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		Today With Hoda & Jenna		Live with Kelly and Ryan	
KBNZ	6	6	6	7	7		CO Daily News		CBS Mornings				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	33		Paid Program	Business First	NewsChannel 21 at Sunrise				The Dr. Oz Show		The Wendy Williams Show		The People's Court	
KPDX		13	13				Good Day Oregon at 6am		Good Day Oregon				Paid Program	Varied Programs	Nick Cannon		The Real	
KOAB	7	3	3	3	11		Classic-Stretch	Molly of Denali	Alma's Way	Curious George	Daniel Tiger	Donkey Hodie	Elinor Wonders	Clifford-Dog	Xavier Riddle	Sesame Street	Dinosaur Train	Varied Programs
KGW		8					KGW News at Sunrise at 6 AM		Today				Today 3rd Hour		Today With Hoda & Jenna		Daily Blast Live	Daily Blast Live
KTVZDT2	12	7	7	22	12		Highway Thru Hell		Divorce Court	Judge Jerry	Maury		The Steve Wilkos Show		Maury		Nick Cannon	
OPBPL	175					Th	History Detectives		NHK Newsline	Classic-Stretch	It's Sew Easy	Quilting Arts	Painting	Simply Painting	Woodsmith	Tim Farmer	Eyes on the Prize	
						F				Sit and Be Fit	Best of Sewing	Quilt in a Day	Paint This-Jerry	Joy/Painting	This Old House	Kitchen Queens:	Ore. Field Guide	Oregon Art Beat
						M						Love of Quilting	Painting		Woodshop	Wild Harvest	Earth's Natural Wonders -- Life	
						T				Classic-Stretch	It's Sew Easy	Fit 2 Stitch	Pocket Sketch	Pocket Sketch	This Old House	Flavor of Poland	Extra Life: A Short History	
						W				Sit and Be Fit	Knit-Crochet	Love of Quilting	Painting-Travel	Make It Artsy	Craft-Legacy	Baking/ Julia	Native America	
*A&E	130	44	44	265	118	Th	David Jeremiah	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Killer Kids		Killer Kids	
						F									The First 48		The First 48	
						M												
						T			Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars	Shipping Wars
						W			Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Killer Cases		Killer Cases	
*AMC	102	50	50	254	113	Th	Huckabee	Indoor Grill!	Paid Program	Paid Program	Car Repair	Paid Program	Children of the Corn III		(:15) ★★ **Annabelle** 2014, Horror Annabelle Wallis, Ward Horton. 🎟			
						F	Paid Program	Meet Blink		Neck Pain	NewsWatch	Huckabee	(:15) Eli Roth's History of Horror		(:15) ★★★ **The Omen** 1976, Horror Gregory Peck, Lee Remick. 🎟			
						M	Peter Popoff	Paid Program	Overwhelmed?	Paid Program	Paid Program	Paid Program	(:15) ★★★ **Stir of Echoes** 1999, Suspense Kevin Bacon, Kathryn Erbe. Premiere. 🎟					House on Hill
						T	Paid Program		Paid Program				★ **They** 2002, Horror Laura Regan, Marc Blucas. 🎟				★★ **The Crazies** 2010 🎟	
						W	Peter Popoff						Eli Roth's History of Horror		★★ **Annabelle** 2014, Horror Annabelle Wallis, Ward Horton. 🎟			
*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	Winter House		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
						F	Below Deck											
						M												
						T	Southern Charm		Southern Charm		Southern Charm		Southern Charm		Southern Charm		Southern Charm	
						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		CMT Music		CMT Music		CMT Music		Roseanne	(:32) Roseanne	(:05) Roseanne	(:37) Roseanne	(:10) Roseanne	(:42) 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	Overwhelmed?	Paid Program	Futurama	(:24) Futurama	(7:48) Futurama	(:36) Futurama	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	(:15) The Cleveland Show	
						F	Paid Program						South Park	(:35) South Park	(:10) South Park	(:45) South Park	(:15) South Park	
						M		Overwhelmed?		(:20) Futurama	Futurama	Futurama		South Park	South Park	South Park	South Park	South Park
						T		Paid Program		Futurama								
						W				(:20) Futurama								

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		U.S. House of Representatives				Varied Programs					
*DIS	87	23	23	291	173		Sofia the First	Sofia the First	Bluey	Bluey	Varied Programs	Squad	Spidey and His	Bluey	Bluey	Puppy Dog Pals	Bluey	Bluey
*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	The E! True Hollywood Story		E! True Hollywood Story		The E! True Hollywood Story		Brad Pitt: E! True Hollywood Story		E! True Hollywood Story			
						M	E! True Hollywood Story				E! True Hollywood Story		Death of Innocence					
						T	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit	Kevin Hart-Fit		
						W	Kardashian	Keeping Up With the Kardashians	Keeping Up With the Kardashians		Keeping Up With the Kardashians		Clash of the		(:15) Clash of the Cover Bands			
ESPN	21	28	28	206	140		(5:00) Get Up		First Take				SportsCenter		SportsCenter		This Just In	
ESPN2	22	29	29	209	143		SportsCenter		Get Up				First Take	Varied Programs			SportsCenter	
ESPNC	23	30	30	614			(5:00) College Football		College Football				College Football				College Football	
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	BISSELL	Mom	★★ **The First Purge** 2018 Y'lan Noel, Lex Scott Davis. 🎧 🎟				★★ **Divergent** 2014, Science Fiction Shailene Woodley, Theo James. 🎧 🎟				
						F	Overwhelmed?	Barry White		Mom	★★ **Divergent** 2014 Shailene Woodley. A young woman discovers a plot to destroy those like her. 🎧 🎟						**The Divergent Series: Allegiant** 🎧	
						M	Paid Program	Paid Program			★★★ **Overlord** 2018, Horror Jovan Adepo, Wyatt Russell, Pilou Asbaek. 🎧 🎟					★★ **Alien: Covenant** 2017 Michael Fassbender.		
						T				★★ **Alien: Covenant** 2017 Michael Fassbender, Katherine Waterston. 🎧 🎟					★★ **The Mummy** 2017, Action Tom Cruise, Russell Crowe. 🎧 🎟		
						W			★★ **Brightburn** 2019, Horror Elizabeth Banks, David Denman. 🎧 🎟				★★ **Greta** 2018 Isabelle Huppert, Chloë Grace Moretz. 🎧 🎟				★★ **The Visit** 2015 🎧 🎟	
HGTV	176	55	55	229	112	Th	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home
						F	100 Day Dream Home		100 Day Dream Home		100 Day Dream Home		100 Day Dream Home		100 Day Dream Home		100 Day Dream Home	
						M	Unbelievable Builds		House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
						T	Good Bones		Good Bones		Good Bones		Good Bones		Good Bones		Good Bones	
						W	Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous	
*HIST	155	76	76	269	120	Th	Amazing Facts	David Jeremiah	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
						F			Cities of the Underworld		Cities of the Underworld		Cities of the Underworld		Cities of the Underworld		Cities of the Underworld	
						M			American Pickers		American Pickers		American Pickers		American Pickers		American Pickers	
						T			Cities of the Underworld		Cities of the Underworld		Cities of the Underworld		Cities of the Underworld		Cities of the Underworld	
						W			The Machines That Built America		Engineering That Built the World		Engineering That Built the World		Engineering That Built the World		When Big Things Go Wrong	
LIFE	138	59	59	252	108		Creflo Dollar	James Robison	Joyce Meyer	Balancing Act	Grey's Anatomy		Grey's Anatomy		Grey's Anatomy		The Closer	
MSNBC	59	69	69	356	209		Stephanie Ruhle Reports		José Díaz-Balart 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	Ridiculousness	Ridiculousness	Ridiculousness
						F										★★ **White Chicks** 2004 Shawn Wayans. 🎧 🎟		
						M							★★ **National Lampoon's Van Wilder** 2002 Ryan Reynolds. 🎧 🎟				Dodgeball: A True Underdog Story	
						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	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness
NICK	82	35	25	300	171		Young Sheldon	The Smurfs	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	Peppa Pig	Peppa Pig	Baby Shark's	Blaze, Monster	Blaze, Monster	Blaze, Monster
OWN	161	213		279	189		Dr. Phil		Dr. Phil		Tamron Hall		Dr. Phil		Dr. Phil		Dr. Phil	