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		(10:00) 2020 Tokyo Olympics						Extra	Nightly News	NewsChannel	Olympic Zone	2020 Tokyo Olympics	
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	Modern Family	King of Queens	25 Words/Less	Family Feud	Funny You Ask	The Kelly Clarkson Show		News	RightThisMinute	Last-Standing	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					(10:00) 2020 Tokyo Olympics						KGW Special	Nightly News	KGW News at 4	Olympic Zone	2020 Tokyo Olympics	
KTVZDT2	12	7	7	22	12		Paid Program	Paid Program	Paid Program	Paid Program	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		Wild Nevada	Kevin Belton
						F	School Great	Asian American			BBC World		WealthTrack				Test Kitchen	Dining-Chef
						M	Seat-Table	Whole Truth			BBC News		History With				Cycling-Japan	Around-Farm
						T	On Story	GZERO World					Focus-Europe				Journeys Japan	Simply Ming
						W	Canada Files	Variety Studio					Laura Flanders				Conscious	Neven Spanish
*A&E	130	44	44	265	118	Th	The First 48		The First 48		The First 48		The First 48		The First 48		The First 48	
						F	Cold Case Files		The First 48 Presents Critical									
						M	The First 48		The First 48								Hoarders	
						T	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	★★★ **Unstoppable** 2010, Action Denzel Washington, Chris Pine.				★★ **Den of Thieves** 2018	
						W	Court Cam	Court Cam	Fasten-Seatbelt	Fasten-Seatbelt	Fasten-Seatbelt	Fasten-Seatbelt	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam
*AMC	102	50	50	254	113	Th	(:15) ★★ **50 First Dates** 2004, Romance-Comedy Adam Sandler, Drew Barrymore.					★★★ **Men of Honor** 2000 Robert De Niro. The U.S. Navy's first black diver battles a crippling setback.						Hell or High
						F	(11:00) ★★★ **The Lost Boys**		★★★ **Crocodile Dundee** 1986 Paul Hogan, Linda Kozlowski.				★★ **Crocodile Dundee II** 1988, Comedy Paul Hogan, Linda Kozlowski.					O Brother-Thou
						M	★ **Grown Ups** 2010, Comedy Adam Sandler, Kevin James.				★ **Grown Ups 2** 2013, Comedy Adam Sandler, Kevin James, Chris Rock.					★★★ **A Few Good Men** 1992 Tom Cruise.		
						T	(11:30) ★★ **Outbreak** 1995, Suspense Dustin Hoffman, Rene Russo.					★★★ **A Few Good Men** 1992 Tom Cruise. A Navy lawyer defends two Marines in a comrade's death.						Gran Torino
						W	★★ **The Hunted** 2003 Tommy Lee Jones, Benicio Del Toro.				★★★ **Fury** 2014, War Brad Pitt. A sergeant takes his men on a mission behind enemy lines.						★★★★ **Forrest Gump** 1994	
*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	Million Dollar LA	Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar LA
						F	Below Deck Mediterranean		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank	
						M			Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean	
						T	Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC		Housewives/NYC	
						W	Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly	
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		2020 Tokyo Olympics	
CNN	55	67	67	202	200		CNN Newsroom With Alisyn		The Lead With Jake Tapper		Situation Room With Wolf		Situation Room With Wolf		Erin Burnett OutFront		Anderson Cooper 360	
COM	135	73	73	249	107	Th	Cleveland Show	(:45) The 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		(: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	South Park	South Park	The Office	The Office
						T									The Office	The Office		
						W									South Park			(:45) 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	Public Affairs Events										
*DIS	87	23	23	291	173		Bluey	Bluey	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Jessie	Jessie	Big City Greens	Big City Greens	Jessie	Jessie
*DISC	156	43	43	278	182		Varied Programs											
*E!	136			236	114	Th	Sex and the City	Sex and the City	Sex and the City	Sex and the City	Sex and the City	Sex and the City	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family
						F	★★★ **American Pie** 1999 Jason Biggs, Shannon Elizabeth.				★★ **American Pie 2** 2001 Jason Biggs, Shannon Elizabeth.				★★ **American Wedding** 2003 Jason Biggs, Alyson Hannigan.			
