

Weekday Daytime

January 6, 2021 to January 12, 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			MORE Good Day Oregon		The Rachael Ray Show / (Thu) MORE Good Day Oregon		The Kelly Clarkson Show		
KEPR	19	19	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 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	25	23	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	42	-	Good Morning Northwest at 6:00 a.m.		Good Morning America			Live With Kelly and Ryan		The View		Paid Program	Right This Minute	
KATU	5	-	-	5:00 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	Daniel Tiger's Neighborhood	Elinor Wonders Why	Sesame Street	Pinkalicious & Peterrific	Dinosaur Train	Clifford the Big Red Dog	Sesame Street	Elinor Wonders Why	Hero Elementary	Sit and Be Fit
OPB	59	13	-	Stretch/ Sit Fit	Wild Kratts	Molly of Denali	Curious George	Daniel Tiger's Neighborhood	Daniel Tiger's Neighborhood	Elinor Wonders Why	Clifford the Big Red Dog	Pinkalicious & Peterrific	Sesame Street	Dinosaur Train	Xavier Riddle
CABLE															
A&E	52	118*	265*	Info-Documentary	Enjoying Life	P. Wars/(Fri) Rewind	Parking Wars	P. Wars/(Fri) Rewind	Parking Wars	P. Wars/(Fri) Rewind	Parking Wars	Various	Rsc Cam/ Killer	Various	Ntr Wild/ Killer
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program		(Wed-Fri) The Three Stooges	(Wed) The Three Stooges	(Wed) * ** Sahara ('05, Act)	(Mon) * Space Cowboys	(Tue) * The Dark Knight Rises	(Fri) * Mission to Mars ('00, Sci-Fi)
ANPL	24	184*	282*	Various		Various		Various		Various		Various		Various	
CMT	43	166*	327*	CMT Music Videos		CMT Music Videos		CMT Music Videos: Number 1 Hits		Roseanne	Roseanne	Roseanne	Roseanne	G. Girls/ Rose.	G. Girls/ Rose.
CNBC	72	208*	355*	Squawk on the Street		Squawk Alley		Squawk Alley		Fast Money Halftime Report		The Exchange		Power Lunch	
CNN	68	200*	202*	(Wed) Election: Certify / CNN Newsroom		CNN Newsroom		CNN Newsroom		(Wed) Election: Certify / CNN Newsroom		CNN Newsroom		CNN Newsroom	
DISC	51	182*	278*	Various		(Wed) Bush/(Mon) Outlaws/(Tue) Billion		Various		Various		(Wed) Bush/(Fri) Rush/(Mon) Outlaws		Various	
DISN	26	173	21	Sofia the First	Sofia the First	Bluey	Bluey	Puppy Dog Pals	Puppy Dog Pals	T.O.T.S.	T.O.T.S.	Puppy Dog Pals	Puppy Dog Pals	Bluey	Bluey
ESPN	33	140*	206*	5:00 Get Up!		First Take		First Take		SportsCenter		SportsCenter	(Mon) College Football Live	Jalen & Jacoby	Highly Questionable
ESPN2	34	143*	209*	SportsCenter		Get Up!		Get Up!		First Take		First Take		Various	Soccer/ Highly?
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		Various		Various		Various	(Wed) Pioneer
FREE	32	180*	311*	Paid Program		Paid Program		Melissa/ Daddy	Melissa/ Daddy	Melissa/ Daddy	Melissa/ Daddy	The 700 Club	(Wed-Fri) 700 Club Interactive	(Wed) * Waiting to Exhale/ (Th) * Movie	(Fri Mon Tue) The Middle
FX	65	136*	248*	Paid Program		Paid Program		Various	(Fri) Mike & Molly	(Fri) Mike & Molly	(Fri) Mike & Molly	MikeMoll	Various	Movie	(Thu) * Everest/(Tue) * The Equaliz...
GOLF	88	401*	218*	Various		(Thu) SwingEx.		Feherty/ SwingEx.		(Thu) SwingEx.		Various		(Thu) SwingEx.	GolfToday/The CUT
GSN	76	116*	233*	The Pyramid		Get A Clue		CommonKnow		Catch 21		America Says		America Says	
HALL	87	185*	312*	The Golden Girls		The Golden Girls		Home and Family		Home and Family		Various Movies		Various Movies	
HGTV	62	12*	299*	Various		Various		Various	Flipping/ Rehab	Various	Flipping/ Rehab	Various	Flipping/ Rehab	Various	(Wed) Flipping
