



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 11	TUESDAY APRIL 12	WEDNESDAY APRIL 13	THURSDAY APRIL 14	FRIDAY APRIL 15	SATURDAY APRIL 16	SUNDAY APRIL 17	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	NETWORK PAID PROGRAMMING	RACE CENTRAL TV	YAMAHA'S WHITAIL DIARIES	MMA: 30	BATTLEGROUND	HIP SHOW	NETWORK PAID PROGRAMMING	5:00 AM
5:30 AM	ARMED FORCES BOXING	MOTORZ	AMERICANA OUTDOORS	MCW- MICRO CHAMP WRESTLING	JUNK'D	MCW- MICRO CHAMP WRESTLING	INSIDE THE RING	5:30 AM
6:00 AM	GLADIATORS OF THE CAGE	VBTV	BLITZ TV	TCW WRESTLING	OFF THE STREETS	CHAMP ZERO	INSIDE THE RING	6:00 AM
6:30 AM	ROCKTAGON MMA	THE MOTOCROSS FILES	LAKE COMMANDOS	WOODWALKERS	WOODWALKERS	MIDTOWN	HEARTLAND POKER TOUR	6:30 AM
7:00 AM	INSIDER EXCLUSIVE	AUTO WARS	SUZUKI GREAT OUTDOORS	PPW- PARAGON PRO WRESTLING	WOODWALKERS	WHOMAG 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 ROUNDABLE	HOME TALK USA	TALKING PICTURES	AMERICAN ROUNDABLE	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	REELIN IN THE KEYS	ON THE POLE	REELIN IN THE KEYS	REELIN IN THE KEYS	REELIN IN THE KEYS	LIP EMI & RUP 'EH	3B OUTDOORS	10:00 AM
10:30 AM	WINGSHOOTING USA	LINDNER'S ANGLING EDGE	WINGSHOOTING USA	LINDNER'S ANGLING EDGE	WINGSHOOTING USA	LINDNER'S ANGLING EDGE	DIVERS DOWN TV	10:30 AM
11:00 AM	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	CHEF'S KITCHEN	AMERICAN BUILDER	11:00 AM
11:30 AM	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	CHEF ROC	BLEND LINE TV	11:30 AM
12:00 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	12:00 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	RACELINE	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	STHIL TIMBERSPORTS	2:00 PM
2:30 PM	BLEND LINE TV	RACE CENTRAL TV	BLEND LINE TV	RACE CENTRAL TV	BLEND LINE TV	RACE CENTRAL TV	WOODWALKERS	2:30 PM
3:00 PM	MWZ: REV IT UP!	MWZ: REV IT UP!	MWZ: REV IT UP!	MWZ: REV IT UP!	MWZ: REV IT UP!	MWZ: REV IT UP!	SLIED HEAD 24/7	3:00 PM
3:30 PM	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AT YOUR LEISURE	AMERICAN BUILDER	3:30 PM
4:00 PM	PLANET X	PLANET X	PLANET X	PLANET X	PLANET X	PLANET X	DESTINATION TO	4:00 PM
4:30 PM	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	XPTV SPORTS	LARYSA UNLEASHED	4:30 PM
5:00 PM	JBTV	JBTV	JBTV	JBTV	JBTV	JBTV	YAMAHA'S WHITAIL DIARIES	5:00 PM
5:30 PM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	AMERICAN OUTDOORS	5:30 PM
6:00 PM	WHOMAG TV	JBTV	URBAN MUSIC REPORT	JBTV	WHOMAG TV	WHOMAG TV	RACELINE	6:00 PM
6:30 PM	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	NETWORK PAID PROGRAMMING	THE MARVIN SHOW	6:30 PM
7:00 PM	HOT RODS, CUSTOMS, CLASSICS	SPORTINGDOG ADVENTURES	AMERICAN BUILDER	AMERICAN BUILDER	AT YOUR LEISURE	JBTV	MAD DOG AND MERRILL	7:00 PM
7:30 PM	AUTO WARS	DESTINATION TO	WOODWALKERS	WOODWALKERS	RESTLESS JOSIE	JBTV	THE FLAMING GREEK	7:30 PM
8:00 PM	SLIED HEAD 24/7	LARYSA UNLEASHED	FREEDOM FIGHTERS	FREEDOM FIGHTERS	DAY ZERO	JBTV	FIRE HOUSE KITCHEN	8:00 PM
8:30 PM	BLEND LINE TV	DISCOVERING MEXICO	RECON	RECON	MIDTOWN	JBTV	THE GRILL SERGEANTS	8:30 PM
9:00 PM	RACELINE	ADVENTURES S. OF THE BORDER	HIP SHOW	IN THE FIGHT	IN THE FIGHT	JBTV	JBTV	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)



