



**Inside The Ring**  
This jam-packed two-hour series airs every Saturday at 12:00 AM Pacific on TUFF TV.

**Discovering Mexico**  
every Saturday at 11:30 PM Pacific, and every Sunday at 6:00 PM Pacific on TUFF TV.

Time (PT)	MONDAY MARCH 28	TUESDAY MARCH 29	WEDNESDAY MARCH 30	THURSDAY MARCH 31	FRIDAY APRIL 1	SATURDAY APRIL 2	SUNDAY APRIL 3
12:00 AM	ROCKTAGON MMA	WRESTLING WAR CLASSICS	FUTURE STARS OF WRESTLING	PPW - PARAGON PRO WRESTLING	PPW - PARAGON PRO WRESTLING	INSIDE THE RING	RINGSIDE BOXING
12:30 AM	SLED HEAD 24/7	WINDY CITY POKER	BLITZ TV	HIP SHOW	MCW- MICRO CHAMP WRESTLING		
1:00 AM	STREET KINGS		XFC MMA	XFC MMA	DAY ZERO		
2:00 AM	BLEND LINE TV	HEARTLAND POKER	HEARTLAND POKER	TCW WRESTLING	OFF THE STREETS	WHO?MAG TV	GLADIATORS OF THE CAGE
2:30 AM	THE MOTOCROSS FILES				TALKING PICTURES	DMTV	
3:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
3:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
4:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
4:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
5:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
5:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
6:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
6:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
7:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
7:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING
8:00 AM	BETA RECORDS E/I	THE OUTDOORSMAN E/I	BETA RECORDS E/I	THE OUTDOORSMAN E/I	BETA RECORDS E/I	PETS IN PARADISE E/I	HEART OF HEALTH LIVE!
8:30 AM	WM GREAT OUTDOORS	WM GREAT OUTDOORS	WM GREAT OUTDOORS	WM GREAT OUTDOORS	INSIDER EXCLUSIVE	MONEY TV	
9:00 AM	ON THE POLE	ON THE POLE	REELIN' IN THE KEYS	ON THE POLE	WORLD TENNIS	AMERICAN ROUND TABLE	COOP DREAMS
9:30 AM	SUZUKI GREAT OUTDOORS	SUZUKI GREAT OUTDOORS	SUZUKI GREAT OUTDOORS	SUZUKI GREAT OUTDOORS	BLEND LINE TV	ANGLING EDGE	3B OUTDOORS BC006
10:00 AM	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS (CURRENT)	LIP 'EM & RIP 'EM	REELIN' IN THE KEYS
10:30 AM	PLANET X	PLANET X	PLANET X	PLANET X	HOME TALK	SPORTINGDOG ADVENTURES	HOT RODS, CUSTOMS, CLASSICS
11:00 AM	CORE CULTURE	CORE CULTURE	CORE CULTURE	CORE CULTURE	CORE CULTURE	LAKE COMMANDOS	RESTLESS JOSIE
11:30 AM	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	FISHING THE FLATS	AMERICAN BUILDER
12:00 PM	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	FINNS AND SKINS	RACE CENTRAL TV
12:30 PM	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	WINGSHOOTING USA	GULF SOUTH OUTDOORS	GOLF AMERICA
1:00 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	USA COLLEGIATE POWERLIFTING	GOLF AMERICA
1:30 PM	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	USIN BASKETBALL	STHL TIMBERSPORTS
2:00 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	GOLF AMERICA	WOODWALKERS
2:30 PM	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	GOLF AMERICA	SLED HEAD 24/7
3:00 PM	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	COLLEGE TENNIS REPORT	RACELINE
3:30 PM	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	MUSIC MIX USA	WORLD TENNIS	AMERICAN BUILDER
4:00 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	XFC MMA	YAMAHA'S WHITETAIL DIARIES
4:30 PM	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS	CLASSIC RESTOS	AMERICANA OUTDOORS
5:00 PM	PLANET X	PLANET X	PLANET X	PLANET X	PLANET X	SLED HEAD 24/7	HOOK IT & COOK IT
5:30 PM	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	PLANET X	RACE CENTRAL TV
6:00 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	PLANET X	MAD DOG AND MERRILL
6:30 PM	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	COLD SQUAD	TALKING PICTURES	DISCOVERING MEXICO
7:00 PM	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	BOUNTY HUNTERS	HIGHWAY TO FAME	THE MARVIN SHOW
7:30 PM	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	CHEF ON THE WATER	ADVENTURES S. OF THE BORDER	RACELINE	THE FLAMING GREEK
8:00 PM	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AUTO WARS	FIRE HOUSE KITCHEN
8:30 PM	RECON	RECON	RECON	RECON	RECON	DESTINATION TQ	ANGLES TV
9:00 PM	MIDTOWN	IN THE FIGHT	MIDTOWN	IN THE FIGHT	MIDTOWN	LARYSA UNLEASHED	BRAWL CALL
9:30 PM	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	MAN ON A MISSION	TUFF FLICK CRAZE	UNITED FIGHT ALLIANCE
10:00 PM	JBTU	JBTU	JBTU	JBTU	JBTU	BLITZ TV	HIP SHOW
10:30 PM						MCW- MICRO CHAMP WRESTLING	MMA-30
11:00 PM							LAKE COMMANDOS
11:30 PM						DISCOVERING MEXICO	AUTO WARS

