



### Urban Music Report

Go behind the scenes in the world of Hip Hop, R&B and Pop Entertainment. Urban Music Report debuts Wednesday, April 6th at 6:30 PM on TUFF TV.

### Fit For Duty

High-energy, 30-minute workout routines that are led by actual service members. Much like the P90-X or Crossfit training routines, Fit For Duty offers an in-depth strength-building program that can be done right from home! Premieres Saturday, April 9th at 9:30 AM on TUFF TV.

### The Grill Sergeants

Founded as a school for veterans, The Grill Sergeants is filmed at the Culinary Institute of America in New York City. Each episode will focus on a series of dishes from various ethnic cuisines across the World. Tune in to the TUFF TV premiere on Sunday, April 10th at 8:30 PM

Time (PT)	MONDAY APRIL 4	TUESDAY APRIL 5	WEDNESDAY APRIL 6	THURSDAY APRIL 7	FRIDAY APRIL 8	SATURDAY APRIL 9	SUNDAY APRIL 10	Time (PT)
12:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	12:00 AM
12:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	12:30 AM
1:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	1:00 AM
1:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	1:30 AM
2:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	2:00 AM
2:30 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	2:30 AM
3:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	3:00 AM
3:30 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
4:00 AM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	4:00 AM
4:30 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
5:00 AM	HIP SHOW	RACE CENTRAL TV	YAMAHA'S WHITETAIL DIARIES	MMA: 30	BATTLEGROUND	HIP SHOW	INSIDE THE RING	5:00 AM
5:30 AM	MMA:30	MOTORZ	AMERICANA OUTDOORS	MCW- MICRO CHAMP. WRESTLING	JUNK'D	MCW- MICRO CHAMP. WRESTLING	INSIDE THE RING	5:30 AM
6:00 AM	LAKE COMMANDOS	VSTV	BLITZ TV	TCW WRESTLING	OFF THE STREETS	CHAMP ZERO	INSIDE THE RING	6:00 AM
6:30 AM	AUTO WARS	THE MOTOCROSS FILES	LAKE COMMANDOS	PPW- PARAGON PRO WRESTLING	COOP DREAMS	MIDTOWN	INSIDE THE RING	6:30 AM
7:00 AM	ROCKTAGON MMA	AUTO WARS	SUZUKI GREAT OUTDOORS	WOODWALKERS	WHO?MAG TV	WHO?MAG TV	HEARTLAND POKER TOUR	7:00 AM
7:30 AM	INSIDER EXCLUSIVE	RACELINE	AMERICAN EXPEDITIONS	FREEDOM FIGHTERS	FREEDOM FIGHTERS	DMTV	HEARTLAND POKER TOUR	7:30 AM
8:00 AM	INSIDER EXCLUSIVE	MONEY TV	INSIDER EXCLUSIVE	MONEY TV	INSIDER EXCLUSIVE	NETWORK PAID PROGRAMMING	HEARTLAND POKER TOUR	8:00 AM
8:30 AM	THE OUTDOORSMAN E/I	PETS IN PARADISE E/I	THE OUTDOORSMAN E/I	PETS IN PARADISE E/I	THE OUTDOORSMAN E/I	PETS IN PARADISE E/I	HEART OF HEALTH LIVE!	8:30 AM
9:00 AM	TALKING PICTURES	HOME TALK USA	AMERICAN ROUNDTABLE	HOME TALK USA	TALKING PICTURES	AMERICAN ROUNDTABLE	HEART OF HEALTH LIVE!	9:00 AM
9:30 AM	HOUSECALLS	HOUSECALLS	HOUSECALLS	HOUSECALLS (CURRENT)	WORLD TENNIS	FIT FOR DUTY	COOP DREAMS	9:30 AM
10:00 AM	REEL IN THE KEYS	ON THE POLE	REEL IN THE KEYS	ON THE POLE	REEL IN THE KEYS	LIP 'EM & RIP 'EM	3B OUTDOORS	10:00 AM