WEEKDAY MORNING												
	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			The Doctors
KMTR	16.1	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	6.1	Today			Today			Today	Insider			The Doctors
KPTV	12.1	Good Day Oregon			Good Day Or.		The 700 Club	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	Movie				Varied
PURS	4.1	Varied Programs										
KTOO2	4.2	Varied Programs										
OPB+	28.2	Newsline	St/Be Fit	Varied Programs								
A&E	23	What Would	What Would		Parking	Parking	Storage	Storage	Storage	Duck D.	Duck D.	Duck D.
AMC	24	Paid	Paid	Paid	Stogoes	Varied Programs						
AMG	4.1	Balancing	Peter's	Judge	Judge	Chefs	Varied	Ask Dr. Nandi	Movie			
DISC	30	Paid	Paid	J. Meyer	Paid	Varied Programs						
DISN	21	Pirates	Mickey	Tmrwlan	PJ Masks	Mickey	Goldie	Sofia	Doc	Varied	Mickey	PJ Masks
ESPN	31	SportsCenter	SportsCenter	SportsCenter	SportsCenter		Outside	Insiders	NFL Live			The Jump
FREE	32	Young	Gilmore Girls	Gilmore Girls	700 Club	The 700 Club	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man
FX	45	Movie			Movie	Varied Programs			Two Men	Two Men	Mother	
ION	20	13.1	Paid	Feldick	Varied Programs	NUMB3RS	NUMB3RS	Varied Programs				
LIFE	29	Paid	Balancing	Unsolved Mysteries	Unsolved Mysteries	Unsolved Mysteries	Unsolved Mysteries	Unsolved Mysteries	Mother	Mother		
NICK	39	Sponge.	Sponge.	Sponge.	Blaze	PAW	PAW	Mutt	Umizoomi	Bubble	PAW	Shimmer
SPIKE	38	Paid	Varied	Paid	Paid	Varied Programs						
TBS	10	Married	Married	Married	Married	King	King	King	King	Cleveland	Cleveland	American
TLC	41	Quints	Quints	Couple	Varied	Couple	Varied Programs		48 Hours: Hard Evid.	48 Hours: Hard Evid.		
TNT	42	Charmed	Charmed	Supernatural	Supernatural	Supernatural	Supernatural	Supernatural				
USA	15	Varied Programs			Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU

THURSDAY EVENING												
	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	PBS NewsHour (N)	Art Beat	Field	Midsomer Murders	Midsomer	(35) Afterlife	Film	PBS NewsHour			
KEVU	34.2	Dr. Phil	The Dr. Oz Show	The Mentalist	The Mentalist	Portland	Tosh.0	Broke Girl	Two Men			
KEZI	9.1	Insider	Grey's Anatomy (N)	The Catch (N)	News	Jimmy Kimmel Live	Nightline					
KLSR	34.1	Fox News	Grit	Bones (N)	American Grit	News	Fox	Mod Fam	Mike	Two Men	Anger	
KMTR	16.1	Big Bang	Big Bang	Strong (N)	The Blacklist (N)	Game of Silence	NBC16	Tonight Show	Meyers			
CW	16.2	Fam. Guy	Fam. Guy	DC's Legends	The 100 (N)	Seinfeld	Seinfeld	Cougar	Cougar	Raising	Commun	
KOBI	6.1	NBC	ET	Strong (N)	The Blacklist (N)	Game of Silence	News	Tonight Show	Meyers			
KPTV	12.1	FamFeud	FamFeud	Bones (N)	American Grit	10 O'Clock News (N)	News	Raymond	Raymond	(35) TMZ		
KRCW	14	Mod Fam	Mod Fam	DC's Legends	The 100 (N)	News	Two Men	Two Men	King/Hill	King/Hill	Holly	
KVAL	13.1	Jeopardy!	Wheel	Big Bang	Odd Cple	(:01) Mom	Broke Girl	Rush Hour (N)	News	Late Show-Colbert	Corden	
THIS	13.2	*** "A Few Good Men"	(1992, Drama) Tom Cruise.	*** "Ike: Countdown to D-Day"	(2004)	"Hellcats-Navy"						
PURS	4.1	Explosion	Colorado	Paid	DESTINA	Game	The Long	ATSN:	American	Best Sex	Cooker	Invention
KTOO2	4.2	Hometown	Travel	Journey	Martha	Kitchen	Fresh	Lifestyle	Travels	Martha	Kitchen	Chefs
OPB+	28.2	Doc Martin	Doctor Blake	World	T. Smiley	Charlie Rose (N)	PBS NewsHour	T. Smiley	T. Smiley			
A&E	23	The First 48	The First 48	The First 48	(N)	(:01) 60 Days in (N)	(:02) The First 48	(12:01) The First 48				
AMC	24	"Lethal Weapon 4"	*** "The Hunt for Red October"	(1990) Sean Connery.	*** "King Kong"	(1976) Jeff Bridges.						
AMG	4.1	Cold Squad	Judge	Forensic	Movie	Republic of Doyle	Da Vinci's Inquest					
DISC	30	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid
DISN	21	K.C.	Bunk'd	*** "Bolt"	(2008) N	Austin	Best Fr.	Girl	Liv-Mad.	Stuck	Jessie	Jessie
ESPN	31											