

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		Varied Programs						
KBNZ	6	6	6	7	7	CO Daily News	Bold/Beautiful	The Talk		Ac. Hollywood Jeopardy!		The Drew Barrymore Show		DailyMailTV		DailyMailTV				
KOHD	9	9	9	31	31	GMA3: What You Need to Know	General Hospital	General Hospital		Hot Bench		Judge Judy		Judge Judy		CO Daily News				
KFXO	10			39	39	RightThisMinute	Paid Program	Family Feud		25 Words/Less		Family Feud		Funny You Ask		The Kelly Clarkson Show				
KPDJ		13	13			Judge Jerry	Protection Court	Divorce Court		Divorce Court		Judge Mathis		Hot Bench		Hot Bench				
KOAB	7	3	3	3	31	Varied Programs		Let's Go Luna!		Nature Cat		Hero Elementary		Odd Squad		Arthur				
KGW		8				KGW News	Paid Program	Days of our Lives		Daily Blast Live		Varied Programs		The Ellen DeGeneres Show		KGW News at 4				
KTVZD2	12	7	7	22	22	Paid Program	Paid Program	Varied Programs		Judge Jerry		Judge Jerry		Jerry Springer		The Goldbergs				
OPBPL	175					Th In the America	Chavis Chron.	DW News		The Day		BBC News		World News		NHK Newsline				
						F School Great	Asian American			BBC World		WealthTrack		History With		Focus-Europe				
						M Seat-Table	Growing Bolder			BBC News		Laura Flanders								
						T Between Cover	GZERO World													
						W Canada Files	Latinas													
*A&E	130	44	44	265	118	Th Killer Cases	Court Cam Presents Under Oath		Cellmate Secrets		Cellmate Secrets		The First 48		The First 48					
						F The First 48 Presents Critical	The First 48		The First 48		The First 48		The First 48		The First 48					
						M Intervention	Intervention		Intervention		Intervention		Hoarders		Hoarders					
						T Family Jewels	Family Jewels	Family Jewels	Family Jewels	Family Jewels	Family Jewels	Family Jewels	Family Jewels	Ozzy and Jack's World Detour	Ozzy and Jack's World Detour	Ozzy and Jack's World Detour	Ozzy and Jack's World Detour	Ozzy and Jack's World Detour		
						W The Menendez Murders	The Menendez Murders		The Menendez Murders		The Menendez Murders		Court Cam Presents Under Oath		Court Cam P		Court Cam P			
*AMC	102	50	50	254	113	Th (9:15) Seabiscuit	** Snitch 2013, Crime Drama Dwayne Johnson, Barry Pepper, Jon Bernthal. (cc)		** Unbroken 2014 Jack O'Connell. The story of Olympian and World War II hero Louie Zamperini.		*** Saving Private Ryan 1998 Tom Hanks, Edward Burns. (cc)		**** The Great Outdoors 1988 Dan Aykroyd, John Candy. (cc)		(:45) Tommy Boy		Lethal Wpn 2			
						F (10:00) *** Friends With Benefits 2011 (cc)	*** The Breakfast Club 1985 Emilio Estevez. (cc)		(:45) *** The Great Outdoors 1988 Dan Aykroyd, John Candy. (cc)		Lethal Wpn 2		Lethal Wpn 2		Lethal Wpn 2		Lethal Wpn 2			
						T Blazing Saddles	(:45) ** Tommy Boy 1995 Chris Farley. An heir tries to save his father's business. (cc)		*** Lethal Weapon 1987, Action Mel Gibson, Danny Glover, Gary Busey. (cc)		*** Lethal Weapon 3 1992, Action Mel Gibson, Danny Glover, Joe Pesci. (cc)		*** Lethal Weapon 4 1998 (cc)		*** Lethal Weapon 4 1998 (cc)		*** Lethal Weapon 4 1998 (cc)		*** Lethal Weapon 4 1998 (cc)	
*ANPL	68	48	48	282	184	Tanked	Pit Bulls and Parolees		Pit Bulls and Parolees		Lone Star Law		Varied Programs		Varied Programs		Varied Programs			
BRAVO	137	58	58	237	129	Th Below Deck	Below Deck		(1:59) Below Deck		(2:59) Below Deck		(3:59) Below Deck		(4:59) Below Deck					
						F (:02) Below Deck	(:03) Below Deck		(:04) Below Deck Sailing Yacht		(:05) * Blue Streak 1999 Martin Lawrence. Premiere. (cc)		(:07) *** Friday 1995 Ice Cube.							
