

TELEVISION

SATURDAY MORNING JULY 30. Table with columns for Cable Dish, DTV, and time slots (8 AM, 8:30, 9 AM, 9:30, 10 AM, 10:30, 11 AM, 11:30, 12 PM, 12:30). Rows include programs like KREM Mission Hope, KPTV News, KXLY News, QVC Ax Men, KHQ News, KSPS News, KGW News, STARZ Movie, MSNBC CrossConnect, KOPB Hero Ele, DISC ExtinctJawsAlaska, DISN BigCity, TNT NCIS: New Orleans, TOON Titans!, FREE Power Rangers, TBS Central Intelligence, ESPN UFC Live, CNN CNN Whitfield, GAC Bewitched, TVLAN Roseanne, FOOD The Kitchen, A&E Zombie Flip, CNBC Paid, AMC Two/Half, TLC 600-lb Life, HALL Coming Home for Christmas, USA 6, LIFE Paid, SYFY Krampus, ANPL Cats 101, FNC Fox News Live, OXY Secrets Uncovered, HIST Alone, HGTV No Demo Reno.

SATURDAY AFTERNOON JULY 30. Table with columns for Cable Dish, DTV, and time slots (1 PM, 1:30, 2 PM, 2:30, 3 PM, 3:30, 4 PM, 4:30, 5 PM, 5:30). Rows include KREM Golf PGA Rocket Mortgage Classic, KPTV Media, KXLY Soccer MLS, QVC Ax Men, KHQ Auto Racing, KSPS Antiques Rd., KGW Auto Racing, KAYU Paid, STARZ Colombian, MSNBC Symone, KOPB Milk St., DISC HeadstoneHell, DISN Movie, TNT (15) Will Smith, TOON Steven, FREE Spider-Man, NATG Blood Battle, TBS Friends, TRAV Unexplained, ESPN2 Lacrosse A.U., ESPN Basketball, CNN CNN Acosta, GAC To Be Announced, TVLAN Molly, FOOD BBQ USA, A&E Panic 9-1-1, CNBC 11: Gym., AMC Movie, TLC Dr. Pimple Popper, HALL The Nine Liv..., USA 11: Olympus Has..., LIFE Phrogging, SYFY Harry Potter, ANPL It's the Irwins, FNC Fox News Live, OXY 911 Crisis, HIST American Pickers, HGTV Love It or List It.

TELEVISION

SUNDAY AFTERNOON JULY 31. Table with columns for Cable Dish, DTV, and time slots (1 PM, 1:30, 2 PM, 2:30, 3 PM, 3:30, 4 PM, 4:30, 5 PM, 5:30). Rows include KREM Golf PGA Rocket Mortgage Classic, KPTV Drag R. NHRA, KXLY Winter X Games, QVC Dog B.H., KHQ Auto Racing, KSPS Nova, KGW Auto Racing, KAYU Drag R. NHRA, STARZ Spider-Man, MSNBC Symone, STZEN Vertical Limit, KOPB Air Jaws, DISC Air Jaws, DISN Cat Noir, TNT Men in Black, TOON BareBear, FREE Spider-Man, NATG Shark Queens, TBS The Intern, TRAV Haunted Woods, ESPN2 Cornhole, ESPN Basketball, CNN CNN Acosta, GAC F. House, TVLAN Molly, FOOD The Kitchen, A&E A Good Day to Die Hard, CNBC Gymnastics, AMC Moneyball, TLC iLoveMama's Boy, HALL Christmas in SVU, USA Law&Order: SVU, LIFE A Daughter's..., SYFY Harry Potter, ANPL Creatures, FNC Fox News Live, OXY Snapped, HIST Pawn Stars, HGTV Good Bones.

SUNDAY EVENING JULY 31. Table with columns for Cable Dish, DTV, and time slots (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Rows include KREM KREM 2 News at 6, KPTV Feud, KXLY News, QVC News, KHQ News, KSPS News, KGW News, KAYU News, STARZ Spider-Man, MSNBC Ayman, STZEN Movie, KOPB Beyond Utah, DISC Naked Afraid, DISN BigCity, TNT Independence Day, TOON Rampage, FREE Spider-Man, NATG Shark Beach, TBS The Proposal, TRAV Haunted Woods, ESPN2 PFL 2022, ESPN Baseball, CNN Patagonia Life, GAC F. House, TVLAN Molly, FOOD BeatPlay, A&E Biography, CNBC Shark Tank, AMC Forrest Gump, TLC 90 Day Fiance, HALL Christmas at Castle Hart, USA Law&Order: SVU, LIFE Lies My Sister Told Me, SYFY Harry Potter, ANPL LandLostSharks, FNC Next Revolution, OXY Snapped, HIST Pawn Stars, HGTV Dream H.

