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-DirecTV; 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	
KBNZ	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	51	9		Morning	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	Paid Program	Mike & Molly	Mike & Molly	TMZ Live	
KOAB	7	3	3	3	11		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
KTVZDT2	12	7	7	22	12		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	Classic-Stretch	It's Sew Easy	Quilting Arts	Painting	Pocket Sketch	Woodsmith	On the Road	American Experience	
						F				Sit and Be Fit	Best of Sewing	Quilt in a Day	Joy/Painting	Joy/Painting	This Old House	Chefs A'Field	Oregon Experience	
						M						Love of Quilting	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	Africa's Great Civilizations	
*A&E	130	44	44	265	118	Th	Clean Air	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	The First 48 Presents Critical		The First 48 Presents Critical	
						F	New YOU!		Live Rescue: Rewind		Live Rescue: Rewind		Live Rescue: Rewind		Rescue Cam	Rescue Cam	Rescue Cam	Rescue Cam
						M	Paid Program		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Cold Case Files		Cold Case Files	
						T									Killer Kids		Killer Kids	
						W									Most Daring		Most Daring	
*AMC	102	50	50	254	113	Th	New YOU!	Makeup!	Paid Program	Money	Car Repair	Paid Program	★★★ **Stir Crazy** 1980, Comedy Gene Wilder. [CC]			(:45) ★★★ **Fast Times at Ridgemont High** 1982		
						F	The PiYo Craze!	Paid Program		Paid Program	Cancer? Get $$!	Car Repair	Ride With Norman Reedus		★★★ **Snatch** 2000 Benicio Del Toro, Dennis Farina, Brad Pitt. [CC]			
						M	Paid Program				Paid Program	Paid Program	★★ **Aftermath** 2017 Arnold Schwarzenegger, Scoot McNairy. [CC]				★★★ **Inside Man** 2006 [CC]	
						T		New YOU!					★★★ **Zero Dark Thirty** 2012, Drama Jessica Chastain. Elite operatives hunt Osama bin Laden. [CC]					
						W		Paid Program					★★★ **Fargo** 1996 Frances McDormand, Steve Buscemi. [CC]				★★★ **Fight Club** 1999 [CC]	
*ANPL	68	48	48	282	184		Varied Programs											
BRAVO	137	58	58	237	129	Th	Southern Charm		(6:58) Southern Charm		(7:56) Southern Charm		(8:57) Southern Charm		(9:58) Southern Charm		(10:59) Southern Charm	
						F	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
						M									Summer House		Summer House	
						T	Housewives/OC		Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC	
						W	Shahs of Sunset		Shahs of Sunset		Shahs of Sunset		Shahs of Sunset		Shahs of Sunset		Shahs of Sunset	
CMT	190	80	80	327	166		CMT Music		CMT Music		CMT Music Videos: Number One		Roseanne	Roseanne	Roseanne	Roseanne	Golden Girls	Golden Girls
CNBC	54	70	70	355	208		Squawk on the Street				Squawk Alley		Fast Money Halftime Report		The Exchange		Power Lunch	
CNN	55	67	67	202	200		CNN Newsroom With Poppy		CNN Newsroom With Poppy		CNN Newsroom		Inside Politics		CNN Newsroom		CNN Newsroom	
COM	135	73	73	249	107	Th	Ideal Prostate	Makeup!	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	(:35) Futurama	(:10) Futurama	(:45) Futurama	(:15) The Cleveland Show	
						F	THE VIRUS	Paid Program	Futurama	Futurama	Futurama	Futurama	South Park	South Park	South Park	South Park	South Park	South Park
						M	Paid Program	Ideal Prostate									(:15) South Park	
						T		BeFlexible	Parks/Recreat	Parks/Recreat			Futurama	Futurama	Futurama	Futurama	(:15) The Cleveland Show	
						W		Paid Program	Futurama	Futurama			South Park	South Park	South Park	South Park	(:15) South Park	
COTV	11						The Yoga Show	The Yoga Show	Desert	Paid Program	The Yoga Show	The Yoga Show	The Daily Flash		Paid Program	Paid Program	Paid Program	Paid Program
CSPAN	61	15	15	350	210		(4:00) Washington Journal		Varied Programs									
*DIS	87	23	23	291	173		Sofia the First	Sofia the First	Bluey	Bluey	Puppy Dog Pals	Puppy Dog Pals	T.O.T.S.	T.O.T.S.	Puppy Dog Pals	Puppy Dog Pals	Bluey	Bluey
*DISC	156	43	43	278	182		Varied Programs											
*E!	136			236	114	Th	Total Bellas		Total Bellas		Total Bellas		Total Bellas		Total Bellas		Daily Pop	
						F	Sex and the City	Sex and the City	Sex and the City	Sex and the City	★★ **Valentine's Day** 2010 Jessica Alba. Los Angeles residents wend their way into and out of romance.							