**Dorena/Culp Creek:**  
11.1 - ABC/KEZI (Eugene)  
11.2 - CBS/KVAL (Eugene)  
11.3 - NBC/KMTR (Eugene)  
11.4 - FOX/KLSR (Eugene)  
11.5 - PBS/OPB (Eugene)  
11.6 - MeTV (Eugene)  
11.7 - KVAL/This TV (Eugene)  
11.8 - CW Network

**London Springs:**  
9.1 - ABC/KEZI (Eugene)  
9.2 - MeTV (Eugene)  
13.1 - CBS/KVAL (Eugene)  
13.2 - KVAL/This TV (Eugene)  
13.3 - Grit-TV  
16.1 - NBC/KMTR (Eugene)  
16.2 - CW Network  
16.3 - Comet TV  
28.1 - PBS/OPB (Eugene)  
28.2 - PBS/OPB Plus (Eugene)  
28.3 - OPB Radio (Eugene)  
34.1 - FOX/KLSR (Eugene)  
34.2 - My TV/KEVU (Eugene)

**Stay tuned!**  
These messages are brought to you as a public service by South Lane Television. Our goal is to continue serving the community with the highest quality free over-the-air television service possible.  
South Lane Television, Inc.  
A non profit organization serving South Lane County since 1957.

**Cottage Grove:**  
5.1 - NBC/KOBI (Medford)  
9.1 - ABC/KEZI (Eugene)  
9.2 - MeTV (Eugene)  
13.1 - CBS/KVAL (Eugene)  
13.2 - KVAL/This TV (Eugene)  
13.3 - Grit-TV  
14.1 - ION Network  
14.2 - QUBO  
14.3 - ION Life  
14.4 - SLCB CG High School  
16.1 - NBC/KMTR (Eugene)  
16.2 - CW Network  
16.3 - Comet TV  
17.1 - KWVT (Portland)  
27.1 - KSLM (Salem)  
28.1 - PBS/OPB (Eugene)  
28.2 - PBS/OPB Plus (Eugene)  
28.3 - OPB Radio (Eugene)  
34.1 - FOX/KLSR (Eugene)  
34.2 - My TV/KEVU (Eugene)  
37.1 - Azteca/Oregon (Spanish)  
38.1 - KHWB/NRB (Springfield)  
38.2 - KHWB/Cornerstone (Spfd)  
38.3 - KHWB/Daystar (Springfield)  
44.1 - Pursuit TV (Hunting/Fishing)  
44.2 - 360 North (KTOO2, Alaska)  
44.3 - NEWSMAX-TV  
44.4 - FAMILY  
44.5 - Heartland Network  
44.6 - Rev'n-TV Network  
44.7 - PBJ - TV Network  
47.1 - AMG-TV (Movies)  
47.2 - TUFF-TV Network  
47.3 - BIZ-TV (Bus. News & Features)  
47.4 - TV SCHEDULE/KNND Radio

