

Weekday Daytime

January 20, 2021 to January 26, 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		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	
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	P. Wars/(Fri) Rewind	Parking Wars	P. Wars/(Fri) Rewind	Parking Wars	P. Wars/(Fri) Rewind	Parking Wars	Various	Ntr Wild/ Rsc Cam	Various	Ntr Wild/ Rsc Cam
AMC	60	131*	254*	Paid Program		Paid Program		Paid Program		Various		(Fri) 𠂇*** Snatch ('01, Com)	(Thu) :45 𠂇 Fast Times at Ridgem...	(Wed) 𠂇 Space Cowboys (2000, Sci-Fi)/(Mon) 𠂇 Inside Man ('06, Thril)	
ANPL	24	184*	282*	Too Cute! / (Tue) The Aquarium		My Cat From Hell/(Tue) The Aquarium		It's the Irwins / (Tue) The Aquarium		Secret Life-Zoo / (Tue) The Aquarium		The Zoo / (Tue) The Aquarium		Treehouse Masters / (Tue) Mega Zoo	
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		(Wed) The Inauguration/Squawk Alley		Fast Money Halftime Report		The Exchange		Power Lunch			
CNN	68	200*	202*	CNN Newsroom		CNN Newsroom		CNN Newsroom		(Wed) Inaug.JBiden / (Thu Fri) CNN Newsroom / (Mon Tue) Inside Politics		CNN Newsroom		CNN Newsroom	
DISC	51	182*	278*	Various		Various		Various		Various		Various		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*	(Wed) UFC Fight Night		First Take		(Wed) UFC Fight Night / SportsCenter		SportsCenter		Jalen & Jacoby		Highly Questionable	
ESPN2	34	143*	209*	SportsCenter		(Wed) First Take / Get Up!		(Wed) SportsCenter / First Take		(Wed) SportsCenter		Various		(Wed) :50 Soccer	
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	(Wed) Pioneer	Various	(Wed) Pioneer	
FREE	32	180*	311*	Paid Program	Paid Program	Melissa/ Daddy	Melissa/ Daddy	Melissa/ Daddy	Melissa/ Daddy	The 700 Club		(Mon Tue) 700 Club Interactive	(Mon Tue) The Middle	The Middle/(Thu) 𠂇 John Tucker ...	The Middle
FX	65	136*	248*	Paid Program	Paid Program	Various	(Fri) Mike & Molly	(Fri) 𠂇*** Dawn of the Planet of the Apes (2014, Sci-Fi)	(W M T) MikeMoll	Movie	Movie	(Wed) 𠂇 Unbroken/(Thu) 𠂇 Dawn o...			
GOLF	88	401*	218*	Various	(Wed) Champs	(Fri) Golf Today	(Wed) Golf H/L	(Thu) Golf Pre.	The CUT/ Pre-game	(Wed Mon Tue) Golf Today / (Thu Fri) Golf		(Wed Mon Tue) Golf Today			
GSN	76	116*	233*	The Pyramid	GetAClue/ Match G.	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	Various Movies		Various Movies		Various Movies		Various Movies		Various Movies	
HGTV	62	12*	299*	Various	(Wed) 1 of a Kind	Various	(Wed) 1 of a Kind	Various	(Wed) 1 of a Kind	Various	(Wed) Dream H.	Various	(Wed) Dream H.	Various	(Wed) Dream H.