10:30 AM	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	REEL ANIMALS	SORTINGDOGS ADVENTURES	REEL IN THE KEYS	10:30 AM
11:00 AM	WINGSHOOTING USA	LINDNER'S ANGLING EDGE	WINGSHOOTING USA	LINDNER'S ANGLING EDGE	WINGSHOOTING USA	LINDNER'S ANGLING EDGE	DIVERS DOWN TV	11:00 AM
11:30 AM	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	FISHING THE FLATS	AMERICAN BUILDER	11:30 AM
12:00 PM	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	FINS AND SKINS	BLEND LINE TV	12:00 PM
12:30 PM	CHEF ON THE WATER	MAD DOG AND MERRILL	CHEF ON THE WATER	MAD DOG AND MERRILL	CHEF ON THE WATER	GULF SOUTH OUTDOORS	HOT RODS, CUSTOMS, CLASSICS	12:30 PM
1:00 PM	ADVENTURES S. OF THE BORDER	ADVENTURES S. OF THE BORDER	ADVENTURES S. OF THE BORDER	ADVENTURES S. OF THE BORDER	ADVENTURES S. OF THE BORDER	ADVENTURES S. OF THE BORDER	HOOK IT & COOK IT	1:00 PM
1:30 PM	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	CLASSIC RESTOS	RESTLESS JOSIE	1:30 PM
2:00 PM	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	MOTORZ	STIHL TIMBERSPORTS	2:00 PM
2:30 PM	BLEND LINE TV	RACE CENTRAL TV	BLEND LINE TV	RACE CENTRAL TV	VSTV	GOLF AMERICA	WOODWALKERS	2:30 PM
3:00 PM	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	MW2: REV IT UP!	WORLD TENNIS	SLED HEAD 24/7	3:00 PM
3:30 PM	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	COLLEGE TENNIS REPORT	AMERICAN BUILDER	3:30 PM
4:00 PM	PLANET X	PLANET X	PLANET X	PLANET X	PLANET X	USA COLLEGIATE POWERLIFTING	DESTINATION TQ	4:00 PM
4:30 PM	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	ANGLES TV	LARYSA UNLEASHED	4:30 PM
5:00 PM	JBTV	JBTV	JBTV	JBTV	JBTV	SLED HEAD 24/7	YAMAHA'S WHITETAIL DIARIES	5:00 PM
5:30 PM	NETWORK PAID PROGRAMMING	JBTV	NETWORK PAID PROGRAMMING	JBTV	NETWORK PAID PROGRAMMING	RACELINE	HOOK IT & COOK IT	5:30 PM
6:00 PM	NETWORK PAID PROGRAMMING	JBTV	NETWORK PAID PROGRAMMING	JBTV	NETWORK PAID PROGRAMMING	WHO?MAG TV	AUTO WARS	6:00 PM
6:30 PM	NETWORK PAID PROGRAMMING	SPORTINGDOGS ADVENTURES	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	JBTV	MAD DOG AND MERRILL	6:30 PM
7:00 PM	HOT RODS, CUSTOMS, CLASSICS	DESTINATION TV	RINGSIDE BOXING	WOODWALKERS	AT YOUR LEISURE	RESTLESS JOSIE	FIRE HOUSE	7:00 PM
7:30 PM	AUTO WARS	DESTINATION TV	RINGSIDE BOXING	FREEDOM FIGHTERS	WHO?MAG TV	RESTLESS JOSIE	FIRE HOUSE	7:30 PM
8:00 PM	BLEND LINE TV	LARYSA UNLEASHED	RINGSIDE BOXING	FREEDOM FIGHTERS	WHO?MAG TV	RESTLESS JOSIE	FIRE HOUSE	8:00 PM
8:30 PM	BLEND LINE TV	DISCOVERING MEXICO	RINGSIDE BOXING	REC ON	MIDTOWN	RESTLESS JOSIE	FIRE HOUSE	8:30 PM
9:00 PM	RACELINE	ADVENTURES S. OF THE BORDER	HIP SHOW	IN THE FIGHT	IN THE FIGHT	RESTLESS JOSIE	FIRE HOUSE	9:00 PM
9:30 PM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	9:30 PM
10:00 PM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	10:00 PM
10:30 PM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	10:30 PM
11:00 PM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	11:00 PM
11:30 PM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	11:30 PM

