	PupPals/ Bluey	T.O.T.S./ Bluey	Various	Bluey/ PupPals	Various	Various	Various	Various	Various	Various	Various
ESPN	33	140*	206*	(Fri) College GameDay	First Take				Football/ Football/ SprtC		(Fri) Football	(Mon Tue) SportsCenter		(Mon Tue) Jalen & Jacoby	(Mon Tue) Highly Questionable
ESPN2	34	143*	209*	SportsCenter		Get Up! / (Fri) First Take		(Wed Thu) Daily Wager		SprtC/ Football/ 1st Take		(Wed Thu) SportsCenter		(Wed Mon Tue) SportC/(Thu) The Jump	
FNC	66	205*	360*	America's Newsroom				Outnumbered		Outnumbered		Outnumbered Overtime		The Daily Briefing With Dana Perino	
FOOD	61	110*	231*	Paid Program	(Fri Tue) Paid	Paid Program	(Fri Tue) Paid	Various	Various	Various	Various	Various	Pioneer/ Diners	Various	Pioneer/ Diners
FREE	32	180*	311*	Paid Program	Paid Program	Middle/ Melissa	Middle/ Melissa	Middle/ Melissa	Middle/ Melissa	The 700 Club		700 Club Interactive		Various	(Wed Fri) The Middle
FX	65	136*	248*	Paid Program	Paid Program	Various	(Thu) Mike&Molly	(Thu) ★ ★ ★ Logan (2017, Action)	(Wed Tue) MikeMol/	Movie		Movie	Movie	Movie	Movie
GOLF	88	401*	218*	Various		(Wed) Golf H/L/(Thu) Golf/(Tue) GolfFil.		(Wed) Golf Highlights		Golf H/L/ Golf/ Golf Today		(Wed) Golf Highlights / (Thu) Golf		(Wed) Golf HL/(Mon Tue) Golf Today	
GSN	76	116*	233*	Pyramid/ Common	GetAClue/ Common	CommonKnow	Catch 21/ Common	America Says	America Says	Deal/ AmerSays	(Thu Fri) AmerSays	Match G./ AmerSays	Match G./ AmerSays	Catch 21/ AmerSays	Catch 21/ AmerSays
HALL	87	185*	312*	Movie	(Mon Tue) G. Girls	(W) ★ The Mistletoe Secret/ (Th) ★	(Fri) Tournament of Roses Parade	Various Movies		(Fri) ★ Sense, Sensibility and Snowmen		Various Movies		Various Movies	
HGTV	62	12*	299*	Various	(Wed) HouseHunt.	Various	(Wed) HouseHunt.	Various	(Wed) HouseHunt.	Various	(Wed) HouseHunt.	Various	(Tue) Unsell.House	Various	(Tue) Unsell.House
HIST	50	120*	269*	Info-Documentaries	Info-Documentaries	Various	(Mon) Pawn Stars	Various	(Mon) Pawn Stars	(Fri) Aliens/(Mon) Pawn Star	(Mon) Pawn Stars	Various	(Mon) Pawn Stars	(Th) ★ The Magnific.../ (M) Pawn	(Mon) Pawn Stars
LIFE	29	180*	252*	Paid Program	Life Today	Enjoying Life	Various	(W Th) Closer/ (F) ★ Movie / (M T) Grey's	(Wed Thu) Closer/(Mon Tue) Grey's A.	The Closer	Movie	(Wed Thu) Rizzoli/(Mon Tue) Closer		(Wed Thu) Rizzoli/(Mon Tue) Closer	
NICK	27	171	300	Full House	SpongeBob	Machines/ PAW	PAW Patrol	P. Pig/ PAW	P. Pig/ PAW	(Wed) Umizoo/PAW	Blue's C/ PAW	Various	Various	Various	Various
PRMT	42	241*	241	Paid Program		Paid Program		(Wed) ★ Rocky/(Thu) ★ Scarface/(Fri) ★ The Godfather/(Mon Tue) Bar Res.		(Mon Tue) Bar Rescue		(Mon Tue) Bar Rescue	(Wed) ★ ★ ★ Rocky II ('79, Dra)	(Mon Tue) Bar Rescue	(Thu) ★ Donnie Brasco ('97, Cri)
ROOT	37	-	-	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	(Wed Thu) Footvolley / (Fri) The Ten / (Mon Tue) To Be Announced		(Wed) Tennis / (Thu) Tennis / (Fri Mon Tue) To Be Announced		To Be Announced	
SYFY	67	122*	244	(Wed) Futurama / The Twilight Zone	(Wed) Futurama	(Wed) Futur../(Thu Fri Mon) Twilight	(Wed) Futur../(Thu Fri Mon) Twilight	Various	Futur./ Twilight/ :15 Twilight	★ Land of the Lost / Twilight :40 Twilight		Twilight/ :05 Twilight	(Thu Fri) The Twilight Zone	:55Twilight/Twilight/ :20 Twilight	★ ★ ★ Noah / Twilight :45 Twilight
TBS	59	139*	247	Loves Ray	Lopez/(Mon) Ray	Lopez/(Mon) Ray	Lopez/(Mon) Ray	2 Broke/(Mon) Lopez	2 Broke/(Mon) Lopez	Various	Various	Friends	Friends	Friends	Friends
TCM	56	132*	256	(Mon) ★ Honeymoon Hote...	(Wed) ★ The Square Peg	(Fri) :15 ★ The Awful Truth	(Mon) ★ The Bachelor & the B...	(Wed) ★ Evil Under the Sun/(Thu) ★ After the Thin Man	(Fri) ★ The Producers	(Tue) :45 ★ Mr. Deeds Goes to To...	(Thu) ★ Another Thin Man	(Fri) :45 ★ The Fortune Cookie/(Mon) :45 ★ Boys' Night Out	(Thu) :45 ★ Shadow of the Th...		
