## 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-DirecTV; 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 | | Ellen Show | Varied Programs | 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 | 51 | 9 | | 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 | | | 39 | 39 | | RightThisMinute | Paid Program | Family Feud | 25 Words/Less | Family Feud | Funny You Ask | The Kelly Clarkson Show | | News | RightThisMinute | Modern Family | Last-Standing |
| KPDX | | 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 | 11 | | 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 |
| KTVZDT2 | 12 | 7 | 7 | 22 | 12 | | Varied Programs | 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 Newsline | PBS NewsHour | | Finding Your | Kevin Belton |
| | | | | | | F | School Great | Asian American | | | BBC World | | WealthTrack | | | | Test Kitchen | How She Rolls |
| | | | | | | M | Seat-Table | Growing Bolder | | | BBC News | | History With | | | | Native Report | Scandinavian |
| | | | | | | T | Between Cover | GZERO World | | | | | Focus-Europe | | | | Journeys Japan | Simply Ming |
| | | | | | | W | Canada Files | LATiNAS | | | | | Laura Flanders | | | | Conscious | Neven Spanish |
| *A&E | 130 | 44 | 44 | 265 | 118 | Th | Killer Cases | | Killer Cases | | Court Cam P | Court Cam P | The First 48 | | The First 48 | | The First 48 | |
| | | | | | | F | The First 48 | | The First 48 | | The First 48 | | | | | | | |
| | | | | | | M | Parking Wars | Parking Wars | Family Jewels | Family Jewels | Family Jewels | Family Jewels | Family Jewels | Family Jewels | Family Jewels | Family Jewels | Family Jewels | Family Jewels |
| | | | | | | T | Storage Wars | Storage Wars | Storage Wars | Storage Wars | Storage Wars | Storage Wars | Storage Wars | Storage Wars | Storage Wars | America's Top Dog | | Americas-Dog |
| | | | | | | W | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam |
| *AMC | 102 | 50 | 50 | 254 | 113 | Th | (11:15) ★★ **2012** 2009 John Cusack. A global cataclysm nearly wipes out humanity. | | | | | (:45) ★★★ **Salt** 2010, Action Angelina Jolie, Liev Schreiber, Chiwetel Ejiofor. | | | | | (:15) ★ **Gone in 60 Seconds** | |
| | | | | | | F | (9:30) **XXX** 2002 | ★★ **The Fast and the Furious: Tokyo Drift** 2006, Action Lucas Black. | | | | | ★★ **Fast & Furious** 2009, Action Vin Diesel, Paul Walker, Michelle Rodriguez. | | | | | **Demolition Man** |
| | | | | | | M | Two/Half Men | Two/Half Men | Two/Half Men | Two/Half Men | ★★ **XXX** 2002, Action Vin Diesel, Asia Argento. A spy tries to stop an anarchist with weapons. | | | | | | ★★ **Taken 2** 2012 Liam Neeson. | |
| | | | | | | T | ★★ **Taken 2** 2012, Action Liam Neeson, Maggie Grace. | | | | ★★ **Man on Fire** 2004 Denzel Washington. A bodyguard takes revenge on a girl's kidnappers. | | | | | | ★★★ **Enemy of the State** 1998 | |
| | | | | | | W | Mr-Mrs Smith | ★★ **Knight and Day** 2010, Action Tom Cruise, Cameron Diaz, Peter Sarsgaard. | | | | | ★★ **I Am Number Four** 2011, Action Alex Pettyfer, Timothy Olyphant. | | | | | ★★ **Con Air** |
| *ANPL | 68 | 48 | 48 | 282 | 184 | | Tanked | | Pit Bulls and Parolees | | Pit Bulls and Parolees | | Lone Star Law | | Varied Programs | | | |
| BRAVO | 137 | 58 | 58 | 237 | 129 | Th | Below Deck Mediterranean | | Below Deck Mediterranean | | Below Deck Mediterranean | | (2:59) Below Deck Mediterranean | | Below Deck Mediterranean | | Below Deck Mediterranean | |
| | | | | | | F | (11:05) ★ **Bride Wars** 2009 | | (:07) ★★ **Bring It On** 2000 Kirsten Dunst, Eliza Dushku. | | | | (:10) ★★★ **Pretty Woman** 1990, Romance-Comedy Richard Gere, Julia Roberts, Ralph Bellamy. | | | | | |
| | | | | | | M | Below Deck Mediterranean | | Below Deck Mediterranean | | Below Deck Mediterranean | | Below Deck Mediterranean | | Below Deck Mediterranean | | Below Deck Mediterranean | |
| | | | | | | 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 | |
| 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 | 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 |
| | | | | | | M | | | South Park | South Park | South Park | South Park | South Park | South Park | South Park | South Park | The Office | The Office |
| | | | | | | 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 |
| 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 | | U.S. House | U.S. House of Representatives | | Varied Programs | | | | | | | | |
| *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 | Kevin Hart-Fit | Kevin Hart-Fit | Kevin Hart-Fit | ★★ **Madea's Witness Protection** 2012, Comedy Tyler Perry, Eugene Levy. | | | | | ★★★ **Hitch** 2005, Romance-Comedy Will Smith, Eva Mendes. | | | |
| | | | | | | F | ★★ **Next Friday** 2000, Comedy Ice Cube, Mike Epps. | | | | ★ **Friday After Next** 2002, Comedy Ice Cube, Mike Epps. | | | | ★★★ **Friday** 1995, Comedy Ice Cube, Chris Tucker, Nia Long. | | | |
| | | | | | | M | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family | Modern Family |
| | | | | | | 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 | We Got Love | 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 | | Varied Programs | | | | | | SportsCenter | | SportsCenter/Smith | | NBA Countdown | |
| ESPN2 | 22 | 29 | 29 | 209 | 143 | Th | NBA Draft Combine | | | | | | | | 2021 College World Series Game 10: Teams TBA (N) (Live) | | | |
| | | | | | | F | (11:00) 2021 College World Series Game 11: Teams TBA (N) (Live) | | | | Max on Boxing | UFC Live | Daily Wager | | UEFA EURO 2020 Review Show | | NFL Live | |
| | | | | | | M | (8:30) 2021 Wimbledon Championships First Round | | | NBA: The Jump | | Jalen & Jacoby | | | 2021 College World Series Finals, Game 1: Teams TBA (N) (Live) | | | |
| | | | | | | T | | | | | | | | | WNBA Basketball Connecticut Sun at Washington Mystics (N) (Live) | | | |
| | | | | | | W | NBA: The Jump | | NFL Live | | NFL Live | | | | 2021 College World Series Finals, Game 3: Teams TBA (If necessary). | | | |
| ESPNC | 23 | 30 | 30 | 614 | | Th | (11:00) College Football | | College Football | | | | College Football | | | | College Basketball | |
| | | | | | | F | | | | | | | | | | | College Football | |
| | | | | | | M | | | | | | | | | | | | |
| | | | | | | T | | | | | | | | | | | | |
| | | | | | | W | | | | | | | | | | | | |
| 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 | | Chopped | | BBQ Brawl | | 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-Ins and Dives | | Diners, Drive | Diners, Drive | Diners, Drive | Diners, Drive |
| | | | | | | M | The Kitchen | | The Kitchen | | Beat Bobby Flay | Beat Bobby Flay | Beat Bobby Flay | Beat Bobby Flay | Beat Bobby Flay | Beat Bobby Flay | Beat Bobby Flay | Beat Bobby Flay |
| | | | | | | T | | | 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 | |
| FREE | 67 | 62 | 62 | 311 | 180 | | (11:30) Movie | Varied Programs | | | | | | | | | | |
| FX | 131 | 46 | 46 | 248 | 136 | Th | (11:30) ★★ **A Dog's Way Home** 2019 | | | ★★ **Night School** 2018, Comedy Kevin Hart, Tiffany Haddish, Rob Riggle. | | | | | ★★ **Ride Along 2** 2016, Comedy Ice Cube, Kevin Hart. | | | |
| | | | | | | F | ★ **Big Daddy** 1999 Adam Sandler, Joey Lauren Adams. | | | | ★★★ **Spider-Man: Into the Spider-Verse** 2018 Voices of Shameik Moore. | | | | | ★★ **Jurassic World** 2015 Chris Pratt. | | |
| | | | | | | M | (9:30) **Spectre** | ★★ **xXx: Return of Xander Cage** 2017, Action Vin Diesel. | | | | ★★★ **Furious 7** 2015 Vin Diesel. A dead man's brother seeks revenge on the Toretto gang. | | | | | | **Baby Driver** |
| | | | | | | T | (11:30) ★★ **The 5th Wave** 2016 Chloë Grace Moretz. | | | | ★★★ **Baby Driver** 2017, Action Ansel Elgort, Kevin Spacey, Lily James. | | | | | ★★★ **Mission: Impossible -- Fallout** 2018 | | |
| | | | | | | W | ★★ **Sicario: Day of the Soldado** 2018 Benicio Del Toro, Josh Brolin. | | | | | ★★★ **Mission: Impossible -- Fallout** 2018, Action Tom Cruise, Henry Cavill, Ving Rhames. | | | | | | **Men in Black** |
| HGTV | 176 | 55 | 55 | 229 | 112 | Th | Property Brothers: Forever Home | | Fixer to Fabulous | | Fixer to Fabulous | | Fixer to Fabulous | | Fixer to Fabulous | | Fixer to Fabulous | |
| | | | | | | F | Vacation House Rules | | Dream Home | Dream Home | Dream Home | Dream Home | Dream Home | Dream Home | Dream Home | Dream Home | Dream Home | Dream Home |
| | | | | | | M | No Demo Reno | | Fixer to Fabulous | | Fixer to Fabulous | | Fixer to Fabulous | | Fixer to Fabulous | | Fixer to Fabulous | |
| | | | | | | T | Christina on the Coast | | Good Bones | | Good Bones | | Good Bones | | Good Bones | | Good Bones | |
| | | | | | | W | Unsellable Houses | | Unsellable Houses | | Unsellable Houses | | Unsellable Houses | | Unsellable Houses | | Unsellable Houses | |
| *HIST | 155 | 76 | 76 | 269 | 120 | Th | 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 | |
| | | | | | | M | American Pickers | | American Pickers | | American Pickers | | American Pickers | | American Pickers | | American Pickers | |
| | | | | | | T | The UnXplained | | The UnXplained | | The UnXplained | | The UnXplained | | The UnXplained | | The UnXplained | |
| | | | | | | W | Modern Marvels | | Modern Marvels | | Modern Marvels | | Forged in Fire | | Forged in Fire | | Forged in Fire | |
| LIFE | 138 | 59 | 59 | 252 | 108 | | The Closer | | The Closer | | 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 | | All In With Chris Hayes | |
| MTV | 192 | 81 | 81 | 331 | 160 | Th | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness | Ridiculousness |
| | | | | | | F | | | | | | | Ridiculousness | | | | | |
| | | | | | | M | (11:30) ★★★★ **Forrest Gump** 1994, Comedy-Drama Tom Hanks, Robin Wright, Gary Sinise. | | | | | | ★★★ **Easy A** 2010, Comedy Emma Stone, Penn Badgley. | | | | ★★★ **Knocked Up** 2007 | |
| | | | | | | T | (10:30) **Easy A** | ★★★ **Knocked Up** 2007 Seth Rogen. A one-night stand has an unforeseen consequence. | | | | | | ★★★ **Mean Girls** 2004, Comedy Lindsay Lohan, Rachel McAdams, Tina Fey. | | | | |
| | | | | | | W | (10:30) **The Spy Who Dumped Me** | | ★★ **50 First Dates** 2004 Adam Sandler, Drew Barrymore. | | | | MTV Special | | | | | Spy Dumped |
| 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 | | Varied Programs | | | | | |