

WEEKDAY AFTERNOON

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-DirectTV; D2-Dish Network

	BD	PM	L	D1	D2	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30
KATU		2				GMA3: What You Need to Know	General Hospital	Afternoon Live		The Drew Barrymore Show		KATU News First at Four		KATU News at 5		World News	
KTVZ	5	5	5	21	21	Extra	Paid Program	Days of our Lives		Tamron Hall		Dr. Phil		The Ellen DeGeneres Show		News	Nightly News
KBNZ	6	6	6	7	7	CO Daily News	Bold/Beautiful	The Talk		Ac. Hollywood	Jeopardy!	The Drew Barrymore Show		DailyMailTV	DailyMailTV	Ent. Tonight	Evening News
KOHD	9	9	9	61	61	GMA3: What You Need to Know	General Hospital			Hot Bench	Hot Bench	Judge Judy	Judge Judy	Judge Judy	Judge Judy	CO Daily News	CO Daily News
KFXO	10			69	69	RightThisMinute	Paid Program	Family Feud	25 Words/Less	Family Feud	Funny You Ask	The Kelly Clarkson Show		News	RightThisMinute	Modern Family	Last-Standing
KPDJ		13	13			Judge Jerry	Protection Court	Divorce Court	Divorce Court	Judge Mathis		Hot Bench	Hot Bench	Judge Judy	Judge Judy	Family Feud	Family Feud
KOAB	7	3	3	3	31	Varied Programs				Let's Go Luna!	Nature Cat	Hero Elementary	Odd Squad	Arthur	Peg & Cat	Ready Jet Go!	Wild Kratts
KGW		8				KGW News	Paid Program	Days of our Lives		Daily Blast Live	Varied Programs	The Ellen DeGeneres Show		KGW News at 4		KGW News at 5	Nightly News
KTVZD2	12	7	7	22	22	Paid Program	Paid Program	Varied Programs		Judge Jerry	Judge Jerry	Jerry Springer		The Goldbergs	The Goldbergs	black-ish	black-ish
OPBPL	175					Th In the America	Chavis Chron.	DW News	The Day	BBC News	World News	Great Decisions	NHK Newslite	PBS NewsHour		Roadtrip Nation	Kevin Belton
						F School Great	Asian American			BBC World		WealthTrack				Test Kitchen	How She Rolls
						M Seat-Table	Growing Bolder			BBC News		Second-Joan				Native Report	Scandinavian
						T Between Cover	GZERO World					Focus-Europe				Journeys Japan	Simply Ming
						W Canada Files	LATINAS					Laura Flanders				Trails to Oishii	Neven Spanish
*A&E	130	44	44	265	118	Th Kids Who Kill				Court Cam P	Court Cam P	The First 48		The First 48		The First 48	
						F Biography: Booker T				The First 48							
						M Intervention		Intervention				Hoarders		Hoarders		Hoarders	
						T Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars
						W Monster in My Family	Monster in My Family	Monster in My Family	Monster in My Family	Monster in My Family	Monster in My Family	Court Cam P	Court Cam P	Court Cam	Court Cam	Court Cam	Court Cam
*AMC	102	50	50	254	113	Th ** Demolition Man 1993, Science Fiction Sylvester Stallone, Wesley Snipes. (cc)				** The Last Witch Hunter 2015, Fantasy Vin Diesel, Elijah Wood. (cc)		Hunter 2015, Fantasy Vin Diesel, Elijah Wood, Rose Leslie. (cc)		** Shooter 2007 (cc)			
						F (:15) ** The Last Witch Hunter 2015, Fantasy Vin Diesel, Elijah Wood. (cc)				(:45) ** Mr. & Mrs. Smith 2005, Action Brad Pitt, Angelina Jolie. (cc)				(:15) * Gone in 60 Seconds			
						M Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	*** The Karate Kid 1984, Drama Ralph Macchio, Noriyuki "Pat" Morita, Elisabeth Shue. (cc)				** Young Guns 1988		** Tombstone 1993 (cc)	
						T ** Young Guns 1988, Western Emilio Estevez, Kiefer Sutherland. (cc)				** Young Guns II 1990 Emilio Estevez, Billy the Kid and gang gallop to Mexico. (cc)							
						W ** Unbroken 2014 Jack O'Connell. The story of Olympian and World War II hero Louie Zamperini. (cc)				** Mr. & Mrs. Smith 2005, Action Brad Pitt, Angelina Jolie, Vince Vaughn. (cc)							
*ANPL	68	48	48	282	184	Tanked		Pit Bulls and Parolees		Varied Programs		Lone Star Law		Varied Programs			
BRAVO	137	58	58	237	129	Th Harry Potter	*** Harry Potter and the Chamber of Secrets 2002, Children's Daniel Radcliffe, Rupert Grint, Emma Watson. (cc) (DVS)			(:16) *** Harry Potter and the Order of the Phoenix 2007 Daniel Radcliffe. (cc) (DVS)		(:15) *** Harry Potter and the Half-Blood Prince 2009 Daniel Radcliffe, Rupert Grint. (cc) (DVS)		*** Harry Potter and the Prisoner of Azkaban 2004 Premiere.			
						F Harry Potter											
						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	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 Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean
						W Below Deck	Below Deck	Below Deck	Below Deck	Below Deck	Below Deck	Below Deck	Below Deck	Below Deck	Below Deck	Below Deck	Below Deck
CMT	190	80	80	327	166	Roseanne	Roseanne	King of Queens	King of Queens	King of Queens	King of Queens	King of Queens	King of Queens	Last-Standing	Last-Standing	Last-Standing	Last-Standing
CNBC	54	70	70	355	208	Closing Bell				Fast Money	Varied Programs	Mad Money		The News With Shepard Smith		Shark Tank	
CNN	55	67	67	202	200	CNN Newsroom With Alisyn		The Lead With Jake Tapper		The Lead With Jake Tapper		Situation Room With Wolf		Erin Burnett OutFront		Anderson Cooper 360	
COM	135	73	73	249	107	Th Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	The Office	The Office	The Office	The Office
						F (11:30) South Park	The Office	The Office	The Office	The Office	The Office	The Office	The Office	(:35) The Office	(:10) The Office	(:45) The Office	The Office
						M South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park
						T Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	The Office	The Office		
						W South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park
COTV	11					CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News	CO Daily News
CSPAN	61	15	15	350	210	Public Affairs	Public Affairs Events										
*DIS	87	23	23	291	173	Bluey	Big City Greens	Big City Greens	Big City Greens	Varied Programs		Jessie	Jessie	Big City Greens	Big City Greens	Jessie	Jessie
*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	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	Keeping Up With the Kardashians	Keeping Up With the Kardashians
						F Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows
						M Reunion								Modern Family	Modern Family	Modern Family	Modern Family
						T Botched	Botched	Botched	Botched	Botched	Botched	Botched	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	Keeping Up With the Kardashians	Keeping Up With the Kardashians	Keeping Up With the Kardashians	Chrissy Knows	Chrissy Knows	Chrissy Knows	Chrissy Knows
ESPN	21	28	28	206	140	(:30) NBA: The Jump	NFL Live	Varied Programs	Around the Horn	Interruption	SportsCenter	Daily Wager		Varied Programs			
						Th NBA: The Jump	NFL Live		NBA: The Jump		Daily Wager			NFL Live		UFC Unleashed	
						F (11:00) College Baseball NCAA Regional/Super Regional: Teams TBA	College Baseball NCAA Regional/Super Regional: Teams TBA		Max on Boxing	UFC Live				NBA Basketball First Round: Teams TBA			
						M College Baseball	College Baseball NCAA Regional/Super Regional: Teams TBA (N) (Live)							College Baseball NCAA Regional/Super Regional: Teams TBA (N)			
						T Jalen & Jacoby	Questionable	NBA: The Jump	NFL Live		Daily Wager			NFL Live		Spikeball's Co-Ed Summer Series	
						W Questionable	Jalen & Jacoby		Questionable	Daily Wager		UEFA Euro 2020		Soccer International Friendly -- United States vs Costa Rica (N) (Live)			
						Th (11:00) College Football	College Football				College Football			College Football		College Football	
						F NBA				NBA				College Football		College Football	
						M (11:00) NBA	NBA							MLB Baseball		MLB Baseball	
						T (11:00) MLB Baseball	MLB Baseball							MLB Baseball		MLB Baseball	
						W								College Football		College Football	
FNC	57	65	65	360	205	The Story With Martha MacCallum	Your World With Neil Cavuto		The Five			Special Report With Bret Baier		FOX News Primetime		Tucker Carlson Tonight	
*FOOD	177	56	56	231	110	Th Chopped	Worst Cooks in America		Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay
						F Food Paradise	Diners, Drive-Ins and Dives		Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive
						M The Kitchen	The Kitchen		Chopped		All-Star Best Thing I Ever Ate		All-Star Best Thing I Ever Ate		All-Star Best Thing I Ever Ate		Food Paradise
						T Food Paradise	Chopped		Chopped		Chopped		Chopped		Chopped		Chopped
						W Pioneer Wo.	Pioneer Wo.	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games
FREE	67	62	62	311	180	The Middle	The Middle	Varied Programs								Movie	Varied Programs
FX	131	46	46	248	136	Th (11:00) * Miss Bala 2019 (cc)	** Red Sparrow 2018, Suspense Jennifer Lawrence, Joel Edgerton, Charlotte Rampling. (cc)							** Glass 2019, Suspense Bruce Willis, James McAvoy. (cc)			
						F (10:00) ** Red Sparrow (cc)	** Glass 2019, Suspense Bruce Willis. David Dunn collides with the evil Beast and Elijah Price. (cc)							*** Green Book 2018 Viggo Mortensen. (cc)			
						M Mountain Bet	* Breaking In 2018 Gabrielle Union, Billy Burke. (cc)		** Now You See Me 2 2016 Jesse Eisenberg. Four magicians must steal a powerful computer chip. (cc)								Thor-Dark Wrd
						T (10:30) ** Now You See Me 2 2016 (cc)	** Happy Death Day 2017, Horror Jessica Rothe. (cc)		** Happy Death Day 2U 2019, Horror Jessica Rothe. (cc)								** Venom (cc)
						W (11:00) ** Happy Death Day	** Happy Death Day 2U 2019, Horror Jessica Rothe. (cc)		** The Mummy 2017, Action Tom Cruise, Russell Crowe, Annabelle Wallis. (cc)								** Us
HGTV	176	55	55	229	112	Th Good Bones	Good Bones	Christina/Coast	Christina/Coast	Christina/Coast	Christina/Coast	Christina/Coast	Christina/Coast	Christina on the Coast		Christina on the Coast	
						F 100 Day Dream Home	100 Day Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home
						M No Demo Reno	Good Bones		Good Bones		Good Bones		Good Bones		Good Bones		Good Bones
						T Home Town	Home Town		Home Town		Home Town		Home Town		Home Town		Home Town
						W Bargain Mansions	Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home
*HIST	155	76	76	269	120	Th Mountain Men	Mountain Men		Mountain Men		Mountain Men		Mountain Men		Mountain Men		Mountain Men
						F Ancient Aliens	Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens
						M American Pickers	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers		American Pickers
						T America's Book of Secrets: Special	America's Book of Secrets		America's Book of Secrets		America's Book of Secrets		America's Book of Secrets		America's Book of Secrets		The Secret of Skinwalker Ranch
						W Modern Marvels	Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Modern Marvels		Forged in Fire
LIFE	138	59	59	252	108	Major Crimes	Major Crimes		Major Crimes		Major Crimes		Major Crimes		Major Crimes		Rizzoli & Isles
MSNBC	59	69	69	356	209	Ayman Mohyeldin Reports	Deadline: White House		The Beat With Ari Melber		The ReidOut		The ReidOut		The ReidOut		All In With Chris Hayes
MTV	192	81	81	331	160	Th Jersey Shore: Family Vacation	Jersey Shore: Family Vacation		Jersey Shore: Family Vacation		Jersey Shore: Family Vacation		Jersey Shore: Family Vacation		Jersey Shore:		