WEDNESDAY EVENING												MARCH 30		
Charter Cable SLTV Cottage Grove 1 SLTV London														
	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30		
KEPB	28.1	Nature (N) (i) (cc)	Nature (N) (i) (cc)	NOVA (cc) (DVS)	TED Talks (i)	Mystery-Search	PBS NewsHour (i)							
KEVU	34.2	Dr. Phil (i) (cc)	The Dr. Oz Show (N)	The Closer (i) (cc)	The Closer (i) (cc)	Portland	Tosh.0 (i)	Broke Girl	Two Men					
KEZI	9.1	ET	Insider	Middle	Gold	Mod Fam	blackish	Nashville (N) (cc)	News	Jimmy Kimmel Live	Nightline			
KLSR	34.1	Fox News	Million.	Rosewood (N) (i)	Empire (N) (i) (cc)	News	Fox	Mod Fam	Mike	Two Men	Anger			
KMTR	16.1	Big Bang	Big Bang	Heartbeat (N) (i)	Law & Order: SVU	Chicago P.D. (N) (i)	NBC16	Tonight Show	Meyers					
CW	16.2	Fam. Guy	Fam. Guy	Arrow (N) (i) (cc)	Supernatural (N) (i)	Seinfeld	Seinfeld	Cougar	Cougar	Raising	Commun			
KOBI	61	NBC	ET	Heartbeat (N) (i)	Law & Order: SVU	Chicago P.D. (N) (i)	News	Tonight Show	Meyers					
KPTV	121	FamFeud	FamFeud	Rosewood (N) (i)	Empire (N) (i) (cc)	10 O'Clock News (N)	News	Raymond	Raymond	(:35) TMZ				
KRCW	14	Mod Fam	Mod Fam	Arrow (N) (i) (cc)	Supernatural (N) (i)	News	Two Men	King/Hill	King/Hill	Holly				
KVAL	13.1	Jeopardy!	Wheel	Survivor (N) (cc)	Criminal Minds (N)	Criminal Minds	News	Late Show-Colbert	Corden					
THIS	13.2	** "Lions for Lambs" (2007, Drama) (cc)	** "Basic" (2003) John Travolta. (cc)	** "Battle of Britain" (1969, War) (cc)										
PURS	411	West	West	Frnds	Paid	Road	The Hit	Turkey	Colorado	Paid	Paid	Paid		
KTOO2	412	House	Stevens	Curious	Lidia	Cook	BBQ	Bake	Musorac	Lidia	Cook	Moveable	Pépin	
OPB+	28.2	David Suchet	Irish Rebellion	World	T. Smiley	Charlie Rose (N) (i)	PBS NewsHour (i)	T. Smiley	T. Smiley					
A&E	23	Wahlburgers (cc)	Wahlburgs	Wahlburgs	Wahl	Wahl	Donnie	Donnie	Wahl	Wahl	Wahlburgs	Wahlburgs		
AMC	24	"Monuments Men"	** "The Last Word: Jurassic Park" (1997) Jeff Goldblum. (cc)	** "Rambo III" (1988) Sylvester Stallone.										
AMG	411	Sanctuary (i) (cc)	Da Vinci's Inquest	** "Sleepwalking" (2008) Nick Stahl.	Insider	OK! TV	Forensic	Forensic						
DISC	30	Bering Sea Gold (i)	To Be Announced	Bering Sea Gold (i)	(:01) Trailblazers (i)	Bering Sea Gold (i)	To Be Announced							
DISN	21	Girl	Bunk'd	"Horton Hears"	Austin	Liv-Mad.	K.C.	Best Fr.	Bunk'd	So Raven	So Raven			
ESPN	31	HS Basketball	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)					
FREE	32	"Back-Future II"	Young	Daddy	** "17 Again" (2009, Comedy) Zac Efron.	The 700 Club (cc)	** "Liar Liar"							
FX	45	White	** "World War Z" (2013) Brad Pitt. (i) (cc)	The Americans (N)	The Americans (i)	The People v.								
ION	20	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)
LIFE	29	Little Women: LA	Little Women: LA	Little Women: LA (N)	Terra	Terra	Terra	Terra	Terra	Little Women: LA				
NICK	39	"Splitting Adam" (2015) Jace Norman. (i)	Full H'se	Full H'se	Full H'se	Full H'se	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
SPIKE	38	(5:00) "Iron Man 2"	** "Pirates of the Caribbean: On Stranger Tides" (2011)	** "The Incredible Hulk" (2008) (i)										
TBS	10	Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Conan (N) (cc)	Broke Girl	Conan		
TLC	41	My 600-Lb. Life (i)	My 600-Lb.	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)	My 600-Lb. Life: Where Are They Now? (i)
TNT	42	Castle (i)	Castle (i)	Castle (i)	Castle (i)	Castle (i)	Castle (i)	Castle (i)	Castle (i)	CSI: NY (i) (cc)				
USA	15	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS: Los Angeles				