						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		Chrisley Knows	Chrisley Knows
						T												
						W												
ESPN	21	28	28	206	140		NBA: The Jump		NFL Live	Varied Programs	Around the Horn	Interruption	SportsCenter		Varied Programs			
ESPN2	22	29	29	209	143	Th	Questionable	Jalen & Jacoby	Questionable	Football Live	NFL Live		Daily Wager		NFL Live		UFC 261: Usman vs. Masvidal 2	
						F	NBA: The Jump		Jalen & Jacoby		Around the Horn	UFC Live			Max on Boxing	UFC Live	Madden Draft Edition	
						M	Questionable	Jalen & Jacoby	Questionable		NFL Live				NFL Live		ESPN Original Documentaries	
						T											NBA Summer League Basketball	
						W											ESPN Original Documentaries	
ESPNC	23	30	30	614		Th	(11:00) NBA Basketball		NBA Basketball				NBA Basketball				College Football	
						F	(11:00) College Football		College Football				College Football					
						M	(11:00) NBA		NBA				MLB Baseball				MLB Baseball	
						T	(11:00) 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		Chopped		Chopped		BBQ Brawl		Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay
						F	Food Paradise		Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive-Ins and Dives	
						M	The Kitchen		The Kitchen		Delicious	Delicious	Delicious	Delicious	Diners, Drive-Ins and Dives			
						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		The Middle	The Middle	The Middle	Varied Programs				Movie	Varied Programs			
FX	131	46	46	248	136	Th	(10:30) ★★ **Downsizing** 2017 Matt Damon.			★★ **Mike and Dave Need Wedding Dates** 2016 Zac Efron.				★★★ **The Hangover** 2009 Bradley Cooper, Ed Helms.				Hangover II
						F	(10:30) **Mission: Impossible** 1996		★ **Killers** 2010, Action Ashton Kutcher, Katherine Heigl.				★★★ **Spy** 2015, Comedy Melissa McCarthy, Jason Statham, Rose Byrne.					Men in Black
						M	(11:30) ★★ **Little** 2019, Comedy Regina Hall, Issa Rae.				★★ **A Dog's Purpose** 2017 Voice of Josh Gad, Dennis Quaid.				★★ **The Boss Baby** 2017 Voices of Alec Baldwin.			
						T	★★ **The Boss Baby** 2017 Voices of Alec Baldwin.				★★★ **Mission: Impossible -- Fallout** 2018, Action Tom Cruise, Henry Cavill, Ving Rhames.						★★★ **World War Z** 2013	
						W	**Mission: Fallout**	★★★ **World War Z** 2013 Brad Pitt. A zombie pandemic threatens to destroy humanity.					★★ **Alita: Battle Angel** 2019 Rosa Salazar, Christoph Waltz.					Bumblebee 2018
HGTV	176	55	55	229	112	Th	Vacation House Rules		Christina on the Coast		Christina on the Coast		Christina on the Coast		Christina on the Coast		Christina on the Coast	
						F	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	
						M	Home Town		Home Town		Home Town		Home Town		Home Town		Home Town	
						T	Bargain Block		Good Bones		Good Bones		Good Bones		Good Bones		Good Bones	
						W	Unsellable Houses		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		Mountain Men	
						F	Unidentified: America's UFO		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	
						M	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						T	UFO Conspiracy: Hunt for the Truth				Unidentified: UFOs in the Headlines				History's Greatest Mysteries			
						W	The Machines That Built America		The Machines That Built America		The Machines That Built America		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	(10:30) **Hancock**	(:35) ★★ **The Karate Kid** 2010 Jaden Smith. A Chinese master schools an American boy in the martial arts.							★★ **Hancock** 2008, Action Will Smith, Charlize Theron.			
						F	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
						M	MTV Special	★★ **Step Brothers** 2008, Comedy Will Ferrell, John C. Reilly.					★★★ **Napoleon Dynamite** 2004 Jon Heder, Jon Gries.				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	We the Millers	MTV Special					★★ **The Spy Who Dumped Me** 2018, Action Mila Kunis, Kate McKinnon.					We the Millers
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					