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 Experience	
						M						Love of Quilting	Painting		Woodshop	Tim Farmer	Nature's Great Race	
						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	Clean Air	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Kids Behind Bars: Life or Parole		Kids Behind Bars: Life or Parole	
						F	Paid Program		WWE's Most Wanted Treasures		WWE's Most Wanted Treasures		Biography: Booker T				Biography: Ultimate Warrior	
						M			★★ Jurassic Park III 2001 Sam Neill, William H. Macy.				★★ The Lost World: Jurassic Park 1997, Adventure Jeff Goldblum, Julianne Moore.					
						T			Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars
						W									Court Cam	Court Cam	Court Cam	Court Cam
*AMC	102	50	50	254	113	Th	SuperBeet	New YOU!	Paid Program	Tummy Tuck	The PiYo Craze!	Paid Program	★★ The Quick and the Dead 1995, Western Sharon Stone, Gene Hackman.					High Plains
						F	MAXX Oven	Meet Blink		Meet Blink	Paid Program	Huckabee	★★★ High Plains Drifter 1973, Western Clint Eastwood, Verna Bloom.					XXX: Union
						M	Peter Popoff	Paid Program		Paid Program		Paid Program	Stir Crazy 1980	★★★ Fast Times at Ridgemont High 1982, Comedy Sean Penn.				Sixteen Candles
						T	Paid Program	New YOU!					★★★ Field of Dreams 1989		(:15) ★★★ The Breakfast Club 1985 Emilio Estevez.			
						W		Paid Program					★★ The Monuments Men		★★★★ Saving Private Ryan 1998 Tom Hanks, Edward Burns.			
*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	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
						F	Housewives of NJ		Housewives of NJ		Real Housewives/Beverly		Real Housewives/Beverly		★★ American Pie Presents: Beta House 2007 John White.			
						M	Top Chef		Top Chef		Top Chef		Top Chef		Top Chef		Top Chef	
						T	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows
						W	Shahs of Sunset		Shahs of Sunset		Shahs of Sunset		Family Karma		Family Karma		Family Karma	
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		Varied Programs		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	Tummy Tuck	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	Got Dirt?	Futurama	(:24) Futurama	(7:48) Futurama		South Park	South Park	South Park	South Park	South Park	South Park
						M		Paid Program	Parks/Recreat	Parks/Recreat	Parks/Recreat	Parks/Recreat	The Office	The Office	The Office	The Office	The Office	The Office
						T					Futurama	Futurama	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		Public Affairs Events									
*DIS	87	23	23	291	173		Sofia the First	Sofia the First	Bluey	Bluey	Puppy Dog Pals	Puppy Dog Pals	Bluey	Bluey	Varied Programs			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	★★ Step Up	★★ The Vow 2012, Romance Rachel McAdams, Channing Tatum, Sam Neill.					★★ Step Up 2006, Musical Channing Tatum, Jenna Dewan.					
						M	Zoey's Extraordinary Playlist		Zoey's Extraordinary Playlist		Zoey's Extraordinary Playlist		Zoey's Extraordinary Playlist		★ Bring It On Again 2004 Anne Judson-Yager, Bree Turner.			
						T	Botched		Botched		Botched		Botched		Botched		Daily Pop	
						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		Varied Programs		First Take		Varied Programs		SportsCenter	
ESPNC	23	30	30	614			(5:00) College Football		College Football				College Football				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		Paid Program	Paid Program	Paid Program	Paid Program	Varied Programs							
FREE	67	62	62	311	180		Paid Program	Luminess	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	Cooking	Never Fear	★★ Miss Peregrine's Home for Peculiar Children 2016, Fantasy Eva Green, Asa Butterfield.						Mike & Molly	Mike & Molly	★★ xXx: Return of Xander Cage	
						F	Scratch	Paid Program	★★★ Blockers 2018, Comedy Leslie Mann, Ike Barinholtz.				★★ Sisters 2015, Comedy Amy Poehler, Tina Fey, Maya Rudolph.					Night School
						M	Paid Program		★★★ Captain Underpants: The First Epic Movie 2017				★★★ X-Men: Days of Future Past 2014, Action Hugh Jackman, James McAvoy.					
						T			★★ The Front Runner 2018, Biography Hugh Jackman, Vera Farmiga.					Mike & Molly	Mike & Molly	★★★ First Man 2018 Ryan Gosling.		
						W			★★★ First Man 2018 Ryan Gosling. Astronaut Neil Armstrong embarks on a mission to the moon.							★★ Superfly 2018 Trevor Jackson.		
HGTV	176	55	55	229	112	Th	Home Town		Home Town		Home Town		Home Town		Home Town Takeover		Home Town Takeover	
						F	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Love It or List It		Love It or List It	
						M	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable Houses		Unsellable Houses		Home Town Takeover		Home Town Takeover	
						T	House Hunters	House Hunters	House Hunters	House Hunters	HGTV Smart Home 2021		$50K Three Ways		$50K Three	$50K Three	$50K Three	$50K Three
						W	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Love It or List It		Love It or List It	
*HIST	155	76	76	269	120	Th	Paid Program	David Jeremiah	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
						F	Gold 1898 Rar		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	
						M	Paid Program		WWII in HD		The World Wars				The World Wars			
						T			Black Patriots: Heroes-Revolution		★★ Race 2016 Stephan James. Track and field superstar Jesse Owens seeks Olympic glory.						Rise Up: The Movement-America	
						W			American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
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	★ I Now Pronounce You Chuck and Larry 2007, Comedy Adam Sandler.					★ Mr. Deeds 2002, Comedy Adam Sandler, Winona Ryder.			
						F	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		★★★ Friends With Benefits 2011 Justin Timberlake.			
						M	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	MTV Special		
						T										Ridiculousness	Ridiculousness	Ridiculousness
						W	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		★★ 50 First Dates 2004	
NICK	82	35	25	300	171		Young Sheldon	SpongeBob	Blue's Clues	Peppa Pig	Peppa Pig	Peppa Pig	Varied Programs	Blaze, Monster	PAW Patrol	PAW Patrol	Varied Programs	
OWN	161	213		279	189		Tamron Hall		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil	