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	To Dine For	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	Paid Program	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Killer Cases		Killer Cases	
						F	Clean Air		Live Rescue: Rewind		Live Rescue: Rewind		Live Rescue: Rewind		Rescue Cam	Rescue Cam	The First 48	
						M	Paid Program		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Cold Case Files		Cold Case Files	
						T	Brio Air Fryer								Killer Cases		Killer Cases	
						W	Paid Program								Most Daring		Most Daring	
*AMC	102	50	50	254	113	Th	Money	RELIEF NOW!	Youthful Skin	Total Gym	Paid Program	MAXX Oven	Ride With Norman Reedus		★★★ **Cliffhanger** 1993, Action Sylvester Stallone, John Lithgow.			
						F	The PiYo Craze!	U-Box	NewsWatch	Paid Program		Paid Program	(:15) ★★ **Lord of War** 2005 Nicolas Cage. Premiere. A relentless Interpol agent tracks an arms dealer.					
						M	Peter Popoff	Paid Program	Paid Program				Three Stooges	Three Stooges	★★★ **Cloverfield** 2008 Michael Stahl-David. Premiere.			
						T	Paid Program						★★★ **A Bronx Tale** 1993 Robert De Niro. Joined in Progress.				★★ **Windtalkers** 2002, War	
						W							★★ **Windtalkers** 2002, War Nicolas Cage, Adam Beach. Joined in Progress.					Escape-L.A.
*ANPL	68	48	48	282	184		Too Cute!		My Cat From Hell		Crikey! It's the Irwins		The Secret Life of the Zoo		The Zoo		Treehouse Masters	
BRAVO	137	58	58	237	129	Th	Summer House		(6:58) Summer House		(7:56) Summer House		(8:57) Summer House		(9:58) Summer House		(10:59) Summer House	
						F			Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
						M	Below Deck Sailing Yacht											
						T	Summer House		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ	
						W	The Real Housewives of Salt Lake City			Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives
CMT	190	80	80	327	166		CMT Music		CMT Music		CMT Music		Roseanne	(:32) Roseanne	(:05) Roseanne	(:37) 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		Newsroom-Kate		Inside Politics		CNN Newsroom With Brianna		CNN Newsroom With Brianna	
COM	135	73	73	249	107	Th	U-Box	Air Fryer	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	(:35) Futurama	(:10) Futurama	(:45) Futurama	(:15) The Cleveland Show	
						F	The PiYo Craze!	Oxygen Therapy	Futurama	Futurama	Futurama	Futurama	South Park	South Park	South Park	South Park	South Park	South Park
						M	Paid Program	Paid Program									(:15) South Park	
						T			Parks/Recreat	Parks/Recreat			Futurama	Futurama	Futurama	Futurama	(:15) The Cleveland Show	
						W			Futurama	Futurama			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		U.S. House of Representatives				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	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	
						F												
						M	Botched		Botched		Botched		Botched		Botched			
						T	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			
						W												
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											Australian Open	
						T												
						W											Australian Open	
ESPNC	23	30	30	614		Th	(5:00) College Football		College Football				College Football				College Football	
						F	(5:00) College Basketball		College Basketball									
						M	(5:00) College Football		College Football									
						T	(5:00) MLB Baseball		MLB Baseball				MLB Baseball				MLB Baseball	
						W							College Football					
FNC	57	65	65	360	205		America's Newsroom With Bill Hemmer & Dana Perino				The Faulkner Focus		Outnumbered		America Reports With John Roberts & Sandra Smith			
*FOOD	177	56	56	231	110	Th	The PiYo Craze!	Kill Germs	Best Pan Ever!	Total Gym	Yum-Yummer	Yum-Yummer	Yum-Yummer	Yum-Yummer	Yum-Yummer	Yum-Yummer	Chopped	
						F	Emeril Pasta	Paid Program	Paid Program	The PiYo Craze!	Kids Baking	Paid Program	Kids Baking Championship		Food Paradise		Food Paradise	
						M	Paid Program			Paid Program	Trisha's Sou.	Trisha's Sou.	Trisha's Sou.	Symon	The Kitchen		The Kitchen	
						T		Brio Air Fryer			Delicious Miss	Delicious Miss	Delicious Miss	Delicious Miss	Food Paradise		Food Paradise	
						W		Paid Program			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	Varied Programs	Melissa & Joey	Melissa & Joey	Melissa & Joey	Melissa & Joey	The 700 Club		700/Interactive	The Middle	Varied Programs	
FX	131	46	46	248	136	Th	Paid Program	BISSELL	★★★ **The Shape of Water** 2017, Fantasy Sally Hawkins, Michael Shannon.					Mike & Molly	Mike & Molly	Mike & Molly	Mike & Molly	Mike & Molly
						F	Oxygen Therapy	Paid Program	★★ **Mission: Impossible** 1996, Action Tom Cruise, Jon Voight.					★★★ **The Hate U Give** 2018, Crime Drama Amandla Stenberg, Regina Hall.				
						M	Paid Program		★★ **Home** 2015 Voices of Jim Parsons, Rihanna.				Mike & Molly	Mike & Molly	★★ **A Dog's Purpose** 2017 Voice of Josh Gad, Dennis Quaid.			
						T			★ **The Emoji Movie** 2017, Children's Voices of T.J. Miller.						Mike & Molly	★★ **The Mountain Between Us** 2017 Kate Winslet.		
						W			★★ **The Mountain Between Us** 2017, Adventure Kate Winslet, Idris Elba.							Mike & Molly	★★ **The Longest Ride** 2015	
HGTV	176	55	55	229	112	Th	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable	Home Town	
						F	Windy City Rehab		Windy City Rehab		Windy City Rehab		Windy City Rehab		Ty Breaker		Ty Breaker	
						M	Christina/Coast	Christina/Coast	Christina/Coast	Christina/Coast	Christina on the Coast		Christina on the Coast		Christina on the Coast		Christina on the Coast	
						T	Extreme Makeover: Home Edition		Extreme Makeover: Home Edition		Extreme Makeover: Home Edition		Extreme Makeover: Home Edition		Extreme Makeover: Home Edition		Selling the Big	Selling the Big
						W	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home
*HIST	155	76	76	269	120	Th	Paid Program	David Jeremiah	Swamp People		Swamp People		Swamp People		Swamp People		Swamp People	
						F			Modern Marvels		★★★ **American Sniper** 2014, War Bradley Cooper, Sienna Miller, Jake McDorman.						★★★ **Tombstone** 1993	
						M			American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						T			Food Tech		101 Fast Foods that Changed the World				The Men Who Built America			
						W			Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels	
LIFE	138	59	59	252	108		Varied Programs	James Robison	Joyce Meyer	Varied Programs	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	★★ **The Hitman's Bodyguard** 2017 Ryan Reynolds. Premiere.			
						F									Ridiculousness	Ridiculousness	★★ **Rush Hour 2** 2001	
						M	Ghosted: Love Gone Missing		Ghosted: Love Gone Missing		Ghosted: Love Gone Missing		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show	
						T	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show							
						W												
NICK	82	35	25	300	171		Full House	Full House	Blaze, Monster	Peppa Pig	Peppa Pig	Peppa Pig	Deer Squad	Team Umizoomi	PAW Patrol	PAW Patrol	Blue's Clues	Blaze, Monster
OWN	161	213		279	189		To Be Announced		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil	