

Weekday Daytime

January 13, 2021 to January 19, 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	2	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	6	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 / (Mon) Wild Child						
KVEW	4	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	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	Various	P. Wars/ InfoDoc	P. Wars/(Fri) Rewind	Parking Wars	P. Wars/(Fri) Rewind	Parking Wars	Various	Rsc Cam/ S. Wars	Various	Ntr Wild/ S. Wars						
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program		Various	(Tue) Ride With Norman Reedus/(Wed) * Mission to Mars	(Tue) * The Last Samurai ('03, Dra)	(Thu) * Battle Los Angeles	(Mon) * Fight Club ('99, Psy)							
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 St. / (Mon) The Profit		(Mon) The Profit		Squawk Alley/(Mon) Streets of Dream		Fast Money / (Mon) Streets of Dreams		The Exchange/(Mon) Streets of Dream		Power Lunch / (Mon) American Greed							
CNN	68	200*	202*	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom							
DISC	51	182*	278*	Various		Various		Various		Various		Various		Various							
DISN	26	173	21	Sofia1st/ PupPals	Sofia1st/ PupPals	Bluey/(Mon) T.O.T.S.	Bluey/(Mon) T.O.T.S.	PupPals/(Mon) Bluey	PupPals/(Mon) Bluey	Various	T.O.T.S./ Cat Noir	PupPals/ Cat Noir	PupPals/ Cat Noir	Bluey/(Mon) BigCity	Bluey/(Mon) BigCity						
ESPN	33	140*	206*	5:00 Get Up!		First Take				SportsCenter		SportsCenter		Jalen & Jacoby	Highly Questionable						
ESPN2	34	143*	209*	SportsCenter		Get Up!				First Take				SportsCenter							
FNC	66	205*	360*	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	Various	Various	Various	Various	Various	(Wed) Pioneer	Various	(Wed) Pioneer						
FREE	32	180*	311*	Paid Program	Paid Program	Melissa/ Daddy	Melissa/ Daddy	Melissa/ Daddy	Melissa/ Daddy	The 700 Club				The Middle/(Mon) * Lilo & Stitch	The Middle						
FX	65	136*	248*	Paid Program	Paid Program	Various	(Mon) * ★ ★ ★ Selma (2014, History)			(Wed) Mike&Molly	Mike & Molly	Movie	Various	(Tue) * The Hate U Give ('18, Cri)							
GOLF	88	401*	218*	Various	(Wed) Ryder Cup	Various	(Wed) Celebri.	Feherty/ Golf	(Wed) The CUT	Golf Today/ Feherty	(Fri) Golf	(Thu) Feherty			(Wed Mon Tue) Golf Today/(Thu) Feherty						
GSN	76	116*	233*	The Pyramid	Get A Clue	CommonKnow	Catch 21	America Says	America Says	Deal or No Deal		Match Game	Match Game	Catch 21	Catch 21						
HALL	87	185*	312*	The Golden Girls	The Golden Girls	Home and Family / (Mon) * Birthday Wish (2017, Romance)				Various Movies				Various Movies							
HGTV	62	12*	299*	Various	Various	Various	Various	Various	Various	Various	Various	Various	Big Easy/ FlipFlop	Various	House/ Renoltal						
HIST	50	120*	269*	Info-Documentaries	Info-Documentaries	Various	(Tue) The Proof Is Out There	Various	(Tue) The Proof Is Out There	(Tue) The UnXplained		(Fri) Ancient Aliens / (Tue) The UnXplained		Various	(Thu) Pawn Stars						
LIFE	29	180*	252*	Paid Program	Life Today	Enjoying Life	Various	Grey's Anatomy		Grey's Anatomy		The Closer		The Closer							
NICK	27	171	300	Full House	SpongeBob	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	Various	Various	Various	The Loud House						
PRMT	42	241*	241	Paid Program		Paid Program		Bar Rescue		Bar Rescue/(Mon) * Indiana Jones and the Kingdom of the Crystal Skull		Bar Rescue		Bar Rescue							
ROOT	37	-	-	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Various	Journal/ Baseball/ Baseball	(Wed) Offense/(Thu) Waves	(Wed) EpcTrail/(Thu) Waves	NickRide/ POutdoor	POutdoor/ Shrtlst						
SYFY	67	122*	244	Various	(Wed) Futurama	Futur./ Z Nation/ Twilight	(Wed) Futurama	:55 * The Strangers: .../ Futur./ Twilight	(Wed) Futurama	Futur./ Twilight/ Z Nation	(Wed) * 1408/(Tue) :45 ...	(Mon) * The Stran.../ (Fri) ZNation	(Thu) :45 * The Purge ('13, Hor)	(Fri) :05 * The Circle (2017, Drama)							
TBS	59	139*	247	Loves Ray	Lopez/(Mon) Ray	Lopez/(Mon) Ray	Lopez/(Mon) Ray	2 Broke/(Mon) Lopez	2 Broke/(Mon) Lopez	2 Broke/(Mon) Lopez	2 Broke/(Mon) Lopez	Friends/(Fri) Go-Big	Friends	Friends/(Fri) Go-Big	Friends						
TCM	56	132*	256	5:15 * The Great Sinner	Various Movies	(Wed) :15 * The Nanny/(Thu) :15 * Anna Karenina		(Tue) :15 * National Velvet	(Fri) :45 * Kiss Me Kate	(Wed) * ★ ★ ★ The Curse of the Cat People (1944, Horror) / (Thu) :15 * ★ ★ ★ ★ Doctor Zhivago (1965, Epic)		(Wed) * Night of the Hunter/(Mon) * A Patch of Blue/(Tue) * Red Dust/(Fri) :45 * Escape From Fort Bravo									
TLC	49	183*	280	Say Yes/ Hoarding	Say Yes-Dress	Say Yes/ Hoarding	Say Yes-Dress	Big Fat Fabulous Li. / (Mon) Hoarding		Big Fat Fabulous Li. / (Mon) Hoarding		Various		Various							
TNT	57	138*	245	Charmed		Charmed		Charmed		Charmed		(Wed Thu Tue) Supernatural		(Wed Thu Tue) Super./(Fri) NCIS:NO							
UNI	21	-	-	La rosa de Guadalupe		Despierta America								Como dice el dicho							
USA	58	105*	242	NCIS: LA/ Chrisley/ SVU	(Thu) NCIS: Los Angeles	(Wed Fri Tue) NCIS/(Mon) SVU	(Thu) NCIS	NCIS/ Chicago/ SVU	(Thu) Law & Order: S.V.U.	NCIS/ Chicago/ SVU	(Thu) Law & Order: S.V.U.	NCIS/ Chicago/ SVU	(Thu) Law & Order: S.V.U.	NCIS/ Chicago/ SVU	(Thu) Law & Order: S.V.U.						
