

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-DirectTV; 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		The Ellen DeGeneres Show		News	Nightly News			
KBNZ	6	6	6	7	7	News at Noon	Bold/Beautiful	The Talk		Ac. Hollywood		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		Judge Judy		Judge Judy	Judge Judy	CO Daily News	CO Daily News			
KFXO	10			69	69	RightThisMinute	RightThisMinute	Family Feud	25 Words/Less	Family Feud	Funny You Ask	Modern Family	Seinfeld	News	Bet Your Life	Last-Standing	Young Sheldon			
KPDx		13	13			Relative Justice	Relative Justice	Divorce Court	Divorce Court	Judge Mathis		Hot Bench	Hot Bench	Judge Judy	Judge Judy	Family Feud	Bet Your Life			
KOAB	7	3	3	3	11	Varied Programs				Pinkalicious	Arthur	Odd Squad	Wild Kratts	Varied Programs						
KGW		8				KGW News	Paid Program	Days of our Lives		Daily Blast Live		The Ellen DeGeneres Show		KGW News at 4		KGW News at 5	Nightly News			
KTVZD2T	12	7	7	22	12	Paid Program		Varied Programs		black-ish		Judge Jerry		Divorce Court	Divorce Court	The Steve Wilkos Show				
OPBPL	175					Th	The RVERS	Chavis Chron.	DW News	The Day	BBC News		World News	Second-Joan	Judge Jerry	NHK Newslne	PBS NewsHour	Life in Bloom		
						F	History With	America-World			BBC World	WealthTrack							Test Kitchen	Dining-Chef
						M	Civil Discourse	Firing-Hoover			BBC News	Asian American							Crossing South	Kitchen Queens:
						T	On Story	GZERO World				Focus-Europe							Journeys Japan	Yan Can Cook
						W	Ecosense-Liv	Wild Travels				Life on the Line							Museum Access	Tim Farmer
*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	The First 48 Presents Critical													
						M	Court Cam	Court Cam												
						T	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars				
						W	Neighborhood	Neighborhood	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	The First 48	Storage Wars			
*AMC	102	50	50	254	113	Th	(11:45) ** Colombiana 2011, Action Zoe Saldana, Jordi Mollà.		(:15) *** The Fugitive 1993, Suspense Harrison Ford, Tommy Lee Jones, Sela Ward.		(:25) ** Sixteen Candles 1984, Comedy Molly Ringwald.		(:15) *** Sicario 2015		*** Twister					
						F	Field of Dreams	(:25) *** A League of Their Own 1992, Comedy-Drama Tom Hanks, Geena Davis, Madonna.												
						M	Under Siege	** Prometheus 2012 Noomi Rapace. Explorers wage a terrifying battle to save mankind's future.				*** Enemy of the State 1998, Suspense Will Smith, Gene Hackman, Jon Voight.								
						T	(11:30) ** Hancock 2008 Will Smith.		*** Enemy of the State 1998 Will Smith. Rogue agents hunt a lawyer who has an incriminating tape.				** Con Air 1997, Action Nicolas Cage.							
						W	(11:00) *** Air Force One 1997 Harrison Ford, Gary Oldman.		*** G.I. Jane 1997, Drama Demi Moore. A female Navy SEALs recruit completes rigorous training.				*** American Sniper 2014							
*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 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 Listing Los Angeles			
						F	Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean			
						M														
						T	Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ		Housewives of NJ			
						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	Mike & Molly	Mike & Molly	Mike & Molly	Mike & Molly	King of Queens	King of Queens	King of Queens	King of Queens	King of Queens	King of Queens	Last-Standing	Last-Standing			
CNBC	54	70	70	355	208	Closing Bell		Closing Bell: Overtime		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	Brooklyn Nine	Brooklyn Nine	Brooklyn Nine	Brooklyn Nine	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	The Office	The Office	
						F	South Park	(:25) South Park	South Park	South Park	South Park	South Park		South Park	South Park	Seinfeld	Seinfeld	The Office	Seinfeld	
						M	South Park											The Office	The Office	
						T	Brooklyn Nine	Brooklyn Nine	Brooklyn Nine	Brooklyn Nine	Seinfeld	Seinfeld								
						W	South Park	South Park	South Park	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				
CSPAN	61	15	15	350	210	Public Affairs		Public Affairs Events		Varied Programs										
*DIS	87	23	23	291	173	Ladybug & Cat		Ladybug & Cat		Big City Greens		Amphibia		Big City Greens		Big City Greens		Ladybug & Cat		
*DISC	156	43	43	278	182	Varied Programs								Big City Greens		Big City Greens		Big City Greens	Ladybug & Cat	
*E!	136					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		Keeping Up With the Kardashians			
						F	*** Fantastic Beasts and Where to Find Them 2016 Eddie Redmayne, Katherine Waterston.		*** Fantastic Beasts: The Crimes of Grindelwald 2018, Fantasy Eddie Redmayne.		*** Fantastic Beasts: The Crimes of Grindelwald 2018, Fantasy Eddie Redmayne.		*** Fantastic Beasts: The Crimes of Grindelwald 2018, Fantasy Eddie Redmayne.		*** Fantastic Beasts: The Crimes of Grindelwald 2018, Fantasy Eddie Redmayne.					
						M	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows			
						T	Keeping Up With the Kardashians		Keeping Up With the Kardashians		* Bride Wars 2009, Comedy Kate Hudson, Anne Hathaway.		** The Wedding Planner 2001 Jennifer Lopez.							
						W	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family		
ESPN	21	28	28	206	140	NBA Today		NFL Live		Around the Horn		SportsCenter		Varied Programs						
ESPN2	22	29	29	209	143	Th	The Point		Jalen & Jacoby	This Just In	NFL Live		Daily Wager		SportsCenter Special		College Softball			
						F	This Just In				Max on Boxing		UFC Live		Clash on the Coast: Record Breakers					
						M					NFL Live				Ultimate Fighter Road		Welcome/NFL	Welcome/NFL		
						T	The Point								SportsCenter Special		SportsCenter Special			
						W	This Just In								NFL Live					
ESPNC	23	30	30	614		Th	(Off Air)													
						F														
						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		Jesse Watters Primetime		Tucker Carlson Tonight			
*FOOD	177	56	56	231	110	Th	The Julia Child Challenge				Beat Bobby Flay		Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	
FREE	67	62	62	311	180	F	Food Paradise		Diners, Drive-Ins and Dives		Diners, Drive		Diners, Drive		Diners, Drive		Diners, Drive			
						M	The Kitchen		Food Paradise		Food Paradise		Beat Bobby Flay		Beat Bobby Flay		Beat Bobby Flay		Beat Bobby Flay	
						T	Food Paradise		Food Restaurant Bet		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	
						Varied Programs														
FX	131	46	46	248	136	Th	(11:00) ** Bloodshot 2020 Vin Diesel.		** Independence Day: Resurgence 2016 Liam Hemsworth, Jeff Goldblum.		*** Captain America: The Winter Soldier 2014 Chris Evans.		*** Captain America: The Winter Soldier 2014 Chris Evans.		*** Captain America: The Winter Soldier 2014 Chris Evans.		*** Captain America: The Winter Soldier 2014 Chris Evans.			
						F	Independence		*** Deepwater Horizon 2016, Suspense Mark Wahlberg, Kurt Russell.		*** Interstellar 2014 Matthew McConaughey. Space explorers set out to find a new home for humanity.		*** Interstellar 2014 Matthew McConaughey. Space explorers set out to find a new home for humanity.		*** Interstellar 2014 Matthew McConaughey. Space explorers set out to find a new home for humanity.		*** Interstellar 2014 Matthew McConaughey. Space explorers set out to find a new home for humanity.			
						M	*** Ad Astra 2019 Brad Pitt. An astronaut embarks on a daring mission to Neptune.		** The Punisher 2004, Action Thomas Jane, John Travolta, Will Patton.		** The Punisher 2004, Action Thomas Jane, John Travolta, Will Patton.		** The Punisher 2004, Action Thomas Jane, John Travolta, Will Patton.		** The Punisher 2004, Action Thomas Jane, John Travolta, Will Patton.		** The Punisher 2004, Action Thomas Jane, John Travolta, Will Patton.			
						T	(11:30) ** The Punisher 2004 Thomas Jane, John Travolta.		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood.		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood.		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood.		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood.		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood.			
						W	(10:30) ** Pacific Rim Uprising		** The Expendables 2010, Action Sylvester Stallone, Jet Li.		** Black and Blue 2019, Suspense Naomie Harris, Tyrese Gibson.		** Black and Blue 2019, Suspense Naomie Harris, Tyrese Gibson.		** Black and Blue 2019, Suspense Naomie Harris, Tyrese Gibson.		** Black and Blue 2019, Suspense Naomie Harris, Tyrese Gibson.			
HGTV	176	55	55	229	112	Th	Fix My Flip		Fix My Flip		Fix My Flip		Flip or Flop		Flip or Flop		Flip or Flop			
						F	Inside Out		Inside Out		Farmhouse Fixer		Farmhouse Fixer		Farmhouse Fixer		Farmhouse Fixer			
						M	100 Day Dream Home		100 Day Dream Home		100 Day Dream Home		100 Day Dream Home		100 Day Dream Home		100 Day Dream Home			
						T	Fixer to Fabulous		Fixer to Fabulous		Fixer to Fabulous		Unsellable Houses		Unsellable Houses		Unsellable Houses			
						W	Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home			
*HIST	155	76	76	269	120	Th	Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Swamp People			
						F	Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		The UnXplained	
						M													Ancient Aliens	
						T	Return to Roanoke: Search for the Seven				The Lost Pyramid				Atlantis Found					
						W	Modern Marvels		Modern Marvels		Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire	
LIFE	138	59	59	252	108	Castle		Castle		Castle		Castle		Castle		Castle				
MSNBC	59	69	69	356	209	Hallie Jackson Reports		Deadline: White House				The Beat With Ari Melber		The ReidOut		All In With Chris Hayes				
MTV	192	81	81	331	160	Th	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show		Ridiculousness		Ridiculousness		Ridiculousness			
						F	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness			
						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	82	35	25	300	171	Blaze, Monster	Blaze, Monster	PAW Patrol	PAW Patrol	Alvin!!! and	The Smurfs	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness			
OWN	161	213		279	189	Dr. Phil		Couples Court	Couples Court	Couples Court	Couples Court	Couples Court	Couples Court	Dr. Phil	SpongeBob	The Loud House	The Loud House			