						M	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			
						T	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw		
						W	Keeping Up With the Kardashians		Keeping Up With the Kardashians		Keeping Up With the Kardashians		Keeping Up With the Kardashians		Kevin Hart-Fit	Kevin Hart-Fit		
ESPN	21	28	28	206	140		(5:00) Get Up		First Take				SportsCenter		SportsCenter		Jalen & Jacoby	Questionable
ESPN2	22	29	29	209	143	Th	SportsCenter		Get Up				First Take				SportsCenter	
						F												
						M												
						T												
						W												
ESPNC	23	30	30	614		Th	(5:00) College Football		College Football				College Football				College Football	
						F	College Basketball				College Basketball				College Basketball			
						M	(5:00) MLB Baseball		MLB Baseball				NBA				NBA	
						T							MLB Baseball				MLB Baseball	
						W							College Football					
FNC	57	65	65	360	205		America's Newsroom						Outnumbered		Outnumbered Overtime		The Daily Briefing	
*FOOD	177	56	56	231	110	Th	Paid Program	Paid Program	Paid Program	Paid Program	Winner Cake All	Paid Program	Winner Cake All		Winner Cake All		Chopped	
						F	The PiYo Craze!				Kids Baking		Kids Baking Championship		Food Paradise		Food Paradise	
						M	Paid Program				Trisha's Sou.	Trisha's Sou.	Trisha's Sou.	Trisha's Sou.	The Kitchen		The Kitchen	
						T					Delicious Miss	Delicious Miss	Delicious Miss	Delicious Miss	Food Paradise		Food Paradise	
						W					Girl Meets Farm	Girl Meets Farm	Girl Meets Farm	Girl Meets Farm	Pioneer Wo.	Pioneer Wo.	Pioneer Wo.	Pioneer Wo.
FREE	67	62	62	311	180		Paid Program	Paid Program	Melissa & Joey	Melissa & Joey	Melissa & Joey	Melissa & Joey	The 700 Club		700/Interactive	The Middle	The Middle	The Middle
FX	131	46	46	248	136	Th	Paid Program	Paid Program	★★ **Unbroken** 2014 Jack O'Connell. The story of Olympian and World War II hero Louie Zamperini. [HD]						Mike & Molly	Mike & Molly	Dawn of the Planet of the Apes	
						F			Mike & Molly	Mike & Molly	★★★ **Dawn of the Planet of the Apes** 2014, Science Fiction Andy Serkis, Jason Clarke. [HD] [CC]						War for the Planet of the Apes [HD]	
						M			★★ **Mission: Impossible** 1996, Action Tom Cruise, Jon Voight. [HD] [CC]					Mike & Molly	★★ **Independence Day: Resurgence** 2016 Liam Hemsworth. [HD] [CC]			
						T			★★ **Escape Plan** 2013, Action Sylvester Stallone, Arnold Schwarzenegger. [HD] [CC]						Mike & Molly	★★ **Sisters** 2015 Amy Poehler. [HD] [CC]		
						W			★★ **Sisters** 2015, Comedy Amy Poehler, Tina Fey, Maya Rudolph. [HD] [CC]						**Heist** 2015, Action Jeffrey Dean Morgan, Robert De Niro. [HD] [CC]			
HGTV	176	55	55	229	112	Th	Home Town		Home Town		Home Town		Home Town		Home Town		Home Town	
						F	Nate and Jeremiah: Save-House		Nate and Jeremiah: Save-House		Nate and Jeremiah: Save-House		Nate and Jeremiah: Save-House		Nate and Jeremiah: Save-House		Nate and Jeremiah: Save-House	
						M	Boise Boys		Boise Boys		Boise Boys		Boise Boys		Boise Boys		Boise Boys	
						T	Christina on the Coast		Christina on the Coast		Christina on the Coast		Christina on the Coast		Home Town		Home Town	
						W	Restored Fords	Restored Fords	Restored Fords	Restored Fords	Restored Fords	Restored Fords	Restored Fords	Restored Fords	Restored Fords	Restored Fords	Ty Breaker	
*HIST	155	76	76	269	120	Th	New YOU!	Shark Vertex	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars		Pawn Stars	Pawn Stars
						F	Paid Program	Paid Program	Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	
						M		Got Debt?	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						T	Brio Air Fryer	Paid Program	Lost Worlds		Titanic's Achilles Heel				Titanic's Final Moments: Missing Pieces			
						W			Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels	
LIFE	138	59	59	252	108		Paid Program	James Robison	Joyce Meyer	Balancing Act	Grey's Anatomy		Grey's Anatomy		The Closer		The Closer	
MSNBC	59	69	69	356	209		MSNBC Live		MSNBC Live With Hallie Jackson		MSNBC Live With Craig Melvin		Andrea Mitchell Reports		MTP Daily		MSNBC Live With Katy Tur	
MTV	192	81	81	331	160	Th	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	★★★ **I Am Legend** 2007 [CC]	
						F				★★★ **I Am Legend** 2007, Science Fiction Will Smith, Alice Braga, Dash Mihok. [HD] [CC]					★★ **The Karate Kid** 2010 Jaden Smith, Jackie Chan. [HD] [CC]			
						M				Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	★★★ **Rush Hour** 1998, Action Jackie Chan, Chris Tucker. [HD] [CC]			
						T	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Teen Mom OG		Teen Mom OG		Teen Mom OG	
						W	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
NICK	82	35	25	300	171		Full House	Full House	Blaze, Monster	PAW Patrol	Peppa Pig	Peppa Pig	Deer Squad	Team Umizoomi	PAW Patrol	PAW Patrol	Blue's Clues	Blaze, Monster
OWN	161	213		279	189		Tamron Hall		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil	