

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	Paid Program	Business First	NewsChannel 21 at Sunrise					Varied Programs		The Wendy Williams Show		People's Court	Varied Programs			
KPDx		13	13			Good Day Oregon at 6am	Good Day Oregon					Paid Program	Paid Program	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			
KTVZD2	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	Craft in America		Woodsmith	Essential Pépin	Icon: Music Through the Lens					
						F			Sit and Be Fit	Best of Sewing	Quilt in a Day	Craft in America	Joy/Painting	This Old House	Kitchen Queens:	Oregon Exper	Oregon Art Beat				
						M			Classic-Stretch	It's Sew Easy	Fit 2 Stitch	Craft in America	Woodshop	Lidia's Kitchen	Nature						
						T						This Old House	Kevin Belton	NOVA							
W	Sit and Be Fit	Beads, Baubles	Love of Quilting	Craft-Legacy	Baking/ Julia	American Experience															
*A&E	130	44	44	265	118	Th	David Jeremiah	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	BTK: Confession of a Serial Killer		BTK: Confession of a Serial Killer				
						F								After the First 48		After the First 48					
						M								Parking Wars	Parking Wars	King of Queens	King of Queens				
						T															
W	Court Cam	Court Cam	Court Cam	Court Cam																	
*AMC	102	50	50	254	113	Th	Neck Pain	Home	Total Gym	Healthy Living	Car Repair	Humana Med.	Three Stooges	** The Maze Runner 2014, Science Fiction Dylan O'Brien, Kaya Scodelario. Ⓜ							
						F	GetBreeze	New YOU!	Paid Program	Meet Blink		Huckabee		*** Predator 1987, Action Arnold Schwarzenegger, Carl Weathers. Ⓜ							
						M	Peter Popoff	Paid Program	Paid Program	Paid Program	Paid Program	** Deep Impact 1998 Robert Duvall. Joined in Progress. Ⓜ	*** Batman 1989, Action Ⓜ								
						T	Paid Program														
W	Peter Popoff				*** Predator 1987 Arnold Schwarzenegger. Joined in Progress.	*** The Last Samurai 2003															
*ANPL	68	48	48	282	184	Too Cute!			My Cat From Hell		Crikey! It's the Irwins			The Secret Life of the Zoo		The Zoo		Treehouse Masters			
BRAVO	137	58	58	237	129	Th	Cash Cab	Project Runway	Million Dollar Listing Los Angeles			Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles		Million Dollar Listing Los Angeles					
						F	** The Family Stone 2005 Dermot Mulroney, Sarah Jessica Parker. Ⓜ											** Burlesque 2010 Cher. A small-town gal finds her niche at a neoburlesque club. Ⓜ		* Mother's Day 2016 Ⓜ	
						M	Summer House			Summer House			Summer House			Summer House			Summer House		
						T	Vanderpump Rules			Vanderpump Rules			Vanderpump Rules			Vanderpump Rules			Vanderpump Rules		
W	Housewives/OC			Housewives/OC			Housewives/OC			Housewives/OC			Housewives/OC								
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			Varied Programs			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	GetBreeze	The PiYo Craze!	Cleveland Show	Cleveland Show	Cleveland Show	Cleveland Show	South Park	(:35) South Park	(:10) South Park	(:45) South Park	(15) South Park				
						F	Forgetful	Paid Program	Parks/Recreat	Cleveland Show	Cleveland Show	Cleveland Show	The Office	The Office	South Park	South Park	South Park	South Park	South Park	South Park	
						M	Paid Program														
						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	Washington Journal		Public Affairs Events				Varied Programs							
*DIS	87	23	23	291	173	Sofia the First	Sofia the First	Bluey	Bluey	Bluey	Mickey Mouse	Spidey and His	Bluey	Bluey	Puppy Dog Pals	Bluey	Bluey		
*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	Figure Skating European Championships - Women's Short Program				Relatively Famous: Ranch Rules		Daily Pop		
						F	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	
						M													
						T	Botched		Botched		Botched		Botched		Botched		Botched	Daily Pop	
						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		Relatively Famous: Ranch Rules		Relatively Famous: Ranch Rules
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				2022 Australian Open Tennis			
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	700 Club Special Programming		Varied Programs		Movie	Varied Programs		
FX	131	46	46	248	136	Th	Legal Help	H2O Steam	Mom	Mom	Mom	** A Dog's Journey 2019, Children's Voice of Josh Gad, Kathryn Prescott. Ⓜ Ⓜ				Ferdinand 2017			
						F	HairClub	Paid Program				*** Abominable 2019 Voices of Chloe Bennet, Albert Tsai. Ⓜ Ⓜ				** The Angry Birds Movie			
						M						** A Dog's Journey 2019, Children's Voice of Josh Gad, Kathryn Prescott. Ⓜ Ⓜ				Art of Racing			
						T						** A Dog's Journey 2019, Children's Voice of Josh Gad, Kathryn Prescott. Ⓜ Ⓜ				** The Art of Racing in the Rain 2019 Milo Ventimiglia. Ⓜ Ⓜ			
						W			Mom	Mom	*** The Secret Life of Pets 2016 Voices of Louis C.K.. Ⓜ Ⓜ		** The Secret Life of Pets 2 2019 Ⓜ Ⓜ						
HGTV	176	55	55	229	112	Th	Holmes and Holmes		Holmes and Holmes		Holmes and Holmes		Holmes and Holmes		Holmes and Holmes		Holmes Family Rescue		
						F	Tough Love With Hilary Farr		Tough Love With Hilary Farr		Tough Love With Hilary Farr		Tough Love With Hilary Farr		Love It or List It		Love It or List It		
						M	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	Ugliest House	Ugliest House	Ugliest House	Ugliest House			
						T	No Demo Reno		No Demo Reno		No Demo Reno		No Demo Reno		No Demo Reno		No Demo Reno		
						W	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	Dream Home	
*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		
						F			Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		
						M			Distant Shore: African Americans		** Race 2016 Stephan James. Track and field superstar Jesse Owens seeks Olympic glory. Ⓜ Ⓜ				Honor Deferred				
						T	Beyond Oak Island		Beyond Oak Island		Beyond Oak Island		America's Book of Secrets		America's Book of Secrets				
						W	Counting Cars		Counting Cars		Counting Cars		Counting Cars		Counting Cars		Counting Cars		
LIFE	138	59	59	252	108	Creflo Dollar	James Robison	Joyce Meyer	Varied Programs	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	Grey's Anatomy	The Closer				
MSNBC	59	69	69	356	209	Stephanie Ruhle Reports		José Diaz-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		
						F													
						M													
						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													
NICK OWN	82	35	25	300	171	Young Sheldon	SpongeBob	PAW Patrol	PAW Patrol	Peppa Pig	PAW Patrol	Blaze, Monster	Blaze, Monster	Bubble Guppies	Bubble Guppies	PAW Patrol	PAW Patrol		
	161	213		279	189	Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil			