

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-DirectTV; 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	51	(5:00) CO Daily News		Good Morning America				Rachael Ray		The View			The Doctors				
KFXO	10	8	8	39	39	Paid Program Business First		NewsChannel 21 at Sunrise				The Dr. Oz Show		Dr. Phil			The People's Court				
KPDZ		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	31	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				
KTVZD2	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		First Civilizations				
						F			Sit and Be Fit	Best of Sewing	Quilt in a Day	Joy/Painting	Joy/Painting	This Old House	Kitchen Queens:	Ore. Field Guide	Oregon Exper				
						M					Love of Quilting			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	America Revealed					
*A&E	130	44	44	265	118	Th Shark IQ Robot	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars		Cold Case Files		Cold Case Files				
						F	Paid Program											Biography: Bret Hitman Hart			
						M												Intervention	Intervention		
						T												Storage Wars	Storage Wars	Storage Wars	Storage Wars
						W													Hunting JonBenét's Killer: The Untold Story		
*AMC	102	50	50	254	113	Th The PiYo Craze!	New YOU!	Oxygen Therapy	RELIEF NOW!	SunPower	Paid Program	** Unbroken 2014 Jack O'Connell, Domhnall Gleeson. Joined in Progress. (45) Seabiscuit									
						F	HairClub	Slim Cycle	Paid Program	Neck Pain	Paid Program	Medicare Plans	*** Joe Kidd 1972 *** High Plains Drifter 1973 Clint Eastwood, Verna Bloom.								
						M	Peter Popoff	New YOU!		Tummy Tuck		RELIEF NOW!	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men			
						T	Paid Program	Paid Program		Paid Program		Paid Program	*** Captain Phillips 2013 Tom Hanks. Somali pirates storm a U.S. containership and take hostages.								
						W		New YOU!					Escape From New York 1981 (:15) ** 2012 2009, Action John Cusack, Chiwetel Ejiofor.								
*ANPL	68	48	48	282	184	Th Too Cute!	Too Cute!	My Cat From Hell		The Crocodile Hunter		The Secret Life of the Zoo		The Zoo		Treehouse Masters					
						F	Family Karma	(6:58) Family Karma		(7:56) Below Deck		(8:57) Below Deck		(9:58) Below Deck		(10:59) Below Deck					
						M	Below Deck	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck					
						T	Below Deck Sailing Yacht	Below Deck Sailing Yacht		Below Deck Sailing Yacht		Below Deck Sailing Yacht		Below Deck Sailing Yacht		Below Deck Sailing Yacht					
						W	Below Deck	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck					
BRAVO	137	58	58	237	129	Th Below Deck	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck				
						F	Below Deck Sailing Yacht	Below Deck Sailing Yacht		Below Deck Sailing Yacht		Below Deck Sailing Yacht		Below Deck Sailing Yacht		Below Deck Sailing Yacht					
						M	Below Deck	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck					
						T	Below Deck	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck					
						W	Below Deck	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck					
CMT	190	80	80	327	166	Th CMT Music		CMT Music		CMT Music		Roseanne	Roseanne	Roseanne	Roseanne	Golden Girls	Golden Girls				
						F	Squawk on the Street		TechCheck		Fast Money Halftime Report		The Exchange		Power Lunch						
						M	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 Ailsyn				
						T															
						W															
COM	135	73	73	249	107	Th BISSELL	The PiYo Craze!	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	(:35) Futurama	(:10) Futurama	(:45) Futurama	(:15) The Cleveland Show					
						F	Dormeo	Figure 8 Fitness	Futurama	(:24) Futurama	(7:48) Futurama		South Park	South Park	South Park	South Park	South Park				
						M	Paid Program	Easy Indoor	Futurama	Futurama	Futurama										
						T		Paid Program	Parks/Recreat	Parks/Recreat											
						W	Luminess		Futurama	Futurama							Cleveland Show	Cleveland Show			



\$60,000* LOVIN' SUMMER Celebration!

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*Total amount of cash & prizes in June.



