

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
BROADCAST																				
KFFX 11	11	-	11	Paid Program	Paid Program	2 Broke Girls	2 Broke Girls	Mom	Mom	★★★ Norbit	Norbit must find the courage within himself to stand up to his overbearing girlfriend.	Intervention	"Todd"	Monk	"Mr. Monk and His Biggest Fan"	Paid Program	NorthFis-hReports	Paid Program	NorthFis-Reports	
KPTV 3	-	-	-	Fox News Sunday (N)	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	MLK: The Making of a Holiday	5 O'Clock News (N)		
KEPR 19	19	-	-	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	The NFL Today (L)	NFL Football	AFC Wild Card (L)				Judge Judy	Judge Judy	
KOIN 19	-	-	-	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	The NFL Today (L)	NFL Football	AFC Wild Card (L)				KOIN 6 News (N)	KOIN 6 News (N)	
KNDU 23	6	25	23	Paid Program	Local Programming	Local Program	Supercross Preview Show (N)	PGA Tour Special (N)	Drone Racing League						Paid Program	One Team	Paid Program	Football Night (L)	:20 NFL Football Wild Card (L)	
KGW 8	-	-	-	Local Program	Local Programming	Local Program	Supercross Preview Show (N)	PGA Tour Special (N)	Drone Racing League						Paid Program	Roots Less Traveled	One Team	Football Night (L)	:20 NFL Football Wild Card (L)	
KVEV 42	4	42	-	Good News Today	To Be Announced	To Be Announced	To Be Announced	To Be Announced	Path to the CFP	Path to the CFP	Backstory	Ocean Treks	Sea Rescue (N)	Hearts of Heroes	Rock the Park	Gametime (N)	Today's Homeowner	FullCourt-Press (N)	ABC World News (N)	
KATU 5	-	-	-	To Be Announced	This Week With George Stephanopoulos	To Be Announced	To Be Announced	To Be Announced	Backstory	To Be Announced	Ocean Treks	Sea Rescue (N)	Hearts of Heroes	Rock the Park	This Week With George Stephanopoulos	KATU News at 5 (N)	ABC World News (N)			
KTNW 31	31	-	-	Antiques Roadshow "American Stories"	Closing the Gap: 50 Years Seeking Equal Pay	Story in P. Square	To the Contrary (N)	Firing Line	WealthT-rack (N)	Master Your Future With Rajiv Nagaich	Mumford & Sons: Live From South Africa: Dust and Thunder	The Great British Baking Show "Bread"	The Open Mind (N)	Newshour. (N)						
OPB 13	-	-	-	Steves' "Edinburgh"	Rick Steves' Europe	Nature "A Squirrel's Guide to Success"	Nova "Prediction by the Numbers"	Jazz "Gumbo (Beginnings to 1917)"	Great Performances "LA Phil 100"	Focus on Europe	GZERO World With	To the Contrary	Washington Week	Firing Line	Newshour. (N)					
CABLE																				
A&E 52	118*	265*	265*	Hoarders	Hoarders	"Three Amigos"	Court Cam	Court Cam	Court Cam	Killer Cases	Killer Cases	★★★ A Good Day to Die Hard	Bruce Willis.	Movie						
AMC 60	131*	254*	254*	8:00 The Matrix Reloaded	Neo & rebel leaders have 72 hours to stop an army of machines sent to destroy humankind.	★★★ The Matrix Revolutions	'03, Sci-Fi) Laurence Fishburne, Keanu Reeves. A war is fought on multiple fronts when a human city is invaded by machines.	★★★ The Matrix	'99, Sci-Fi) Laurence Fishburne, Keanu Reeves. A hacker learns that his entire reality is merely a computer-created illusion.	★★★ Space Cowboys	Clint Eastwood.									