HIST	50	120*	269*	Info-Documentaries	Info-Documentaries	Various	(Thu) Counting Cars	Various	(Thu) Counting Cars	Various	(Thu) Counting Cars	Various	Various	(Thu) Pawn Stars	
LIFE	29	180*	252*	Paid Program	Life Today	Enjoying Life	Balance/(Fri) Military	Grey's Anatomy		Grey's Anatomy		The Closer		The Closer	
NICK	27	171	300	Full House	Full House	Machines/(Fri) PAW	PAW Patrol	P. Pig/(Fri) PAW	P. Pig/(Fri) PAW	Various	Umizoo/(Fri) PAW	PAW Patrol	PAW/(Fri) Sant/Sea	Blue's Clues & Y	Machines/ Guppies
PRMT	42	241*	241	Paid Program		Paid Program		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue	
ROOT	37	-	-	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Various	Immortal/ Shrtlst	Various	(Tue) The Ten	(Mon) Footvolley	(Fri Tue) Sports Stars
SYFY	67	122*	244	Futur./ Twilight/ Z Nation	(Wed) Futurama	Z Nation/ Futur./ Twilight	(Wed) Futurama	Z Nation/ Futur./ Twilight	(Wed) 𠂇 Tales From the Hood 3...	(Fri) Z Nation/(Mon) Twilight	(Tue) :45 𠂇 Mortal Kombat II...	(Fri) Z Nation/(Mon) Twilight	(Thu) 𠂇 Resident Evil: Afterlife	(Fri) 𠂇 Resident Evil: Extinction	(Tue) :50 𠂇 Mortal Kombat
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	Friends	Friends	Friends
TCM	56	132*	256	(Fri) 𠂇 Any Number Can Play	(Wed) 𠂇 The Fabulous Joe	(Tue) 𠂇 Hysteria	(Wed) :45 𠂇 The Story of G.I. Joe	(Fri) 𠂇 The Unsuspected	(Mon) 𠂇 The Right to Live/(Tue) 𠂇 Dracula/(Thu) :45 𠂇 Sing And Like It	(Wed) Big Fat Fab./ (Thu Fri) Johnstons		Various	(Fri Mon) Pregnant	Various	(Fri Mon) Pregnant
TLC	49	183*	280	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	My Big/ Johnston/ SisterW.		(Wed) Big Fat Fab./ (Thu Fri) Johnstons		Super./ NCIS:NO/ Super.		Super./ NCIS:NO/ Super.	
TNT	57	138*	245	Charmed		Charmed		Charmed		Charmed		Super./ NCIS:NO/ Super.		Super./ NCIS:NO/ Super.	
UNI	21	-	-	La rosa de Guadalupe		Despierta America								Como dice el dicho	
USA	58	105*	242	NCIS: Los Angeles/(Thu) Chrisley Knows Best/(Thu) :15 𠂇 Hancock		NCIS		(Wed) NCIS/(Fri Mon) Chicago/(Tue) Law&O: SVU/(Thu) :15 Law&O: SVU		(Wed) NCIS/(Fri Mon) Chicago/(Tue) Law&O: SVU/(Thu) :15 Law&O: SVU		(Wed) NCIS/(Fri Mon) Chicago/(Tue) Law&O: SVU/(Thu) :15 Law&O: SVU		(Wed) NCIS/(Fri Mon) Chicago/(Tue) Law&O: SVU/(Thu) :15 Law&O: SVU	
WE	118	128*	260	Emotional Mojo	Paid Program				Paid Program		Paid Program	Various	(Thu) :45 L&O: CI	L&O: CI/(Fri) Monk	(Thu) :45 L&O: CI
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	5:40 I Love You, Now Die	(Fri) :40 𠂇 Billy Madison	(Tue) The Number on Great-Grandpa's Arm/(Thu) :05 𠂇 Bandida...		(Fri) :10 𠂇 Shallow Hal	(Wed) :25 The Making of/(Wed) :40 𠂇 Midway/(Thu) :40 𠂇 The Weight o...	(Tue) :25 Andre the Giant	(Fri) :05 𠂇 Fahrenheit 451	(Tue) :50 𠂇 Battleship	(W) 𠂇 School of Rock / (M) :15 Making	(Mon) 𠂇 Something Borr.....	