SATURDAY EVENING JULY 30. Table with columns for Cable Dish, DTV, and time slots (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Rows include KREM News, KPTV Baseball, KXLY News, QVC Ax Men, KHQ News, KSPS News, KGW News, KAYU Baseball, STARZ Movie, MSNBC Ayman, STZEN Sciaro, KOPB Charlie Bee, DISC Jackass, DISN BigCity, TNT Men in Black, TOON Tooth Fairy, FREE Middle, NATG Great White, TRAV BobBrg, TBS Osbournes, ESPN2 Football, ESPN UFC, CNN Patagonia Life, GAC To Be Announced, TVLAN Molly, FOOD Diners, A&E The First 48, CNBC Undercover, AMC Pearl Harbor, TLC Family/Chantel, HALL An Unexpected Christmas, USA Movie, LIFE Flowers, SYFY Harry Potter, ANPL Homestead Rescue, FNC Unfiltered, OXY Cold Justice, HIST American Pickers, HGTV Love It or List It.

SUNDAY MORNING JULY 31. Table with columns for Cable Dish, DTV, and time slots (8 AM, 8:30, 9 AM, 9:30, 10 AM, 10:30, 11 AM, 11:30, 12 PM, 12:30). Rows include KREM 7: Morn., FaceNat., Rodeo PBR, Bull Riding PBR, PGA Tour Special, Golf PGA, KPTV News, KXLY This Week, QVC Truck Night, KHQ Meet the Press, KSPS Sesame, KGW Meet Press, KAYU Fox News, STARZ Think Like a Man, MSNBC Sunday Show, STZEN Rudy, KOPB Hero Ele, DISC CriedaySharkWeek, DISN BigCity, TNT NCIS: New Orleans, TOON Teen Titans, FREE Middle, NATG Paid, TBS Am.Dad, TRAV M.Food, ESPN2 Axe Throwing, ESPN Soccer, CNN Reliable Sources, GAC Full House, TVLAN Golden Girls, FOOD Cooking, A&E Flipping Vegas, CNBC Moto, AMC Space Cowboys, TLC Say Yes-Dress, HALL Picture a Perfect Christmas, USA Law&Order, LIFE Amazing David, SYFY Harry Potter, ANPL Rescue Dog, FNC MediaBuz, OXY Mastermind, HIST Counting Cars, HGTV Good Bones.

MONDAY EVENING AUG. 1. Table with columns for Cable Dish, DTV, and time slots (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Rows include KREM KREM 2 News at 6, KPTV 6 O'Clock News, KXLY News, QVC News, KHQ News, KSPS News, KGW News, KAYU News, STARZ Movie, MSNBC Rachel Maddow, STZEN French Exit, KOPB House, DISC Street Outlaws, DISN Cat Noir, TNT Independence, TOON Steven, FREE Bold, NATG Gordon Ramsay, TBS Sheldon, TRAV Mysteries, ESPN2 Baseball, ESPN CNN Tonight, GAC Full House, TVLAN Griffith, FOOD BeatPlay, A&E Intervention, CNBC Shark Tank, AMC The Shawshank Redemption, TLC Family/Chantel, HALL Chicago P.D., USA The First 48, LIFE Amazing David, SYFY Harry Potter, ANPL Naked and Afraid, FNC Hannity, OXY Snapped, HIST Ancient Aliens, HGTV Love It or List It.

TUESDAY EVENING AUG. 2. Table with columns for Cable Dish, DTV, and time slots (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30). Rows include KREM KREM 2 News at 6, KPTV 6 O'Clock News, KXLY News, QVC News, KHQ News, KSPS News, KGW News, KAYU News, STARZ Movie, MSNBC Rachel Maddow, STZEN Don't Breathe, KOPB House, DISC Street Outlaws, DISN Cat Noir, TNT Central Intelligence, TOON Steven, FREE Office, NATG Life Below Zero, TBS Pre-game, TRAV UFO Witness, ESPN2 Basketball, ESPN CNN Tonight, GAC Full House, TVLAN Griffith, FOOD Chopped, A&E The First 48, CNBC Shark Tank, AMC National Lampoon's Vacation, TLC Plathville, HALL Sweet Autumn, USA Law&Order, LIFE Castle, SYFY Tomb Raider, ANPL North Woods Law, FNC Hannity, OXY Dateline, HIST Boozie, Bets and Sex, HGTV Good Bones.