						M Below Deck Mediterranean	Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean			
						T Below Deck	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck			
						W Below Deck Mediterranean	Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean			
CMT	190	80	80	327	166	Roseanne	Roseanne		King of Queens		King of Queens		King of Queens		King of Queens		Last-Standing			
CNBC	54	70	70	355	208	Closing Bell	Fast Money		Varied Programs		Mad Money		The News With Shepard Smith		Shark Tank		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		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	The Office		
						F South Park	South Park	The Office	The Office	The Office	The Office	The Office	The Office	(:35) The Office	(:10) The Office	(:45) The Office	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	South Park		
						T Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	The Office	The Office	The Office	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	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			
CSPAN	61	15	15	350	210	Public Affairs	Varied Programs		Varied Programs		Varied Programs		Varied Programs		Varied Programs		Varied Programs			
*DIS	87	23	23	291	173	Bluey	Big City Greens		Big City Greens		Big City Greens		Big City Greens		Big City Greens		Big City Greens			
*DISC	156	43	43	278	182	Varied Programs		Varied Programs		Varied Programs		Varied Programs		Varied Programs		Varied Programs		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			
						F Reunion	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family		
						T 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		Chrisley Knows		Chrisley Knows			
ESPN	21	28	28	206	140	(11:30) 2020 UEFA European Championship	SportsCenter		Varied Programs		SportsCenter		Daily Wager		NFL Live		UEFA Euro			
						Th NBA: The Jump	NFL Live		Around the Horn		Questionable		NFL Live		Max on Boxing		UFC Live			
						F (11:30) 2020 UEFA European Championship Finland vs Belgium (N)	NFL Live		NFL Live		NFL Live		NFL Live		2021 College World Series Game 8: Teams TBA (N) (Live)		UFC Archival			
						T (11:30) 2020 UEFA European Championship Croatia vs Scotland (N)	NFL Live		NFL Live		NFL Live		NFL Live		NFL Live		UFC Archival			
						W (11:30) 2020 UEFA European Championship Germany vs Hungary (N)	NFL Live		NFL Live		NFL Live		NFL Live		NFL Live		UFC Archival			
ESPNC	23	30	30	614		Th (11:00) College Football	College Football		College Football		College Football		College Football		College Football		College Football			
						F (11:00) NBA Basketball	NBA Basketball		NBA Basketball		NBA Basketball		NBA Basketball		NBA Basketball		NBA Basketball			
						M (11:00) College Football	College Football		College Football		College Football		College Football		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		Tucker Carlson Tonight			
*FOOD	177	56	56	231	110	Th Chopped	BBQ Brawl		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			
						M The Kitchen	The Kitchen		Chopped		Chopped		Chopped		Chopped		Chopped			
						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	Guy's Grocery Games		
FREE	67	62	62	311	180	The Middle	The Middle	The Middle	The Middle	Varied Programs	Movie	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs	Varied Programs		
FX	131	46	46	248	136	Th American Made	** Warcraft 2016, Fantasy Travis Fimmel, Paula Patton, Ben Foster. (cc)		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood. (cc)		*** Instant Family 2018, Comedy-Drama Mark Wahlberg, Rose Byrne. (cc)		Purge: Election		Purge: Election		Purge: Election			
						F (10:30) The Purge: Election Year	** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood. (cc)		*** Instant Family 2018, Comedy-Drama Mark Wahlberg, Rose Byrne. (cc)		Purge: Election		Purge: Election		Purge: Election		Purge: Election			
						M (10:00) ** Transformers: Dark of the Moon 2011	** Transformers: Age of Extinction 2014 Mark Wahlberg. (cc)		Optimus Prime and the Autobots face fearsome challengers. (cc)		** The Greatest Showman		** xXx: Return of Xander Cage		** xXx: Return of Xander Cage		** xXx: Return of Xander Cage			
						T (11:00) The Greatest Showman (cc)	** The Predator 2018 Boyd Holbrook, Trevante Rhodes. (cc)		** Skyscraper 2018 Dwayne Johnson, Neve Campbell. (cc)		** xXx: Return of Xander Cage 2017, Action Vin Diesel. (cc)		** Furious 7 2015 Vin Diesel.		** Furious 7 2015 Vin Diesel.		** Furious 7 2015 Vin Diesel.			
						W (10:30) *** Atomic Blonde (cc)	** Skyscraper 2018 Dwayne Johnson, Neve Campbell. (cc)		** xXx: Return of Xander Cage 2017, Action Vin Diesel. (cc)		** Furious 7 2015 Vin Diesel.		** Furious 7 2015 Vin Diesel.		** Furious 7 2015 Vin Diesel.		** Furious 7 2015 Vin Diesel.			
HGTV	176	55	55	229	112	Th Celebrity IOU	Celebrity IOU		Good Bones		Good Bones		Good Bones		Good Bones		Good Bones			
						F Rehab Addict Rescue	Home Town		Home Town		Home Town		Home Town		Home Town		Home Town			
						M Home Town	Home Town		Home Town		Home Town		Home Town		Home Town		Home Town			
						T Unsellable Houses	Unsellable Houses		Unsellable Houses		Unsellable Houses		Unsellable Houses		Unsellable Houses		Unsellable Houses			
						W Good Bones	Good Bones		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			
*HIST	155	76	76	269	120	Th Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars		
						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 Haunted History	Haunted History		Haunted History		Haunted History		Haunted History		Haunted History		Haunted History			
						W Counting Cars	Counting Cars	Counting Cars	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	Major Crimes	Major Crimes		Major Crimes		Major Crimes		Major Crimes		Major Crimes		Major Crimes			
MSNBC	59	69	69	356	209	Ayman Mohyeldin Reports	Deadline: White House		Ridiculousness		Ridiculousness		Ridiculousness		Ridiculousness		Ridiculousness			
MTV	192	81	81	331	160	Th Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness		
						F (11:00) * The Waterboy 1998	MTV Special		MTV Special		MTV Special		MTV Special		MTV Special		MTV Special			
						M MTV Special	MTV Special		MTV Special		MTV Special		MTV Special		MTV Special		MTV Special			
						T (11:00) * The Waterboy 1998	MTV Special		MTV Special		MTV Special		MTV Special		MTV Special		MTV Special			
						W MTV Special	MTV Special		MTV Special		MTV Special		MTV Special		MTV Special		MTV Special			
NICK	82	35	25	300	171	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	The Loud House	The Loud House	The Loud House	The Loud House			
OWN	161	213		279	189	Dr. Phil	Dr. Phil		Dr. Phil		Dr. Phil		Varied Programs		Varied Programs		Varied Programs			