

WEEKDAY MORNING

ALSO IN HD; ADD 600 TO CHANNEL No.

MOVIES

SPORTS

KIDS

\*In HD, these channels run three hours ahead. / Sports programming may vary.  
BD-Bend/Redmond/Sisters/Black Butte (Digital); PM-Prineville/Madras; L-La Pine; D1-DirectTV; D2-Dish Network

	BD	PM	L	D1	D2	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30																			
KATU		2				(5:00) KATU News This Morning	Good Morning America					AM Northwest		The View		Live with Kelly and Ryan																				
KTVZ	5	5	5	21	21	NewsChannel 21 at Sunrise	Today					Today 3rd Hour		Today With Hoda & Jenna		Live with Kelly and Ryan																				
KBZ	6	6	6	7	7	Morning News	Morning News	CBS This Morning					Let's Make a Deal		The Price Is Right		The Young and the Restless																			
KOHD	9	9	9	31	31	Morning	Good Morning America					Rachael Ray		The View		The Doctors																				
KFXO	10			39	39	Paid Program	Business First	NewsChannel 21 at Sunrise					The Dr. Oz Show		Dr. Phil		The People's Court																			
KPDX		13	13			Good Day Oregon at 6am					Good Day Oregon		Paid Program		Mike & Molly		Mike & Molly																			
KOAB	7	3	3	3	31	Classic-Stretch	Wild Kratts	Molly of Denali	Curious George	Daniel Tiger	Daniel Tiger	Elinor Wonders		Clifford-Dog	Pinkalicious	Sesame Street	Dinosaur Train		Xavier Riddle																	
KGW		8				KGW News at Sunrise at 6 AM					Today		Today 3rd Hour		Today With Hoda & Jenna		Daily Blast Live		Daily Blast Live																	
KTVZD2	12	7	7	22	22	Be a Millionaire	Be a Millionaire	Judge Jerry	Judge Jerry	The Steve Wilkos Show			The Steve Wilkos Show		Maury		Maury																			
OPBPL	175					Th	History Detectives					NHK Newsline		Painting		Pocket Sketch	Woodsmith	On the Road	American Experience																	
						F						Classic-Stretch	It's Sew Easy	Quilting Arts	Joy/Painting	Joy/Painting	This Old House	New Chef	Oregon Experience																	
						M						Sit and Be Fit	Best of Sewing	Quilt in a Day	Watercolor		Woodshop	Laura McIntosh	Nature																	
						T						Classic-Stretch	It's Sew Easy	Fit 2 Stitch	Paint This-Jerry	Landscapes	This Old House	Nick Stellino	NOVA																	
						W						Sit and Be Fit	Knit-Crochet	Love of Quilting	Painting-Travel	Painting	Craft-Legacy	Baking/Julia	The Statue of Liberty																	
*A&E	130	44	44	265	118	Th	Paid Program					Joyce Meyer		Parking Wars		Parking Wars		The First 48		The First 48																
						F	Paid Program					Live Rescue: Rewind		Live Rescue: Rewind		Live Rescue: Rewind		Rescue Cam		Rescue Cam	Wild	Wild														
						M						Parking Wars		Parking Wars		Parking Wars		Cold Case Files		Cold Case Files																
						T	Clean Air											Parking Wars		Killer Kids	Killer Kids															
						W												Most Daring		Most Daring																
*AMC	102	50	50	254	113	Th	The PiYo Craze!					Clean Air	Paid Program	Money	MAXX Oven	Paid Program	Three Stooges		** Escape From L.A. 1996, Action Kurt Russell, Stacy Keach, Steve Buscemi. (cc)																	
						F	HairClub					Paid Program		The PiYo Craze!		Paid Program		Cancer? Get \$\$!		** Aftermath 2017 Arnold Schwarzenegger, Scoot McNairy. (cc)																
						M	Paid Program							Paid Program		Paid Program		** Meatballs 1979, Comedy Bill Murray. (cc)		*** Space Cowboys 2000 Clint Eastwood. (cc)																
						T												*** Halloween 1978 Donald Pleasence, Jamie Lee Curtis. (cc)		*** The Dark Knight Rises																
						W												Three Stooges		* Mission to Mars 2000, Science Fiction Gary Sinise, Tim Robbins. (cc)																
*ANPL	68	48	48	282	184	Varied Programs																														
BRAVO	137	58	58	237	129	Th	Million Dollar Listing Los Angeles					Million Dollar Listing Los Angeles					Million Dollar Listing Los Angeles					Million Dollar Listing Los Angeles														
