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		CO Daily News		CBS This Morning				Let's Make a Deal		The Price Is Right		The Young and the Restless	
KOHD	9	9	9	51	9		(5:00) CO Daily News		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	Donkey Hodie	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	Asian Americans	
						F				Sit and Be Fit	Best of Sewing	Quilt in a Day	Joy/Painting	Joy/Painting	This Old House	Kitchen Queens:	Oregon Exper	Oregon Exper
						M						Love of Quilting	Painting		Woodshop	Tim Farmer	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	Magic Numbers: Hannah Fry	
*A&E	130	44	44	265	118	Th	Paid Program	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Accused: Guilty or Innocent?		Accused: Guilty or Innocent?	
						F			WWE's Most Wanted Treasures		WWE's Most Wanted Treasures		WWE's Most Wanted Treasures		WWE's Most Wanted Treasures		Biography: Booker T	
						M			Forensic Factor		Forensic Factor		Forensic Factor		Forensic Factor		Intervention	
						T	Clean Air		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Hustle & Tow	Hustle & Tow	Hustle & Tow	Hustle & Tow
						W	Paid Program								Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars
*AMC	102	50	50	254	113	Th	The PiYo Craze!	Youthful Skin	Paid Program	Paid Program	Meet Blink	Paid Program	★★★ American Hustle 2013, Crime Drama Christian Bale, Bradley Cooper.					(:45) Snitch 2013
						F	Stay Healthy	Paid Program			Paid Program		(:15) ★★★ Seabiscuit 2003 Tobey Maguire. Three men lead a racehorse to glory in the 1930s.					
						M	Peter Popoff						★★★ The Last Samurai 2003 Tom Cruise. A Westerner learns the ways of the samurai in the 1870s.					
						T	Paid Program						Three Stooges	★★ Snitch 2013, Crime Drama Dwayne Johnson, Barry Pepper, Jon Bernthal.				
						W							★★★ The Hunt for Red October 1990, Suspense Sean Connery, Alec Baldwin, Scott Glenn.					
*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	Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles	
						F	Married to Medicine		Married to Medicine		Married to Medicine		Married to Medicine		Married to Medicine		Married to Medicine	
						M	Real Housewives/Beverly		Shahs of Sunset		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly	
						T			Real Housewives/Beverly									
						W												
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 With John King		CNN Newsroom With Ana Cabrera		CNN Newsroom With Alisyn	
COM	135	73	73	249	107	Th	Drug-Free Relief	The PiYo Craze!	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	(:35) Futurama	(:10) Futurama	(:45) Futurama	(:15) The Cleveland Show	
						F	Paid Program	RELIEF NOW!	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	

	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	Botched		Botched		Botched		Botched		Botched		Daily Pop	
						F												
						M	(5:00) Botched											
						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				SportsCenter	Varied Programs
ESPNC	23	30	30	614			(5:00) College Football		College Football				College Football				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		Paid Program	Paid Program	Paid Program	Paid Program	Varied Programs							
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	The Middle	The Middle
FX	131	46	46	248	136	Th	Paid Program	PiYo Workout!	★★★ Ferdinand 2017, Children's Voices of John Cena, Kate McKinnon.					Mike & Molly	Mike & Molly	Mike & Molly	Mike & Molly	Kubo & Strings
						F	RELIEF NOW!	Paid Program	★★★ Love, Simon 2018, Romance-Comedy Nick Robinson, Josh Duhamel.								How to Train Your Dragon	
						M	Paid Program		Mike & Molly	Mike & Molly	Mike & Molly	★★★ Mission: Impossible III 2006 Tom Cruise. Agent Ethan Hunt faces the toughest villain of his career.						Mission: Rogue
						T			★★ Mortal Engines 2018 Hera Hilmar. A mysterious woman must destroy a giant city on wheels.						Mike & Molly	Mike & Molly	Mike & Molly	Mortal Engines
						W			★★ Home 2015 Voices of Jim Parsons, Rihanna.				Mike & Molly	★★ Escape Room 2019, Horror Taylor Russell, Logan Miller.				Bad El Royale
HGTV	176	55	55	229	112	Th	Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules	
						F	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
						M	Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous	
						T	Bargain Block		Bargain Block		Bargain Block		Bargain Block		Bargain Block		Property Brothers: Forever Home	
						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	Meet Blink	David Jeremiah	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						F	Rare		Ancient Aliens		Ancient Aliens				America's Book of Secrets		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			UFO Files		History's Greatest Mysteries				History's Greatest Mysteries			
						W			Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars
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	Ridiculousness	Ridiculousness	Deliciousness	Deliciousness
						F											Ridiculousness	Ridiculousness
						M												
						T	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show	
						W	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	MTV Special		
NICK	82	35	25	300	171		Young Sheldon	SpongeBob	Peppa Pig	Peppa Pig	Peppa Pig	Varied Programs	Blaze, Monster	Blaze, Monster	PAW Patrol	Santiago-Seas	Blue's Clues	Blaze, Monster
OWN	161	213		279	189		Tamron Hall		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil	