# 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 | Simply Painting | Woodsmith | To Dine For | Big Burn: American | |
| | | | | | | 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 | | | | | Suze Orman's Ultimate Retirement Guide | | | | Woodshop | Laura McIntosh | Nature | |
| | | | | | | T | | | | Classical Strt | Willamette Valley Splendor: Oregon Revealed | | | Oregon Revealed: The Water Around Us | | | NOVA | |
| | | | | | | W | | | | Sit and Be Fit | American Masters | | | | | | Curiosity Quest | Curiosity Quest |
| *A&E | 130 | 44 | 44 | 265 | 118 | Th | Rare Silver | 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 | 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 | | | | | | | | | Accused: Guilty or Innocent? | | Accused: Guilty or Innocent? | |
| | | | | | | W | | | | | | | | | Most Daring | | Most Daring | |
| *AMC | 102 | 50 | 50 | 254 | 113 | Th | New YOU! | SuperBeet | Total Gym | Money | Paid Program | Medicare | Three Stooges | Three Stooges | ★★★★ **Pulp Fiction** 1994 John Travolta, Samuel L. Jackson. [cc] | | | |
| | | | | | | F | The PiYo Craze! | Paid Program | Paid Program | Paid Program | | Paid Program | | ★★ **Windtalkers** 2002, War Nicolas Cage, Adam Beach, Peter Stormare. [cc] | | | | |
| | | | | | | M | Peter Popoff | | New YOU! | | | | ★★★ **Fargo** 1996 Frances McDormand, Steve Buscemi. [cc] | | | | **The Taking of Pelham 123** 2009 | |
| | | | | | | T | Paid Program | New YOU! | Paid Program | | | | Three Stooges | (:45) ★★★ **Face/Off** 1997, Action John Travolta, Nicolas Cage, Joan Allen. [cc] | | | | |
| | | | | | | W | | Paid Program | | | | | ★★ **Escape From L.A.** 1996, Action Kurt Russell, Stacy Keach, Steve Buscemi. [cc] | | | | | Platoon 1986 |
| *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 | Vanderpump Rules | | (6:58) Vanderpump Rules | | (7:56) Vanderpump Rules | | (8:57) Vanderpump Rules | | (9:58) Vanderpump Rules | | (10:59) Vanderpump Rules | |
| | | | | | | F | Cash Cab | Below Deck | | ★★ **It's Complicated** 2009, Romance-Comedy Meryl Streep, Steve Martin. [cc] | | | | | (:01) ★★★ **The Breakfast Club** 1985 Emilio Estevez. [cc] | | | |
| | | | | | | M | Below Deck Sailing Yacht | | Below Deck Sailing Yacht | | Below Deck Sailing Yacht | | Below Deck Sailing Yacht | | Below Deck Sailing Yacht | | Below Deck Sailing Yacht | |
| | | | | | | T | Below Deck | | Below Deck | | Below Deck | | Below Deck | | Below Deck | | Below Deck | |
| | | | | | | W | Below Deck Sailing Yacht | | | | | | | | | | | |
| CMT | 190 | 80 | 80 | 327 | 166 | | CMT Music | | CMT Music | | CMT Music | | Roseanne | (:32) Roseanne | (:05) Roseanne | (:37) Roseanne | (:10) Roseanne | (:42) Roseanne |
| 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 | Ideal Prostate | Superthotics | Parks/Recreat | Parks/Recreat | Parks/Recreat | (:36) Futurama | Futurama | (:35) Futurama | (:10) Futurama | (:45) Futurama | (:15) The Cleveland Show | |
| | | | | | | F | Men's Health | Paid Program | Futurama | (:24) Futurama | (7:48) Futurama | | South Park | South Park | South Park | South Park | South Park | South Park |
| | | | | | | M | Paid Program | | | Futurama | Futurama | Futurama | | | | | (: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 | | 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 | Revenge Body With Khloé | | Revenge Body With Khloé | | Revenge Body With Khloé | | Revenge Body With Khloé | | Revenge Body With Khloé | | Daily Pop | |
| | | | | | | F | Celebrity Game Face | | Celebrity Game Face | | Celebrity Game Face | | Celebrity Game Face | | Celebrity Game Face | | | |
| | | | | | | M | Kardashian | Kardashian | Kardashian | Kardashian | Kardashian | Kardashian | Kardashian | Kardashian | Kardashian | Kardashian | | |
| | | | | | | T | | Keeping Up With the Kardashians | | | Keeping Up With the Kardashians | | | | Keeping Up With the Kardashians | | | |