HBO2	520	304	505	5:35 𠂇 Lying and Stealing ('19, Cri)	(Mon) :40 Fine China	Various Movies		(Thu) :35 The Making of / (Thu) :50 𠂇*** Becoming Jane (2007, Drama)	(Mon) :35 Traffic Stop	(Fri) :55 𠂇 The Chronicles of Rid...	(Thu) :50 𠂇*** The Way Back (2020, Drama)	(Tue) :45 𠂇 Shazam!	(Fri) :55 𠂇 Emma. (2020, Comedy)	(Mon) :35 𠂇 Patch Adams	
HBO3	521	302*	503*	(Fri) 𠂇 Flight of the Phoenix	(Thu) :25 Si/(Thu) :40 𠂇 Six Days, ...	(Wed) 𠂇 The Best Exotic Marigold...	(Mon) :35 𠂇 The Madness of King ...	(Fri) :55 𠂇*** Genius ('16, Bio)	(Thu) :25 𠂇 Heartbreakers	(Wed) :05 𠂇 Beyond the Sea	(Mon) 𠂇 Untamed Heart/(Fri) :40 𠂇 Gangs of New York	(Thu) 𠂇 40 Years a Prisoner	(Wed) :05 𠂇 The English Patient/(Mon) :15 𠂇 You Can Count on Me		
MAX	549	311	516	(Mon) 𠂇 Darkest Hour/(Tue) :05 ...	(Fri) :40 𠂇 Pulling Strings ('13, Com)	(Thu) :55 𠂇*** Boys and Girls (2000, Comedy)	(Tue) :10 𠂇 Bad Boys for Life	(Mon) 𠂇 Wolves at the Door	(Thu) 𠂇 Ghoulies II/(Fri) 𠂇 Punch ...	(Tue) :10 𠂇 Inheritance	(Mon) :45 𠂇 Moonlight Mile	(Wed) :55 𠂇 The Kingdom/(Thu) 𠂇 The Sessions ('12, Com)	(Tue) :05 𠂇 The Sessions ('12, Com)	(Mon) :45 𠂇 Raising Arizona	
SHOW	578	319	546	(Thu) 𠂇 Mr. Mom/(Tue) :05 ...	(Fri) 𠂇*** Twilight ('08, Dra)	(Mon) 𠂇 The Great Outdoors	(Thu) :45 𠂇 Alex Cross ('12, Act)	(Wed) 𠂇*** Room ('15, Drama)	(Tue) :25 𠂇 Eat Pray Love/(Mon) 𠂇 WarGames/(Fri) :35 𠂇 Batman	(Thu) :45 𠂇 The House With a Cl...	(Wed) 𠂇 WarGames	(Mon) 𠂇 Grease/(Fri) :45 𠂇 Batman Returns/(Tue) :45 𠂇 While We're You...	(Thu) 𠂇 Greed	(Thu) 𠂇 Child's Play ('88, Hor)	
STARZ	621	351	526	(Thu) :20 𠂇*** Taxi (2004, Comedy)			(Tue) :10 𠂇 Bad Boys for Life	(Mon) 𠂇 Lara Croft: Tomb Rai...	(Thu) 𠂇*** Braveheart (1995, Action)	(Fri) 𠂇 Bridget Jones's Diary	(Wed) 𠂇*** Philadelphia (1993, Drama)	(Fri) :45 𠂇*** Stealth ('05, Act)	(Wed) :35 𠂇 Reservation Road		
STZENC	644	341	536	5:45 𠂇 The Verdict/𠂇 Taps	(Wed) :35 𠂇 Glory/(Mon) :50 ...	(Tue) :20 𠂇*** Slaughterhouse Rulez (2018, Action)		(Thu) 𠂇 Get Carter/(Fri) 𠂇 Bu...	(Mon) :35 𠂇 Sleepless in Seatt...	(Tue) :10 𠂇*** Hoffa ('92, Bio)	(Thu) :45 𠂇 Copycat/(Fri) :50 𠂇 Papillon	(Mon) :25 𠂇 Robin Hood/(Wed) :50 𠂇 Godzilla		(Tue) 𠂇 The Intruder	
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			