						F	** Miss Congeniality 2: Armed and Fabulous 2005 Sandra Bullock.					** Miss Congeniality 2000 Sandra Bullock, Michael Caine. (cc)					Below Deck Sailing Yacht					Below Deck Sailing Yacht														
						M	Tiny House Nation					Tiny House Nation					Tiny House Nation					Million Dollar Listing Los Angeles					Million Dollar Listing Los Angeles									
						T	The Real Housewives of Dallas					The Real Housewives of Dallas					The Real Housewives of Dallas					The Real Housewives of Dallas					The Real Housewives of Dallas									
						W	Real Housewives of Salt Lake					Real Housewives of Salt Lake					Real Housewives/OC					Housewives/OC					Housewives/OC									
CMT	190	80	80	327	166	CMT Music																														
CNBC	54	70	70	355	208	Squawk Alley																														
CNN	55	67	67	202	200	CNN Newsroom With Poppy																														
COM	135	73	73	249	107	Th	BeFlexible					Transform	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	Futurama	Futurama	Futurama	Cleveland Show	Cleveland Show														
						F	Paint Like A					SunPower	Futurama	Futurama	Futurama	Futurama	South Park	South Park	South Park	South Park	South Park	South Park	South Park													
						M	Paid Program					Paid Program		Parks/Recreat		Parks/Recreat		Futurama		Futurama		Futurama		Futurama												
						T																		(-15) The Cleveland Show												
						W																		(-15) South Park												
COTV	11					The Yoga Show					The Yoga Show					The Yoga Show					The Yoga Show															
CSPAN	61	15	15	350	210	(4:00) Washington Journal																														
*DIS	87	23	23	291	173	Sofia the First					Sofia the First					Bluey					Bluey															
*DISC	156	43	43	278	182	Varied Programs																														
*E!	136					Th	Total Bellas					Total Bellas					Total Bellas					Total Bellas					Total Bellas									
						F	Keeping Up With the Kardashians					Keeping Up With the Kardashians					Keeping Up With the Kardashians					Keeping Up With the Kardashians					Keeping Up With the Kardashians					Daily Pop				
						M																														
						T	Celebrity Game Face					Celebrity Game Face					Celebrity Game Face					Celebrity Game Face					Celebrity Game Face									
						W	Movie					Movie					(:45) Movie																			
ESPN	21	28	28	206	140	(5:00) Get Up					First Take					SportsCenter					SportsCenter					Varied Programs										
ESPN2	22	29	29	209	143	Th	SportsCenter					Get Up					First Take					SportsCenter					SportsCenter									
						F																														
						M																														
						T																														
						W																														
ESPNC	23	30	30	614	Th	(5:00) College Football					College Football					College Football					College Football					College Football										
					F	College Basketball					College Basketball					College Basketball					College Basketball					College Basketball										
					M	(5:00) MLB Baseball					MLB Baseball					NBA					NBA					NBA										
					T											MLB Baseball					MLB Baseball					MLB Baseball										
					W											College Football					College Football					College Football										
FNC	57	65	65	360	205	America's Newsroom																														
*FOOD	177	56	56	231	110	Th	Optivida					Paid Program	Luminess	Paid Program	Chopped	Paid Program	Chopped		Chopped		Chopped															
						F	Paid Program					The PiYo Craze!		MAXX Oven		Brio Air Fryer		Kids Baking		Kids Baking Championship		Food Paradise		Food Paradise												
						M						Paid Program		Paid Program		Trisha's Sou.		Trisha's Sou.		Trisha's Sou.		Trisha's Sou.		The Kitchen												
						T										Delicious Miss		Delicious Miss		Delicious Miss		Delicious Miss		Food Paradise												
						W										Girl Meets Farm		Girl Meets Farm		Girl Meets Farm		Girl Meets Farm		Pioneer Wo.												
FREE	67	62	62	311	180	Paid Program					Melissa & Joey					Melissa & Joey					700 Club Special					Programming										
FX	131	46	46	248	136	Th	Transform					PiYo Workout!	** Warcraft 2016, Fantasy Travis Fimmel, Paula Patton, Ben Foster. (cc)					Mike & Molly					Mike & Molly													
						F	Cook					Paid Program		Mike & Molly		Mike & Molly		Mike & Molly		Mike & Molly		Mike & Molly		* Slender Man 2018 Joey King, Julia Goldani Telles. (cc)		Mission: Rogue										
						M	Paid Program							** Trust Me 2013, Comedy Sam Rockwell, Clark Gregg. (cc)		** Trust Me 2013, Comedy Sam Rockwell, Clark Gregg. (cc)		** Trust Me 2013, Comedy Sam Rockwell, Clark Gregg. (cc)		** Trust Me 2013, Comedy Sam Rockwell, Clark Gregg. (cc)		** Trust Me 2013, Comedy Sam Rockwell, Clark Gregg. (cc)		** The Equalizer 2 2018 Denzel Washington. (cc)												
						T								*** Baby Driver 2017, Action Ansel Elgort, Kevin Spacey, Lily James. (cc)		*** Baby Driver 2017, Action Ansel Elgort, Kevin Spacey, Lily James. (cc)		*** Baby Driver 2017, Action Ansel Elgort, Kevin Spacey, Lily James. (cc)		*** Baby Driver 2017, Action Ansel Elgort, Kevin Spacey, Lily James. (cc)		*** Baby Driver 2017, Action Ansel Elgort, Kevin Spacey, Lily James. (cc)		** Red Sparrow 2018 Jennifer Lawrence. (cc)												
						W								** The Shallows 2016 Blake Lively, Oscar Jaenada. (cc)		** The Shallows 2016 Blake Lively, Oscar Jaenada. (cc)		** The Shallows 2016 Blake Lively, Oscar Jaenada. (cc)		** The Shallows 2016 Blake Lively, Oscar Jaenada. (cc)		** The Shallows 2016 Blake Lively, Oscar Jaenada. (cc)		** The Shallows 2016 Blake Lively, Oscar Jaenada. (cc)												
HGTV	176	55	55	229	112	Th	Rehab Addict					Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Rehab Addict	Good Bones														
						F	House Hunters					House Hunters					House Hunters					House Hunters					House Hunters									
						M	Good Bones					Good Bones					Good Bones					Good Bones					Good Bones									
						T	Home Town					Home Town					Home Town					Home Town					Home Town									
						W	Selling the Big					Selling the Big					Selling the Big					Selling the Big					Selling the Big									
*HIST	155	76	76	269	120	Th	Makeup!					Larry K	Mountain Men	Mountain Men	Mountain Men	Mountain Men	Mountain Men	Mountain Men	Mountain Men	Mountain Men	Mountain Men	Mountain Men														
						F	Paid Program					Paid Program		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens												
						M						Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars												
						T	New YOU!					UFO Files		UFO Files		UFO Files		UFO Files		UFO Files		UFO Files		UFO Files												
						W	Paid Program					Brio Air Fryer		Cowboys & Outlaws		** Wyatt Earp 1994, Biography Kevin Costner, Dennis Quaid, Gene Hackman. (cc)		** Wyatt Earp 1994, Biography Kevin Costner, Dennis Quaid, Gene Hackman. (cc)		** Wyatt Earp 1994, Biography Kevin Costner, Dennis Quaid, Gene Hackman. (cc)		** Wyatt Earp 1994, Biography Kevin Costner, Dennis Quaid, Gene Hackman. (cc)		Portrait traces him from boy to lawman. (cc)												
LIFE	138	59	59	252	108	Paid Program					James Robison					Joyce Meyer					Varied Programs															
MSNBC	59	69	69	356	209	MSNBC Live																														
MTV	192	81	81	331	160	Th	Ridiculousness					Ridiculousness					Ridiculousness					Ridiculousness					Ridiculousness									
						F																														
						M	Jersey Shore: Family Vacation					Jersey Shore: Family Vacation					Jersey Shore: Family Vacation					Jersey Shore: Family Vacation					Jersey Shore: Family Vacation					Jersey Shore: Family Vacation				
						T	Ridiculousness					Ridiculousness					Ridiculousness					Ridiculousness					Ridiculousness					Ridiculousness				
						W	Catfish: The TV Show					Catfish: The TV Show					Catfish: The TV Show					Catfish: The TV Show					Catfish: The TV Show					Catfish: The TV Show				
NICK	82	35	25	300	171	Full House					SpongeBob					Blaze, Monster					PAW Patrol					Peppa Pig										
OWN	161	213		279	189	Tamron Hall																														