COTV	11					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	(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	Bluey	Bluey	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Bluey	
*DISC	156	43	43	278	182	Varied Programs												
*E!	136			236	114	Th Kardashian	Kardashian	Kardashian	Kardashian	Keeping Up With the Kardashians		Keeping Up With the Kardashians		Keeping Up With the Kardashians		Daily Pop		
						F	Keeping Up With the Kardashians	Keeping Up With the Kardashians										
						M												
						T	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	Th (5:00) Get Up		First Take		Varied Programs	UEFA Euro 2020	Varied Programs			UEFA Euro 2020			
						F	SportsCenter		Get Up		Varied Programs		SportsCenter		Jalen & Jacoby	Questionable		
						M	(5:00) College Football		College Football		College Football		College Football		College Football			
						T	America's Newsroom With Bill Hemmer & Dana Perino		The Faulkner Focus		Outnumbered		America Reports With John Roberts & Sandra Smith					
						W	Paid Program	Paid Program	Paid Program	Paid Program	Varied Programs							
FREE	67	62	62	311	180	Th Varied Programs		Melissa & Joey	Melissa & Joey	Melissa & Joey	Melissa & Joey	The 700 Club		700/Interactive	The Middle	The Middle	The Middle	
						F	Dormeo	MAXX Oven	** Mortal Engines 2018 Hera Hilmar. A mysterious woman must destroy a giant city on wheels. (45)					Mike & Molly	Mike & Molly	Mike & Molly	Assassin Creed	
						M	SunPower	Paid Program	** Assassin's Creed 2016, Action Michael Fassbender, Marion Cotillard. (45)					*** The Revenant 2015, Adventure Leonardo DiCaprio, Tom Hardy. (45)				
						T	Paid Program		*** Sausage Party 2016, Comedy Voices of Seth Rogen. (45)					Mike & Molly	Mike & Molly	Mike & Molly	Miss Peregrine's Home for Peculiar Children 2016	
						W			** Miss Peregrine's Home for Peculiar Children 2016, Fantasy Eva Green, Asa Butterfield. (45)					Mike & Molly	Mike & Molly	** The House With a Clock in Its Walls 2018 Jack Black. (45)		
HGTV	176	55	55	229	112	Th Mediterranean	Mediterranean	Mediterranean	Mediterranean	Mediterranean	Mediterranean	Vacation House Rules		Vacation House Rules		Vacation House Rules		
						F	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	Christina on the Coast	
						M	Love It or List It	Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It		
						T	Unsellable	Unsellable	Unsellable	Unsellable	Unsellable Houses		Unsellable Houses		Unsellable Houses		Renovation Island	
						W	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Beach Bargain	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home
*HIST	155	76	76	269	120	Th NeuroQ	David Jeremiah	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars		
						F	1908 Gold		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	
						M	Paid Program	Paid Program	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						T			Nostradamus Effect		Nostradamus Effect		Nostradamus Effect		Nostradamus Effect		Nostradamus Effect	
						W			The Food That Built America		The Food That Built America		The Food That Built America		The Food That Built America		The Food That Built America	
LIFE	138	59	59	252	108	Th Paid Program	James Robison	Joyce Meyer	Varied Programs	Grey's Anatomy		Grey's Anatomy		The Closer	Varied Programs	The Closer		
						F	Stephanie Ruhle Reports		Hallie Jackson Reports		Craig Melvin Reports		Andrea Mitchell Reports		MTP Daily		Katy Tur Reports	
						M	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
						T	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness						
						W	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show	
MTV	192	81	81	331	160	Th Teen Mom 2		Teen Mom 2		Teen Mom 2		Teen Mom 2		Teen Mom 2		** Little Nicky 2000 (45)		
						F	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness							
						M												
						T	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		** Failure to Launch 2006 (45)	
						W	Teen Mom 2		Teen Mom 2		Teen Mom 2		Teen Mom 2		Teen Mom 2		*** Easy A 2010 Emma Stone.	
NICK	82	35	25	300	171	Th Young Sheldon	SpongeBob	Blue's Clues	Peppa Pig	Peppa Pig	Blaze, Monster	Blaze, Monster	Blaze, Monster	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	
						OWN	161	213		279	189	Tamron Hall	Dr. Phil	Dr. Phil	Dr. Phil	Dr. Phil		