### 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

### 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

### 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)



WEDNESDAY EVENING												APRIL 6	
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			NOVA "Vikings Unearthed" (N) (i)				Earth's Natural			PBS NewsHour (i)	
KEVU	34.2	NBA Basketball: Thunder at Trail Blazers			The Closer (i) (cc)			The Closer (i) (cc)	Tosh.0 (i)			Broke Girl	
KEZI	9.1	ET	Insider	Middle	Gold	Mod Fam	blackish	Nashville (N) (cc)	News	Jimmy Kimmel Live		Nightline	
KLSR	34.1	Fox News	Million.	American Idol (cc)	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. (cc)		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		NBC	ET	Heartbeat (N) (i)	Law & Order: SVU	Chicago P.D. (cc)		News	Tonight Show			Meyers	
KPTV		FamFeud	FamFeud	American Idol (cc)	Empire (N) (i) (cc)	10 O'Clock News (N)		News	Raymond	Raymond		(:35) TMZ	
KRCW		Mod Fam	Mod Fam	Arrow (N) (i) (cc)	Supernatural (N) (i)	News	Two Men	Two Men	King/Hill	King/Hill		Holly	
KVAL	13.1	Jeopardy!	Wheel	Survivor (N) (cc)	Criminal Minds (i)	Criminal Minds		News	Late Show-Colbert			Corden	
THIS	13.2	*** "Semi-Tough" (1977, Comedy) (cc)			** "A Prayer for the Dying" (1987) (cc)			*** "House of Games" (1987) (cc)					
PURS		West	West	Frnds	Paid	Road	The Hit	Turkey	Colorado	Best Sex	Cooker	Prostate	
KTOO2		House	Steves	Curious	Lidia	Cook	Langbein	Bake	Musor	Lidia	Cook	Moveable	
OPB+	28.2	NHK World Specials	Irish Rebellion	World	T. Smiley	Charlie Rose (N) (i)		PBS NewsHour (i)		T. Smiley	T. Smiley		
A&E		Wahl	Wahl	Wahlbrgs	Wahlbrgs	Wahlburgers (cc)		Donnie	Donnie	Wahl	Wahl	Wahlbrgs	
AMC		"Lost World"	** "Jurassic Park III" (2001) Sam Neill.			*** "Die Hard" (1988, Action) Bruce Willis, Alan Rickman. (cc)							
AMG		Cold Squad (i)	Judge	Forensic	Movie	Sanctuary (i) (cc)						Da Vinci's Inquest	
DISC		Bering Sea Gold (i)	Bering Sea Gold	Bering Sea Gold (N)	Survivorman: Wild	Bering Sea Gold (i)						Last Frontier	
DISN		Austin	Stuck	Stuck	Bunk'd	Back	Best Fr.	Liv-Mad.	Stuck	Girl	K.C.	So Raven	
ESPN		NBA Basketball: Rockets at Mavericks			SportsCenter (N)	SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		NBA Basketball	
FREE		"Ball: Matt Cop"	Young	Daddy	** "Hocus Pocus" (1993) Bette Midler.			The 700 Club (cc)				"ParaNorman" (2012)	
FX		*** "Iron Man 3" (2013, Action) Robert Downey Jr. (i) (cc)				The Americans (N)		The Americans (i)				The People v.	
ION		Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)	Law & Order (cc)		Law & Order (cc)				Law & Order "Blaze"	
LIFE		Little Women: LA	Little Women: LA	Little Women: LA (N)	Terra	Terra	Terra	Terra	Terra	Little Women: LA			
NICK		Henry	Thunder	Bella	Full H'se	Full H'se	Full H'se	Full H'se	Friends	Friends	Friends	Friends	
SPIKE		* "Big Daddy" (1999) Adam Sandler. (i)			* "The Waterboy" (1998) Adam Sandler.			** "You Don't Mess With the Zohan"					
TBS		Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Conan (N) (cc)			Broke Girl	
TLC		My 600-Lb. Life (i)	600-Lb. Life	600-Lb. Life	600-Lb. Life	(:01) Two in a Million		600-Lb. Life		Two in a Million (i)			
TNT		Castle (i)	Castle (i)	Castle (i)	Castle (i)	Castle (i)		Castle (i)		CSI: NY (i) (cc)			
USA		NCIS "Stakeout" (i)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)	NCIS (cc) (DVS)		Mod Fam	Mod Fam	Mod Fam		Mod Fam	

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	Dinosaur	Dinosaur	Super	Thomas	Varied Programs	
KEVU	34.2	Varied	Paid	Good Day Oregon	Minute	Celebrity	Movie	Varied Programs	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 People's Court				The 700 Club	
KMTR	16.1	Today			Today	Today	Today	The 700 Club				The Doctors	
CW	16.2	Intellig.	Cops Rel.	Steve Wilkos Show	Steve Wilkos Show	Crazy	Crazy	Cheaters	Cheaters	Maury			
KOBI		Today			Today	Today	Today	Paid	Insider	The Doctors			
KPTV		Good Day Oregon			Good Day Or.	The 700 Club		Paid	Paid	Rachael		Varied	
KRCW		(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		Movie				Varied	
PURS		Varied Programs											
KTOO2		Varied Programs											
OPB+	28.2	Newsline	St/Be Fit	Varied Programs									
A&E		What Would	What Would		Parking	Parking	Storage	Storage	Storage	Duck D.	Duck D.	Duck D.	
AMC		Paid	Paid	Paid	Stogoes	Varied Programs							
AMG		Balancing	Peter's	Judge									