WE	118	128*	260	Emotional Mojo		Paid Program				Paid Program	Paid Program	Law Order CI / (Fri) Monk		Law Order CI / (Fri) Monk							
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	(Fri) * ★ ★ Dolittle (2020, Family)	(Thu) :50 * The Astronaut Farmer	(Tue) :05 * ★ ★ ★ Jane Eyre ('11, Dra)	(Mon) :35 * Dolittle/(Fri) :45 * Beasts of the Southern Wild	(Thu) :35 * The Boy in the Strip...		(Tue) :05 * Shallow Hal/(Mon) :15 * Spies in Disguise/(Fri) :20 * A Hidde...		(Wed) :55 * The Bee Gees: How Can You Mend A Broken Heart		(Mon) We Are the Dream	(Wed) :50 * ★ ★ John Q. ('02, Dra)						
HBO2	520	304	505	5:30 * Planet of the Apes/WofTroy	Various Movies	(Tue) :10 * Dirty Dancing: Havana ...	(Thu) * ★ ★ ★ Dirty Dancing (1987, Dance)	Various Movies		(Thu) :15 * ★ ★ Salinger (2013, Documentary)		(Mon) :05 * Wendy/(Fri) :20 ...		(Tue) :45 * I Used to Go Here	(Wed) :15 * Sherlock Holmes:...	(Thu) * The Good Liar ('19, Dra)					
HBO3	521	302*	503*	(Thu) * He Said, She Said/(Wed) :05 * Date Movie/(Mon) :05 * Ameri...	(Fri) * ★ ★ ★ City Slickers	(Wed) * A Better Life ('11, Dra)	(Thu) * In Good Company	(Tue) :45 * The Astronaut Farmer		* Fri) :55 * Hal/(Wed) :10 * ...		(Mon) :10 * Unfaithful		(Tue) * White Oleander/(Fri) :50 * The Banger Sisters	(Wed) :40 * Just Mercy ('19, Dra)						
MAX	549	311	516	(Tue) * Great Expectations	(Thu) :45 * El Norte/(Fri) :55 * Big Top Pee-Wee	(Mon) * ★ ★ Bio-Dome ('96, Com)	(Tue) :05 * Deep Cover/(Wed) :15 * Impostor/(Fri) :20 * Get Over It	(Mon) :05 * Flight of the Intr...		(Fri) :50 * Miss Julie ('14, Dra)		(Tue) :55 * The Recruit		(Thu) :50 * The Betrayed ('08, Cri)	(Fri) :35 * The Doors/(Tue) :55 ...						
SHOW	578	319	546	(Thu) * The Great Outdoors	(Fri) * ★ ★ ★ Top Gun (1986, Action)	(Wed) * Hollywoodland	(Thu) * Waiting for Guffman	(Tue) :15 * Conan the Destroyer		(Fri) * Die Another Day ('02, Act)		(Tue) * Meet the Parents		(Mon) :50 * The Twilight Saga: Br...	(Wed) * Tommy Boy ('95, Com)						
STARZ	621	351	526	5:30 * XXX: State of the Union	(Wed) :25 * Tears of the Sun	(Tue) * Stage Mother	(Thu) :40 * ★ Dark Tide (2012, Thriller)	(Wed) :35 * Fantasy Island		(Mon) :05 * Monsters Univer...		(Thu) :40 * Brooklyn's Finest		(Tue) :05 * Critical Thinking ('20, Dra)	(Fri) :05 * ★ ★ Man of the House (2005, Comedy)						
STZENC	644	341	536	(Wed) :20 Sons of Liberty	(Thu) * Class Action/(Fri) :45 * The Adventures of Pluto Nash/(Tue) :45 ...	(Wed) :45 Sons of Liberty	(Mon) :15 * Hide & Seek/(Fri) :25 * Night at the Museum: Battle of the ...	(Tue) :05 * Poetic Justice/(Wed) :15 * Driving Miss Daisy		(Mon) * Deep Impact/(Thu) :10 * Brightburn/(Fri) :10 * Finding Forre...		(Wed) :55 * Spider-Man		(Thu) :45 * Slaughterhouse R...							
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							