ANPL 24	184*	282*	282*	North Woods Law	North Woods Law	North Woods Law	North Woods Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	Lone Star Law	"Trashed"	Lone Star Law	Lone Star Law					
CMT 43	166*	327*	327*	Hot 20 Countdown				★★★ The Guardian	(2006, Drama) Kevin Costner, Sela Ward, Ashton Kutcher.	★★★ The Lincoln Lawyer	('11, Dra) Marisa Tomei, Matthew McConaughey.									
CNBC 72	208*	355*	355*	Paid	Paid	Paid	Paid	Paid	Paid	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	
CNN 68	200*	202*	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	CNN Newsroom	CNN Newsroom	The Situation Room With Wolf Blitzer	The Situation Room With Wolf Blitzer				
DISC 51	182*	278*	278*	BlindFrogRanch	D. Catch "Empty Throne"	D. Catch "Cain and Abel"	Deadliest Catch	Deadly Catch "Valhalla"	Deadly Catch "Endless"	BillionaireComeback	Undercover Billionaire	"Three Million Dollar Bet"								
DISN 26	173	21	21	BigCity	BigCity	Miraculous	Miraculous	Miraculous	Miraculous	Miraculous	Miraculous	★★★ Zombies 2	Milo Manheim.	:35 Miraculous	:45 Jessie	:10 Jessie	:35 Jessie	★★★ Descendants 3		
ESPN 33	140*	206*	206*	7:00 NFL Countdown "Postseason" (L)	ESPN Documentaries	ESPN Documentaries	ESPN Documentaries	ESPN Documentaries	ESPN Documentaries	ESPN Documentaries	Championship Drive (L)									
ESPN2 34	143*	209*	209*	NCAA Basketball South Carolina vs. Kentucky (L)	NCAA Basketball Rutgers at Ohio State (L)	NCAA Basketball Cincinnati at Wichita State (L)	NCAA Basketball												Spikeball College	
FNC 66	205*	360*	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	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	
FOOD 61	110*	231*	231*	Pioneer	Pioneer	Pioneer	Pioneer	GirlFarm (N)	S. Kitchen	M. Brown	Miss Brown	The Kitchen	Supermarket Stakeout	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	
FREE 32	180*	311*	311*	★★★ Alice in Wonderland	Johnny Depp. Alice returns to magical Underland and learns her destiny is to defeat the Red Queen.	★★★ The Hunger Games	(12, Act) Josh Hutcherson, Jennifer Lawrence. The Capitol selects a boy and a girl from the twelve districts to fight to the death.	★★★ The Hunger Games: Catching Fire	(13, Dra) Josh Hutcherson, Jennifer Lawrence. As the districts begin to rebel, Katniss and Peeta have large targets on their backs.											
FX 65	136*	248*	248*	8:30 Assassins Run	Christian Slater.	★★★ First Man	(2018, Biography) Claire Foy, Pablo Schreiber, Ryan Gosling.	★★★ The Martian	(15, Adv) Jessica Chastain, Kate Mara, Matt Damon.	★★★ Jurassic World	Chris Pratt.									
GOLF 88	401*	218*	218*	8:00 PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	PGA Golf Tournament of Champions Site: Plantation Course at Kapalua	
GSN 76	116*	233*	233*	Common	Common	MastMind	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	
HALL 87	185*	312*	312*	8:00 Falling for Ver...	★★★ Taking a Shot at Love	Alexa PenaVega.	★★★ Birthday Wish	(17, Rom) Jessy Schram.	★★★ Love on the Slopes	(18, Rom) Katrina Bowden.	★★★ A New Year's Resolution	Aimee Teagarden.								
HGTV 62	12*	299*	299*	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	Home Town	
HIST 50	120*	269*	269*	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	
LIFE 29	180*	252*	252*	Joel Osteen	Paid	★★★ The Good Nanny	(17, Thril) Briana Evigan.	★★★ The Killer Downstairs	(19, Thril) Cindy Busby.	★★★ My Nightmare Landlord	Caroline Harris.	★★★ The Midwife's Deception	(18, Dra) Katie Savoy.							
NICK 27	171	300	300	Power Rang	LEGO City	SpongeBob	SpongeBob	SpongeBob	SpongeBob	LEGO City	ALVINNN	ALVINNN	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	
PRMT 42	241*	241	241	8:00 ★★★ The Wedding Singer	(98, Com) Adam Sandler.	★★★ Grown Ups	(10, Com) Adam Sandler. Five good friends and former teammates reunite after their basketball coach passes away.	★★★ Grown Ups 2	Adam Sandler. A man moves his family back to his hometown to continue his antics with his best friends.	To Be Announced										
ROOT 37	-	-	-	Paid Program	Paid Program	NCAA Basketball Miami vs. North Carolina (Chapel Hill) Women's (L)	Mariners All Access	Mariners All Access	ABL Baseball	Sydney Blue Sox vs. Brisbane Bandits	ABL Baseball	Sydney Blue Sox vs. Adelaide Giants (L)								
SYFY 67	122*	244	244	8:00 Cucuy: The Boogeyman	★★★ Resident Evil: Afterlife	A woman helps a group of survivors who want to make their way to a supposedly safe haven.	★★★ Resident Evil: Extinction	Survivors in a post-apocalyptic United States fight off zombies as they journey to Alaska.	★★★ Resident Evil: Apocalypse	A group of survivors must make their way out of a city that has been overrun by zombies.	★★★ Resident Evil: The	The leaders of a commando team break into a secret laboratory where a deadly virus looms.								
TBS 59	139*	247	247	8:30 Go-Big Wipeout	★★★★★ Star Wars: Episode IV - A New Hope	Mark Hamill.	:15 ★★★★★ Star Wars: Episode V - The Empire Strikes Back	Mark Hamill.	★★★ Star Wars: Episode VI - Return of the Jedi											
TCM 56	132*	256	256	8:45 The Hucksters	An advertising executive finds himself becoming increasingly corrupt with every account.	★★★ Theodorora Goes Wild	(36, Com) Melvyn Douglas, Irene Dunne.	★★★ All Fall Down	A young drifter's romance with an older woman is threatened by his possessive mother.	★★★ Cabaret	(72, Mus) Liza Minnelli. A British writer befriends an American girl singing in pre-war Berlin nightclubs.	★★★ The Remains of the Day								
TLC 49	183*	280	280	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	Yes Dress	
TNT 57	138*	245	245	NCIS: New Orleans	NCIS:NO "Help Wanted"	★★★ Batman v Superman: Dawn of Justice	(16, Act) Ben Affleck.	★★★ Man of Steel	(13, Action) Amy Adams, Michael Shannon, Henry Cavill.	★★★ Wonder Woman										
UNI 21	-	-	-	FútbolCent.	MFL Fútbol	Querétaro at Toluca Site: Estadio Nemesio Diez (L)	Republica deportiva	Al punto	Aquí y ahora	Como dice el dicho	La rosa de Guadalupe	La rosa de Guadalupe								
USA 58	105*	•	•	Law & Order: S.V.U. "Repression"	Law & Order: Special Victims Unit "Sacrifice"	Law & Order: Special Victims Unit "Escape"	Law & Order: Special Victims Unit "Criminal"	Law & Order: Special Victims Unit "Birthright"	Law & Order: Special Victims Unit "Hooked"	Law & Order: Special Victims Unit "Night"	Law & Order: Special Victims Unit "Influence"	Law & Order: Special Victims Unit "Burned"								
WE 118	128*	260	260	Paid	Paid	L&O: CI "The Faithful"	Law Order CI "Jones"	Law & Order	Law&Order "Shangri-La"	Law&Order "True Crime"	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order	Law & Order		
WGN -	239*	307	307	Married	Married	Married	Married	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	
PREMIUM																				
HBO 518	303	504	504	7:40 ★★★ Bigger	★★★ Fahrenheit 451	(18, Sci-Fi) Michael B. Jordan, Michael Shannon.	:10 We Bought a Zoo	A father purchases a house in the countryside that comes with a struggling zoo.	:15 The Call of the Wild	A spoiled dog is sold to dog-sledders, & struggles to survive in the Yukon wilderness.	David Bowie: The Last Five Years	:35 ★★★ Hot Fuzz	(2007, Comedy) Nick Frost, Simon Pegg.							
