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	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	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	Shark Vertex	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Nightwatch		Nightwatch	
						F	Paid Program								I Survived	I Survived	I Survived	I Survived
						M			Paid Program	Paid Program	Forensic Factor		Forensic Factor		Forensic Factor		Intervention	
						T	Clean Air		Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars
						W	Paid Program		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars
*AMC	102	50	50	254	113	Th	NeuroQ	Stay Sexy Skin	Shark IQ Robot	Money	Medicare	Paid Program	Three Stooges	(:45) ★★★ **Ferris Bueller's Day Off** 1986, Comedy Matthew Broderick, Alan Ruck.				
						F	RELIEF NOW!	Paid Program	Paid Program	Paid Program	Huckabee		Three Stooges	★ **Fool's Gold** 2008, Action Matthew McConaughey, Kate Hudson.				
						M	Peter Popoff				Paid Program		★★ **Into the Storm** 2014 Richard Armitage, Sarah Wayne Callies.				★★★ **Contact** 1997 Jodie Foster.	
						T	Paid Program						Three Stooges	★★ **Divergent** 2014, Science Fiction Shailene Woodley, Theo James, Ashley Judd.				
						W							Ride With Norman Reedus		(:01) ★★ **Jack the Giant Slayer** 2013, Fantasy Nicholas Hoult.			
*ANPL	68	48	48	282	184		Too Cute!		My Cat From Hell		The Crocodile Hunter		The Secret Life of the Zoo		The Zoo: San Diego		Treehouse Masters	
BRAVO	137	58	58	237	129	Th	Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly	
						F	The Real Housewives of Miami			★★ **Delivery Man** 2013, Comedy Vince Vaughn, Chris Pratt, Cobie Smulders.					★★★ **Knocked Up** 2007 Seth Rogen, Katherine Heigl.			
						M	Shahs of Sunset		Shahs of Sunset		Shahs of Sunset		Shahs of Sunset		Shahs of Sunset		Shahs of Sunset	
						T	Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC	
						W	Housewives of NJ		Housewives of NJ		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	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		At This Hour With Kate Bolduan		Inside Politics		CNN Newsroom With Ana Cabrera		CNN Newsroom with Alisyn	
COM	135	73	73	249	107	Th	Blair Underwood	SuperBeet	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	(:35) Futurama	(:10) Futurama	(:45) Futurama	(:15) The Cleveland Show	
						F	Got Dirt?	RELIEF NOW!	Futurama	(:24) Futurama	(7:48) Futurama		South Park			South Park	South Park	South Park
						M	Paid Program	Paid Program		Futurama	Futurama	Futurama	South Park	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	

	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						CO Daily News		CO Daily News		CO Daily News		CO Daily News		CO Daily News		CO Daily News	
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												
						T	Botched		Botched		Botched		Botched		Botched			
						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		SportsCenter		Get Up				First Take		Varied Programs		SportsCenter	Varied Programs
ESPNC	23	30	30	614			(5:00) MLB Baseball		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	TBA	Varied Programs								
FREE	67	62	62	311	180		Varied Programs		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	Never Fear	★★ **The Darkest Minds** 2018 Amandla Stenberg.				Mike & Molly	Mike & Molly	Mike & Molly	★★ **The First Purge** 2018 Y'lan Noel.		
						F	H2O Steam	Paid Program	★★★ **The Hate U Give** 2018, Crime Drama Amandla Stenberg, Regina Hall, Russell Hornsby.							★★★ **The Hate U Give** 2018		
						M	Paid Program		★★★ **Mission: Impossible III** 2006 Tom Cruise. Agent Ethan Hunt faces the toughest villain of his career.							Mike & Molly	Mission: Impossible Rogue Nation	
						T			★★ **Book Club** 2018 Diane Keaton, Jane Fonda.				Mike & Molly	Mike & Molly	★★ **Escape Room** 2019, Horror Taylor Russell, Logan Miller.			
						W			★★ **Escape Room** 2019, Horror Taylor Russell, Logan Miller.				★★★ **Everest** 2015, Adventure Jason Clarke, Josh Brolin, John Hawkes.					Star Trek-Dark.
HGTV	176	55	55	229	112	Th	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home
						F	Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules		Property Brothers	
						M	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big	Selling the Big
						T	No Demo Reno		No Demo Reno		No Demo Reno		No Demo Reno		Rock the Block		Rock the Block	
						W	Christina/Coast	Christina/Coast	Christina/Coast	Christina/Coast	Christina on the Coast		Christina on the Coast		Christina on the Coast		Christina on the Coast	
*HIST	155	76	76	269	120	Th	Larry K	David Jeremiah	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						F	Gold 1895 Coin		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained	
						M	Paid Program		Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
						T			10 Things You Don't Know About		The Rise and Fall of El Chapo				The Stoned Ages			
						W			Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire	
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	Ridiculousness	Ridiculousness	Ridiculousness	Deliciousness	Deliciousness	Deliciousness	Deliciousness
						F									Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
						M											MTV Special	
						T											How High 2 2019 Lil Yachty.	
						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	