TLC	49	183*	280	Say Yes-Dress		(Wed-Fri) Say Yes		Say Yes-Dress		Various		Various		Various	
TNT	57	138*	245	Charmed		Charmed		Charmed		Charmed		Supernatural / (Fri) NCIS:NewOrleans		Supernatural / (Fri) NCIS:NewOrleans	
UNI	21	-	-	La rosa de Guadalupe		Despierta America								Como dice el dicho	
USA	58	105*	242	(Wed) CSI/(Thu) ★ Fast and Furious/(Fri) SVU/(Mon Tue) NCIS: LA	(Wed) NCIS: Los Angeles / (Fri) Law & Order: S.V.U. / (Mon Tue) 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.	
WE	118	128*	260	Emotional Mojo	Paid Program				Paid Program		Paid Program	L&O: CI / (Thu) Growing Up Hip Hop		L&O: CI / (Thu) Growing Up Hip Hop	
WGN	-	239*	307	JAG		JAG		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) :05 Lonely Blue Night/(Mon) :15 ★ Fahrenheit 451/(Wed) :20 ★ ...	(Fri) :15 ★ The Fast & the Furious	(Thu) :35 ★ The Call of the Wild	(Wed) ★ Trapped in Paradise (1994, Comedy)/(Mon) ★ Harriet ('19, Bio)	(Fri) ★ Independence D...	(Tue) :50 ★ X-Men: Dark Phoenix	(Wed) :55 HBO First Look/(Mon) :05 Under the Grapefruit Tree: The CC...		(Thu) :05 ★ Ad Astra/(Mon) :15 ...	(Fri) :25 ★ Snow White & the Hunt...		
HBO2	520	304	505	(Thu) :05 ★ Cast Away ('00, Dra)	(Mon) ★ Planet of the Apes	(F) :05 ★ ★ Cats / (W) :15 Moonwalk	(Wed) ★ Cowboys and Aliens	(Tue) :20 ★ Grudge Match	(Thu) ★ The Curious Case of ...	(Fri) His Dark Materials	(W) ★ Victoria & Abdul/ (F) :50 HisDark	(Tue) :15 ★ AVP: Alien vs. Predator	(M) :40 ★ Little Chil.../ (F) :45 HisDark	(Wed) :20 ★ Flight of the Phoenix	(Fri) :35 His Dark Materials
HBO3	521	302*	503*	(Thu) ★ Just My Luck/(Fri) ★ In G...	(Mon) :25 ★ Josie and the Pussycats	(Wed) ★ A Family Thing	(Thu) :45 ★ Never Rarely Sometime...	(Mon) :05 ★ ★ ★ Girl in Progress/(Tue) :05 ★ Wendy	(Wed) :55 ★ American Dreamz	(Thu) ★ Sound of My Voice	(Tue) ★ ★ ★ Magnolia ('99, Dra)	(Wed) :45 ★ Enemy of the State	(Thu) ★ Once/(Fri) :20 ★ Idlewild	(Mon) :35 ★ I Used to Go Here	
MAX	549	311	516	Various Movies		(Wed) ★ ★ ★ ★ The Lovely Bones		(Thu) :35 ★ Get Shorty ('95, Com)	(Fri) :20 ★ Switch/(Tue) :20 ...	(Wed) :45 ★ The Pink Panther 2	(Thu) :20 ★ ★ ★ ★ The Grifters (1990, Drama)	(Fri) :05 ★ The End	(Tue) ★ 54/(Mon) :35 ★ Hostage	(Thu) :10 ★ ★ Flawless ('99, Com)	(Fri) :50 ★ Wildcats
SHOW	578	319	546	(Wed) ★ The Upside	(Tue) ★ Die Another Day (2002, Action)/(Mon) :45 ★ Hitch ('05, Com)	(Fri) :50 ★ Tommy Boy ('95, Com)	(Wed) :15 ★ Fried Green Tomatoes...	(Mon) :45 ★ Anna Karenina/(Tue) :45 ★ Miami Vice	(Thu) :55 ★ Charlie's Angels	(Mon) :15 ★ Courage Under Fire	(Thu) ★ King Kong/(Wed) :35 ★ Underworld: Awakening/(Fri) :50 ★ Bad Boys For Life	(Tue) :55 ★ Dark Tide/(Wed) :10 ★ Think Like a Man/(Mon) :15 ★ Reas...			
STARZ	621	351	526	(Fri) :05 ★ Nutty Professor II: The Klumps/(Wed) :25 ★ Dude, Where's...	(Thu) :05 ★ Godzilla	(Mon) :40 ★ Absolute Decepti...	(Fri) :55 ★ The Thomas Crown ...	(Tue) :55 ★	(Mon) :15 ★	(Thu) ★ King Kong/(Wed) :35 ★ Underworld: Awakening/(Fri) :50 ★ Bad Boys For Life	(Tue) :55 ★ Dark Tide/(Wed) :10 ★ Think Like a Man/(Mon) :15 ★ Reas...				
STZENC	644	341	536	5:30 ★ Saving Silverman/★ Movie 43/★ Buffy the Vampire Slayer		Various Movies		(Thu) :35 ★ ★ ★ ★ The Beach (2000, Suspense)	(Mon) ★ Terms of Endearment	(Fri) :55 ★ Christmas With	(Thu) :40 ★ ★ ★ Days of Thunder (1990, Sport)	(Fri) :40 ★ Lake Placid/(Wed) :40 ★ Titanic/(Tue) :45 ★ Miss Bala		(Thu) :40 ★ Black II ('02, Sci-Fi)	
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		