WEEKDAY MORNING												Charter Cable SLTV Cottage Grove 1 SLTV London		
	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30		
KEPB	28.1	Nature	Curious	Tiger	Tiger	Sesame	Peg Cat	Varied	Dinosaur	Super	Thomas	Varied Programs		
KEVU	34.2	Varied	Paid	Good Day Oregon	Minute	Celebrity	Movie				Crime W.	Varied		
KEZI	9.1	Good Morning America			Live With Kelly	The View	KEZI 9 News Midday				The Chew			
KLSR	34.1	KVAL News on Fox	Copeland	Wom	Judge	Divorce	Judge Mathis				The 700 Club			
KMTR	16.1	Today			Today	Today	Today				The Doctors			
CW	16.2	Intellig.	Cops Rel.	Steve Wilkos Show	Steve Wilkos Show	Crazy	Crazy	Cheaters	Cheaters	Maury				
KOBI	61	Today			Today	Today	Today	Paid	Insider	The Doctors				
KPTV	121	Good Day Oregon			Good Day Oregon	Good Day Oregon	Good Day Oregon	Paid	Paid	Rachael	Varied			
KRCW	14	(6:00) Eye Opener	Celebrity	Celebrity	Jerry Springer	Maury	Steve Wilkos Show	Jerry Springer						
KVAL	13.1	CBS This Morning			KVAL News at 9am	The Price Is Right	Young & Restless	News	Bold					
THIS	13.2	Movie			Varied Programs	Movie	Varied Programs							
PURS	411	Paid			Varied Programs									
KTOO2	412	Varied Programs												
OPB+	28.2	Newsline	St/Be Fit	Varied Programs										
A&E	23	Parking	Parking	Duck D.	Duck D.	Dog	Dog	Dog	Varied	Criminal Minds	Criminal Minds			
AMC	24	Paid	Paid	Paid	Paid	Stogges	Varied Programs				Movie			
AMG	411	Balancing	Balancing	Varied	Business	Judge	Judge	Ask Dr. Nandi	Insider	OK! TV	Varied	Traveler		
DISC	30	Paid	Paid	J. Meyer	Paid	Varied Programs								
DISN	21	Pirates	Mickey	Tmrwlan	PJ Masks	Mickey	Goldie	Sofia	Doc	Wil. West	Mickey	Varied	Mickey	
ESPN	31	SportsCenter	SportsCenter	SportsCenter	SportsCenter	Varied								