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		Good Morning Central Oregon		CBS This Morning				Let's Make a Deal		The Price Is Right		The Young and the Restless	
KOHD	9	9	9	51	9		Good Morning Central Oregon		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	Varied Programs	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	American Experience	
						F				Sit and Be Fit	Best of Sewing	Quilt in a Day	Joy/Painting	Joy/Painting	This Old House	Kitchen Queens:	Oregon Experience	
						M						Love of Quilting	Painting		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	The Great American Read	
*A&E	130	44	44	265	118	Th	Indoor Grill!	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Nightwatch		Nightwatch	
						F	Paid Program						Nightwatch					
						M							Parking Wars	Parking Wars	Forensic Factor		Forensic Factor	
						T	Paid Program								Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars
						W	Paid Program								Parking Wars	Parking Wars	Parking Wars	Parking Wars
*AMC	102	50	50	254	113	Th	The PiYo Craze!	New YOU!	Shark IQ Robot	Slim Cycle	Emeril	Paid Program	★★★ **Contact** 1997 Jodie Foster. Joined in Progress. A scientist seeks alien life in deep space.					
						F	Smart Home	Oxygen Therapy	Paid Program	Money	Paid Program		Three Stooges	★★ **Young Guns** 1988, Western Emilio Estevez, Kiefer Sutherland.				
						M	Peter Popoff			Paid Program			The Walking Dead		(:13) ★★ **Underworld: Rise of the Lycans** 2009 Michael Sheen.			
						T	Paid Program	Paid Program					Three Stooges	★★ **Underworld** 2003, Fantasy Kate Beckinsale, Scott Speedman.				
						W		New YOU!						★★★ **Face/Off** 1997, Action John Travolta, Nicolas Cage, Joan Allen.				
*ANPL	68	48	48	282	184		Too Cute!		My Cat From Hell		The Crocodile Hunter		The Secret Life of the Zoo		The Zoo		Treehouse Masters	
BRAVO	137	58	58	237	129	Th	Top Chef		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
						F	★★★ **The Breakfast Club** 1985 Emilio Estevez.				Southern Charm	Southern Charm		Southern Charm		Southern Charm		Southern Charm
						M	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
						T	Shahs of Sunset		Family Karma		Family Karma		Family Karma		Family Karma		Family Karma	
						W	Housewives	Housewives of NJ		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	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne
CNBC	54	70	70	355	208		Squawk on the Street				TechCheck		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 With Ana Cabrera		CNN Newsroom-Brooke Baldwin	
COM	135	73	73	249	107	Th	Luminess	The PiYo Craze!	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	(:35) Futurama	(:10) Futurama	(:45) Futurama	(:15) The Cleveland Show	
						F	Total Gym; stay your best		Futurama	(:24) Futurama	(7:48) Futurama		South Park	South Park	South Park	South Park	South Park	South Park
						M	Paid Program	RELIEF NOW!		Futurama	Futurama	Futurama					(:15) South Park	
						T		Paid Program	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	

	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
COTV	11						Good Morning Central Oregon		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	★★★ **The Fault in Our Stars** 2014, Romance Shailene Woodley, Ansel Elgort.					(:45) ★★ **The Vow** 2012, Romance Rachel McAdams, Channing Tatum.						
						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	Botched		Botched		Botched		Botched		Botched			
						W	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	Bradshaw	For Real: The Story of Reality TV			
ESPN	21	28	28	206	140		Get Up		First Take		Varied Programs		SportsCenter		SportsCenter		Jalen & Jacoby	Questionable
ESPN2	22	29	29	209	143		(7:00) SportsCenter		Get Up				First Take				Varied Programs	
ESPNC	23	30	30	614			MLB Baseball	Varied Programs	MLB Baseball	Varied Programs								
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		TBA	Varied Programs	To Be Announced		Varied Programs							
FREE	67	62	62	311	180		Varied Programs	Luminess	Melissa & Joey	Melissa & Joey	Melissa & Joey	Melissa & Joey	The 700 Club		700/Interactive	The Middle	The Middle	Varied Programs
FX	131	46	46	248	136	Th	Paid Program	Oxygen Therapy	★★ **xXx: Return of Xander Cage** 2017, Action Vin Diesel.				Mike & Molly	Mike & Molly	★★ **Mechanic: Resurrection** 2016, Action Jason Statham.			
						F	SunPower	Paid Program	**Where's the Money** 2017 Andrew Bachelor, Kat Graham.						Mike & Molly	Mike & Molly	★★ **Red Sparrow** 2018	
						M	Paid Program		★ **The Emoji Movie** 2017, Children's Voices of T.J. Miller.							★★ **The Boss** 2016 Melissa McCarthy.		
						T			★★ **The Boss** 2016, Comedy Melissa McCarthy, Kristen Bell.					★★★ **Blockers** 2018, Comedy Leslie Mann, Ike Barinholtz.					Mike and Dave
						W			★★ **Mike and Dave Need Wedding Dates** 2016 Zac Efron.					Mike & Molly	★★ **The Darkest Minds** 2018 Amandla Stenberg.			
HGTV	176	55	55	229	112	Th	Rehab Addict Rescue		Rehab Addict Rescue		Rehab Addict Rescue		Rehab Addict Rescue		Rehab Addict Rescue		Rehab Addict Rescue	
						F	Self-Made Mansions		Self-Made Mansions		Self-Made Mansions		Self-Made Mansions		Self-Made Mansions		Self-Made Mansions	
						M	Home Town		Home Town		Home Town		Home Town		Home Town		100 Day Dream Home	
						T	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101	Flipping 101
						W	Holmes & Holmes		Holmes & Holmes		Holmes & Holmes		Holmes & Holmes		Holmes & Holmes		Holmes & Holmes	
*HIST	155	76	76	269	120	Th	Money	David Jeremiah	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						F	Gold 1893		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	
						M	Paid Program		Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
						T	Cook Smart		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained	
						W	Paid Program		How the States Got Their Shapes		How the States Got Their Shapes		How the States Got Their Shapes		How the States Got Their Shapes		How the States Got Their Shapes	
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		Stephanie Ruhle Reports		Hallie Jackson Reports		Craig Melvin Reports		Andrea Mitchell Reports		MTP Daily		Katy Tur Reports	
MTV	192	81	81	331	160	Th	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	★★ **Four Brothers** 2005, Crime Drama Mark Wahlberg, Tyrese Gibson.					★★★ **Creed** 2015	
						F						Ridiculousness	Deliciousness	Deliciousness	Deliciousness	Deliciousness	Deliciousness	Deliciousness
						M							Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	★★ **She's All That** 1999	
						T											★★ **50 First Dates** 2004	
						W											Ridiculousness	Ridiculousness
NICK	82	35	25	300	171		Full House	SpongeBob	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Blaze, Monster	Blaze, Monster	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	