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	Classical Strt	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				Classical Strt	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			Live Rescue: Rewind		Live Rescue: Rewind		Live Rescue: Rewind		Rescue Cam	Rescue Cam	I Survived	I Survived
						M			Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Cold Case Files		Cold Case Files	
						T	Clean Air								Kids Behind Bars: Life or Parole		Kids Behind Bars: Life or Parole	
						W	Bravo XL								Most Daring		Most Daring	
*AMC	102	50	50	254	113	Th	The PiYo Craze!	Paid Program	MAXX Oven	Money	Paid Program	Paid Program	★★ **Outbreak** 1995 Dustin Hoffman, Rene Russo. Army doctor fights spread of deadly virus.					
						F	Oxygen Therapy	New YOU!		Paid Program	RELIEF NOW!		★★ **The Karate Kid Part III** 1989, Drama Ralph Macchio, Noriyuki "Pat" Morita.					★★★ **Snatch**
						M	Peter Popoff	Paid Program	Paid Program		Paid Program		★★★ **Cliffhanger** 1993, Action Sylvester Stallone, John Lithgow.				★★★ **The Dark Knight Rises**	
						T	Paid Program		Clean Air				Three Stooges	★★★ **Déjà Vu** 2006, Suspense Denzel Washington, Val Kilmer, Jim Caviezel.				
						W			Paid Program					★★★ **Cloverfield** 2008 Michael Stahl-David, Mike Vogel.				Lara Croft-Life
*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	★★★ **Knocked Up** 2007, Romance-Comedy Seth Rogen, Katherine Heigl.					Housewives	Housewives of NJ		Housewives of NJ		Housewives of NJ	
						F	Las Vegas		Las Vegas		Las Vegas		Las Vegas		Las Vegas		Las Vegas	
						M	Summer House		Summer House		Summer House		Below Deck		Below Deck		Below Deck	
						T	Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly	
						W	Real Housewives of Salt Lake		Real Housewives of Salt Lake		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ	
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		CNN Newsroom-Kate Bolduan		Inside Politics		CNN Newsroom-Brianna Keilar		CNN Newsroom-Brianna Keilar	
COM	135	73	73	249	107	Th	Meet Blink	Emeril	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	(:35) Futurama	(:10) Futurama	(:45) Futurama	(:15) The Cleveland Show	
						F	The PiYo Craze!	Larry King Ex	Futurama	(:24) Futurama	(7:48) Futurama		South Park		South Park	South Park	South Park	(:35) South Park
						M	Paid Program	Paid Program		Futurama	Futurama	Futurama	South Park	South Park			(:15) South Park	
						T			Parks/Recreat	Parks/Recreat			Futurama	Futurama	Futurama	Futurama	(:15) The Cleveland Show	
						W			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		Public Affairs Events				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	Tia & Tamera		Tia & Tamera		Tia & Tamera		Tia & Tamera		Tia & Tamera			
						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	Flip It Like Disick		Flip It Like Disick		Flip It Like Disick		Flip It Like Disick		Flip It Like Disick			
						W	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			
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		2021 Australian Open Tennis Men's Semifinals (N Same-day Tape)			
						F							First Take				Australian Open	
						M											SportsCenter	
						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 With Bill Hemmer & Dana Perino				The Faulkner Focus		Outnumbered		America Reports With John Roberts & Sandra Smith			
*FOOD	177	56	56	231	110	Th	Ninja NeverStick	Paid Program	Paid Program	Paid Program	Bakeaway	Paid Program	Bakeaway Camp-Martha Stewart		Bakeaway Camp-Martha Stewart		Bakeaway Camp-Martha Stewart	
						F	New YOU!	Copper Chef		The PiYo Craze!	Kids Baking Championship		Kids Baking Championship		Food Paradise		Food Paradise	
						M	Paid Program	Paid Program		Paid Program	Trisha's Sou.	Trisha's Sou.	Trisha's Sou.	Symon	The Kitchen		The Kitchen	
						T		Luminess	Brio Air Fryer		Delicious Miss	Delicious Miss	Delicious Miss	Delicious Miss	Food Paradise		Food Paradise	
						W		Paid Program	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	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	Easy Indoor	★ **The Emoji Movie** 2017, Children's Voices of T.J. Miller.				Mike & Molly	Mike & Molly	Mike & Molly	Mike & Molly	★ **The Emoji Movie** 2017	
						F	MAXX Oven	Paid Program	★★★ **Love, Simon** 2018, Romance-Comedy Nick Robinson, Josh Duhamel.						★★★ **The Hate U Give** 2018 Amandla Stenberg.			
						M	Paid Program		★★ **A Cure for Wellness** 2016 Dane DeHaan. A man unravels the terrifying secrets of a mysterious spa.						Mike & Molly	Mike & Molly	Mike & Molly	Mike & Molly
						T			★★★ **Three Billboards Outside Ebbing, Missouri** 2017 Frances McDormand.					Mike & Molly	★★ **Bad Times at the El Royale** 2018 Jeff Bridges.			
						W			Mike & Molly	★★ **Mission: Impossible** 1996, Action Tom Cruise, Jon Voight.					★★★ **Mission: Impossible 2** 2000, Action Tom Cruise.			
HGTV	176	55	55	229	112	Th	Flip/Flop Veg.	Flip/Flop Veg.	Flip/Flop Veg.	Flip/Flop Veg.	Flip/Flop Veg.	Flip/Flop Veg.	Flip/Flop Veg.	Flip/Flop Veg.	Holmes & Holmes		Holmes & Holmes	
						F	Property Brothers		Property Brothers		Property Brothers		Property Brothers		Property Brothers		Property Brothers	
						M	Bargain Mansions		Bargain Mansions		Bargain Mansions		Bargain Mansions		Bargain Mansions		Bargain Mansions	
						T	Ty Breaker		Ty Breaker		Ty Breaker		Ty Breaker		Ty Breaker		Ty Breaker	
						W	Flea Market Flip	Flea Market Flip	Flea Market Flip	Flea Market Flip	Flea Market Flip	Flea Market Flip	Flea Market Flip	Flea Market Flip	Home Again With the Fords		Home Again With the Fords	
*HIST	155	76	76	269	120	Th	Kenmore	David Jeremiah	Rise Up: The Movement-America		To Be Announced				Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
						F	Paid Program		Ancient Aliens		History's Greatest Mysteries				History's Greatest Mysteries			
						M			American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						T			Dogfights		Airmen: Legacy of Courage		★★ **Wyatt Earp** 1994 Kevin Costner, Dennis Quaid. Portrait traces him from boy to lawman.					
						W	Bravo XL		Distant Shore: African Americans		★★★★ **Saving Private Ryan** 1998, War Tom Hanks, Edward Burns. U.S. troops look for a missing comrade during World War II.							
LIFE	138	59	59	252	108		Paid Program	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	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
						F	Ridiculousness											
						M												
						T												
						W											★★★ **Mr. and Mrs. Smith** 1941	
NICK	82	35	25	300	171		Full House	Full House	PAW Patrol	Peppa Pig	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	