HBO2 520	304	505	505	8:35 Emma.	(2020, Comedy) Johnny Flynn, Mia Goth, Anya Taylor-Joy.	:40 ★ It's a Hard Truth, Ain't It	(2018, Documentary)	:55 ★★★ The Photograph	(20, Dra) Lakeith Stanfield, Issa Rae.	:45 ★★★ Once	(2007, Musical) Hugh Walsh, Glen Hansard.	:15 The Girl With All the Gifts	A scientist & a teacher protect a girl who may be the key to stopping the zombies.	:10 ★★★ The High Note	Dakota Johnson.					
HBO3 521	302*	503*	503*	7:55 ★★ Doolittle	★★★ Beasts of the Southern Wild	(12, Dra) Quvenzhané Wallis.	:15 ★★ The Curious Case of Benjamin Button	(08, Dra) Cate Blanchett. A man is born in his elder years and proceeds to get younger as he grows up.	:05 Point Break	Two FBI agents try to catch a ring of dangerous bank robbers who commit perfect robberies.	:10 Hacksaw Ridge	Army medic Desmond Doss enlists in WWII, but refuses to carry a weapon into battle.								
MAX 549	311	516	516	7:00 ★★ Reds	(81, Hist) Warren Beatty.	:15 ★★ Hostage	A police negotiator must call on his skills when his own family is taken hostage.	:10 Never Back Down	A teen trains in martial arts to protect his family from a nemesis underground fighter.	:05 ★★ Within	(16, Hor) Erin Moriarty, Nadine Velasquez, Michael Vartan.	:35 ★★ Lucy in the Sky	An astronaut returns to earth after an impactful mission, & struggles to reintegrate.	:40 ★ Backdraft						
SHOW 578	319	546	546	★★★ Best in Show	(2000, Comedy) Parker Posey, Eugene Levy, Jay Brazeau.	★★★ Twilight	A teenager yearning for belonging unexpectedly falls in love with a vampire.	★★★ Hitch	Will Smith. While helping his latest client, a professional date doctor falls for a journalist.	★★★ Fast Times at Ridgemont High	(82, Com) Sean Penn.	Your Honor	"Part Five"	Shameless	"This is Chicago"					
STARZ 621	351	526	526	:05 Power Book II: G "Heart of Darkness"	:15 ★★ Jumanji: The Next Level	The gang returns to Jumanji to rescue one of their own & nothing is as they expected.	:20 American Gods	"House on the Rock"	:20 American Gods	"The Beguiling Man"	:15 American Gods	"The Greatest Story Ever Told"	:10 American Gods	"The Ways of the Dead"	:10 American Gods	"Donar the Great"				
STZENC 644	341	536	536	8:10 ★★★ Sleepless in Seattle	Tom Hanks.	★★★ Two Mules for Sister Sara	(70, West) Clint Eastwood.	:50 ★★★ Robin Hood	(10, Adv) Russell Crowe. A lowly archer gets more than he bargained for when he helps a dying knight.	:15 Sleepless in Seattle	A young boy calls a radio talk show & sets his widowed father up with an engaged woman.	:05 ★★ Godzilla	Godzilla rises from the ocean's depths & destroys everything in its path, including NYC.							

C - Charter; DISH - DISH; DTV - DirecTV
 * Subscribers to DISH and DirecTV may see programming on select channels appear 3 hours earlier than listed.