HIST	50	120*	269*	Info-Documentaries		Info-Documentaries		Various	(Mon) Pawn Stars	Various	(Mon) Pawn Stars	Various	(Mon) Pawn Stars	Various	(Mon) Pawn Stars
LIFE	29	180*	252*	Paid Program		Life Today		Enjoying Life		Various		Grey's Anatomy		Grey's Anatomy	
NICK	27	171	300	Full House		SpongeBob		PAW Patrol		PAW Patrol		PAW Patrol		PAW Patrol	
PRMT	42	241*	241	Paid Program		Paid Program		Paid Program		Bar Rescue		Bar Rescue		Bar Rescue	
ROOT	37	-	-	Paid Program		Paid Program		Paid Program		Paid Program		Various		(Wed) Baseball / (Thu Fri) Baseball / (Mon Tue) Baseball	
SYFY	67	122*	244	Futur./ Twilight/ Z Nation		(Wed) Futur./ (Thu) * The Strangers: Pr...		Futur./ Z Nation/ Twilight		(Wed) Futurama		Various		(Wed) Futur./ (Mon) Twilight	
TBS	59	139*	247	Loves Ray		Lopez/(Mon) Ray		Lopez/(Mon) Ray		Lopez/(Mon) Ray		Lopez/(Mon) Ray		Lopez/(Mon) Ray	
TCM	56	132*	256	5:45 * The Liquidator		(Thu) * The Last of Mrs. Cheyney		(Wed) * The Devil is a Sissy		(Mon) * * * * * Hotel ('67, Drama)		(Thu) :15 * Their Own Desire		(Fri) * The Trouble With Girls	
TLC	49	183*	280	Say Yes-Dress		(Mon Tue) Say Yes		Say Yes-Dress		(Mon Tue) Say Yes		(Wed Thu Mon) Unpolish/(Fri Tue) Unpexpect		(Wed Thu) Unpolish/(Fri Mon Tue) Unpexpect	
TNT	57	138*	245	Charmed		Charmed		Charmed		Charmed		Charmed		Supernatural / (Fri) NCIS:NewOrleans	
UNI	21	-	-	La rosa de Guadalupe		Despierta America		Despierta America		Despierta America		Despierta America		Como dice el dicho	
USA	58	105*	242	NCIS: Los Angeles/(Thu) * Transformers: Revenge of the Fallen		NCIS		(Wed) NCIS / (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-Fri) Paid Program		(Wed-Fri) Paid Program		Paid Program		(Mon Tue) Paid	
WGN	-	239*	307	JAG		JAG		JAG		In the Heat of the Night		In the Heat of the Night		In the Heat of the Night	
PREMIUM															
HBO	518	303	504	5:45 * * * * * Girl in Progress/* The Best Exotic Marigold Hotel		(F) :10 * Flight of the ... / (M) :20 Number		(Thu) :25 * Wendy		(Tue) :55 * Chronicle/(Wed) :20 * Bicentennial Man		(Fri) :05 * Mrs. Doubtfire		(Mon) :35 * * * * * School of Rock (2003, Comedy)	
HBO2	520	304	505	(Mon) :20 * * * * * Buoniconti/(Wed) :50 * The Photog...		(Thu) :45 * Black Christmas		(Fri) Being Serena		(Tue) :25 * Father's Day		(Thu) :20 * How to Be a Player		(Mon) :50 * Before Sunset	
HBO3	521	302*	506	(Fri) * Last Christmas		(Mon) :25 * Mrs. Doubtfire		(Thu) * Miracle on 34th Street		(Fri) :45 * * * * * Little ('19, Com)		(Wed) :55 * Bandidas		(Mon) :35 * * * * * Toys ('92, Fantasy)	
MAX	549	311	516	(Thu) :10 * Pearl Harbor ('01, War)		(Fri) :25 * Almost Heroes		(Mon) :05 * * * * * Keeping the Faith (2000, Comedy/Drama)		(Fri) * Sophie's Choice/(Tue) * Duplex/(Wed) :10 * The Zookeeper'...		(Mon) :15 * CHIPS		(Tue) * * * * * Snake Eyes (1998, Action)	
SHOW	578	319	546	(Mon) * The Current War		(Fri) David Bowie: Finding Fame		(Wed) :45 * Waves		(Thu) :55 * * * * * Source Code (2011, Mystery) / (Fri) :05 * * * * * 1917 (2019, War)		(Thu) * The Blues Brothers ('80, Com)		Various	
STARZ	621	351	526	(Wed) :15 * Men in Black II		(Fri) :55 * Premium Rush		(Tue) :10 * Days of Thunder		(Mon) :25 * Escape Room/(Thu) * The Beach/(Wed) :45 * Men in Bla...		(Fri) :25 * The Master of Disguise		(Tue) * Black & Blue	
STZENC	644	341	536	(Wed) :05 * * * * * Miss Bala (2019, Action)		(Tue) :05 * Hope Springs ('12, Com)		(Fri) * Deep Impact		(Mon) :10 * Air (2015, Drama)		(Tue) :45 * * * * * Overcomer (2019, Sport)		(Wed) :25 * The Notebook/(Thu) * Blade: Trinity/(Fri) :35 * The Intrud...	

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