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		2020 Tokyo Olympics			
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		Live with Kelly and Ryan		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		2020 Tokyo Olympics			
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	Tim Farmer	First Peoples	
						F	History Detectives-Investigations			Sit and Be Fit	Best of Sewing	Quilt in a Day	Pocket Sketch	Joy/Painting	This Old House	Kitchen Queens:	Ore. Field Guide	Oregon Exper
						M	History Detectives					Love of Quilting	Painting		Woodshop	Tim Farmer	Animal Babies: First Year	
						T	History Detectives-Investigations			Classical Strt	It's Sew Easy	Fit 2 Stitch	Paint This-Jerry	Paint This-Jerry	This Old House	Nick Stellino	NOVA	
						W				Sit and Be Fit	Knit-Crochet	Love of Quilting	Painting-Travel	Make It Artsy	Craft-Legacy	Baking/ Julia	Breakthrough: The Ideas	
*A&E	130	44	44	265	118	Th	Paid Program	Joyce Meyer	The Menendez Murders		The Menendez Murders		The Menendez Murders		The Menendez Murders		The Menendez Murders	
						F	Paid Program		Cold Case Files		Cold Case Files		Cold Case Files		Cold Case Files		Cold Case Files	
						M	Paid Program		Monster in My Family		Monster in My Family		Monster in My Family		Monster in My Family		Monster in My Family	
						T	New YOU!		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars
						W	Paid Program								Court Cam	Court Cam	Court Cam	Court Cam
*AMC	102	50	50	254	113	Th	Cancer? Get $$!	Overwhelmed?	The PiYo Craze!	Neck Pain	Car Repair	Paid Program	Three Stooges	(:45) ★★ **Night at the Museum** 2006, Children's Ben Stiller, Carla Gugino. CC				
						F	Stop Brain Fog	Paid Program	Paid Program	Paid Program		The PiYo Craze!	★★★ **Hell or High Water** 2016 Jeff Bridges. Joined in Progress.				★★★ **The Lost Boys** 1987 CC	
						M	Peter Popoff		Beat the Heat!		Medicare Plans	Paid Program	★★★ **The Truman Show** CC		★★ **Sixteen Candles** 1984, Comedy Molly Ringwald. CC			
						T	Paid Program		Paid Program		Paid Program		★★★ **The Fighter** 2010, Drama Mark Wahlberg, Christian Bale, Amy Adams. CC					Outbreak 1995
						W							★★ **Gridiron Gang** 2006 The Rock. A counselor turns juvenile criminals into football players. CC					
*ANPL	68	48	48	282	184		Too Cute!	Varied Programs	My Cat From Hell		The Crocodile Hunter		The Secret Life of the Zoo		The Zoo		Treehouse Masters	
BRAVO	137	58	58	237	129	Th	Million Dollar Listing Los Angeles			SurrealEstate		SurrealEstate		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar LA
						F	Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean	
						M					Shark Tank		Shark Tank		Shark Tank			
						T											Housewives/NYC	
						W											Real Housewives/Beverly	
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				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	The Perfect Dog	Parkinson's	Parks/Recreat	Parks/Recreat	Parks/Recreat	(:36) Futurama	Futurama	Futurama	Futurama	Futurama	Cleveland Show	Cleveland Show
						F	Paid Program	Parkinson's	Futurama	(:24) Futurama	(7:48) Futurama		South Park	South Park	South Park	South Park	South Park	South Park
						M		Paid Program		(:20) Futurama	Futurama	Futurama						South Park
						T												
						W												

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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	Varied Programs	Bluey	Varied Programs		Bluey	Varied Programs	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat
*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	Sex and the City	Sex and the City	Sex and the City	Sex and the City	Sex and the City	★★ **Couples Retreat** 2009, Comedy Vince Vaughn, Jason Bateman, Jon Favreau. CC						
						M	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			
						T	Revenge Body With Khloé		Revenge Body With Khloé		Revenge Body With Khloé		Revenge Body With Khloé		Revenge Body With Khloé			
						W	Married to Medicine		Married to Medicine		Married to Medicine		Married to Medicine		Married to Medicine			
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				First Take				SportsCenter	Varied Programs
ESPNC	23	30	30	614			(5:00) MLB Baseball		MLB Baseball				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	Paid Program	black-ish	black-ish	black-ish	black-ish	The 700 Club		700/Interactive	The Middle	The Middle	The Middle
FX	131	46	46	248	136	Th	Dormeo	Floor Police	★★★ **American Made** 2017, Comedy-Drama Tom Cruise, Domhnall Gleeson. CC					Mike & Molly	Mike & Molly	★★ **Downsizing** 2017 Matt Damon. CC		
						F	MAXX Oven	Paid Program	★★ **Downsizing** 2017 Matt Damon. A shrunken man joins a community of miniaturized people.							★★ **Mission: Impossible** 1996 Tom Cruise.		
						M	Paid Program		★★★ **Mission: Impossible III** 2006 Tom Cruise. Agent Ethan Hunt faces the toughest villain of his career.							Mike & Molly	Mike & Molly	★★ **Little** 2019
						T			★★ **Little** 2019 Regina Hall. A mogul transforms into a 13-year-old version of herself.					Mike & Molly	★★ **A Dog's Purpose** 2017 Voice of Josh Gad, Dennis Quaid. CC			
						W			★ **Killers** 2010, Action Ashton Kutcher, Katherine Heigl. CC				Mike & Molly	★★★ **Mission: Impossible -- Fallout** 2018, Action Tom Cruise, Henry Cavill. CC				
HGTV	176	55	55	229	112	Th	Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules		Vacation House Rules	
						F	Good Bones		Good Bones		Good Bones		Good Bones		Good Bones		Good Bones	
						M	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
						T	Bargain Block		Bargain Block		Bargain Block		Bargain Block		Bargain Block		Bargain Block	
						W	Unsellable Houses		Unsellable Houses		Unsellable Houses		Unsellable Houses		Unsellable Houses		Unsellable Houses	
*HIST	155	76	76	269	120	Th	Amazing Facts	Paid Program	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
						F		David Jeremiah	Unidentified: America's UFO		Unidentified: America's UFO		Unidentified: America's UFO		Unidentified: America's UFO		Unidentified: America's UFO	
						M		Paid Program	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						T			UFOs: The White House Files		UFOs: Secret Missions Exposed		UFOs: Secret Alien Technology		UFO's: Top Secret Alien Files			
						W			Snack-Sized	Snack-Sized	Snack-Sized	Snack-Sized	Snack-Sized	Snack-Sized	Snack-Sized	Snack-Sized	The Machines That Built America	
LIFE	138	59	59	252	108		Paid Program	James Robison	Joyce Meyer	Varied Programs	Grey's Anatomy		Grey's Anatomy		Grey's Anatomy		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	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	★★ **Hancock** 2008, Action Will Smith. CC		
						F										Ridiculousness	Ridiculousness	Ridiculousness
						M									MTV Special			
						T	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show	
						W	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	★★ **We're the Millers** 2013 Jennifer Aniston, Jason Sudeikis. CC			
NICK	82	35	25	300	171		Full House	SpongeBob	PAW Patrol	Peppa Pig	Blaze, Monster	Blaze, Monster	Varied Programs	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		Dr. Phil	