| | | | | | | W | Kourt & Kim | Kourt & Kim | Kourt & Kim | Kourt & Kim | Kourt & Kim | Kourt & Kim | Kourt & Kim | Kourt & Kim | Kourt & Kim | Khloé & Lamar | | |
| 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 | | | | | | | First Take | | SportsCenter | | Jalen & Jacoby | Questionable |
| | | | | | | W | | | | | | | First Take | | | | SportsCenter | |
| 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 | Paid Program | Stay Sexy Skin | Paid Program | Total Gym | Supermarket | Paid Program | Supermarket Stakeout | | Supermarket Stakeout | | Supermarket Stakeout | |
| | | | | | | F | The PiYo Craze! | SuperBeet | | Paid Program | Spring Baking | | Spring 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 | | The Kitchen | |
| | | | | | | T | | | | | Delicious Miss | Delicious Miss | Delicious Miss | Delicious Miss | | | | |
| | | | | | | 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 | Mike & Molly | Mike & Molly | Mike & Molly | Mike & Molly | ★★★ **Mission: Impossible 2** 2000, Action Tom Cruise, Dougray Scott, Thandie Newton. [cc] | | | | | |
| | | | | | | F | | | ★★ **Scouts Guide to the Zombie Apocalypse** 2015 Tye Sheridan. | | | | Mike & Molly | Mike & Molly | ★★ **Scouts Guide to the Zombie Apocalypse** 2015 Tye Sheridan. | | | |
| | | | | | | M | | | ★★ **The Purge: Election Year** 2016, Action Frank Grillo, Elizabeth Mitchell. [cc] | | | | | | ★★ **Pride and Prejudice and Zombies** 2016 Lily James. [cc] | | | |
| | | | | | | T | | | ★★ **Pride and Prejudice and Zombies** 2016, Horror Lily James, Sam Riley. [cc] | | | | | | ★★★ **A Quiet Place** 2018 Emily Blunt, John Krasinski. [cc] | | | |
| | | | | | | W | | | ★★ **Cymbeline** 2014, Drama Ethan Hawke, Ed Harris. [cc] | | | | Mike & Molly | ★★★ **Spectre** 2015, Action Daniel Craig, Christoph Waltz, Léa Seydoux. [cc] | | | | |
| HGTV | 176 | 55 | 55 | 229 | 112 | Th | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop | Flip or Flop |
| | | | | | | F | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters |
| | | | | | | M | Property Brothers: Buying | | Property Brothers: Buying | | Property Brothers: Buying | | Property Brothers: Buying | | Property Brothers: Buying | | Property Brothers: Buying | |
| | | | | | | T | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | Good Bones | | Good Bones | | Good Bones | |
| | | | | | | W | Unsellable | Unsellable | Unsellable | Unsellable | Unsellable | Unsellable | Unsellable | Unsellable | Unsellable | Unsellable | Property Brothers: Forever Home | |
| *HIST | 155 | 76 | 76 | 269 | 120 | Th | Kenmore | David Jeremiah | Pawn Stars | Pawn Stars | Pawn Stars | | Pawn Stars | Pawn Stars | Pawn Stars | Pawn Stars | Pawn Stars | Pawn Stars |
| | | | | | | F | 1894 Gold | | Ancient Aliens | | Ancient Aliens | | Ancient Aliens | | Ancient Aliens | | Ancient Aliens | |
| | | | | | | M | Paid Program | | American Pickers | | American Pickers | | American Pickers | | American Pickers | | American Pickers | |
| | | | | | | T | | | Counting Cars | Counting Cars | Counting Cars | Counting Cars | Counting Cars | Counting Cars | Counting Cars | Counting Cars | Counting Cars | Counting Cars |
| | | | | | | W | | | Modern Marvels | | Modern Marvels | | Modern Marvels | | Modern Marvels | | Modern Marvels | |
| LIFE | 138 | 59 | 59 | 252 | 108 | | Paid Program | James Robison | Joyce Meyer | TBA | 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 | ★★★ **The Italian Job** 2003 | |
| | | | | | | F | | | | | | | | | | | Ridiculousness | Ridiculousness |
| | | | | | | M | | | | | | | | | The Office | The Office | The Office | The Office |
| | | | | | | T | | | | | | | | | | | | |
| | | | | | | W | | | | | | | | | | | | |
| NICK | 82 | 35 | 25 | 300 | 171 | | Full House | SpongeBob | 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 | |