

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

BROADCAST/CABLE CHANNELS																									
	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 (ABC)		2				NHL Hockey New York Rangers at Boston Bruins From TD Garden in Boston. (N) ♂ (Live) Ⓢ						Car Repair Secrets!	Wildlife Nation With Jeff Corwin	oh baby! Brunch (N) 'G' Ⓢ	Game Time With Boomer Esiason	KATU News at 5 (N) ♂ (Live) Ⓢ	ABC World News								
KTVZ (NBC)	5	5	5	21	21	AMA Supercross Series Monster Energy Series, Round 15 From Gillette Stadium in Foxborough, Mass. (N) ♂ (Live) Ⓢ						PowerXL Duo Nutrisealer	The Voyager-Josh Garcia	Vets Saving Pets 'G' Ⓢ (DVS)	Get Home Title Lock	Soledad O'Brien	NBC Nightly News								
KBNZ (CBS)	6	6	6	7	7	PGA Tour Golf Zurich Classic of New Orleans, Third Round (N) ♂ (Live) 'G' Ⓢ						To Be Announced	CBS Weekend News (N) Ⓢ	To Be Announced											
KOHD (ABC)	9	9	9	51	9	NHL Hockey New York Rangers at Boston Bruins From TD Garden in Boston. (N) ♂ (Live) Ⓢ						To Be Announced	ABC World News	Paid Program 'G' Ⓢ	Paid Program 'G' Ⓢ	CO Daily Weekend Edition (N)									
KFXO (FOX)	10			39	39	NASCAR RaceDay (N) ♂ (Live) Ⓢ		NASCAR Xfinity Racing Series Ag-Pro 300 From Talladega Superspeedway in Talladega, Ala. (N) ♂ (Live) Ⓢ						To Be Announced											
KPDx (MNT)		13	13			Paid Program 'G' Ⓢ	Paid Program 'G' Ⓢ	Paid Program 'G' Ⓢ	Paid Program 'G' Ⓢ	Weather Gone Viral A category five hurricane devastates. 'G'		SEAL Team Forever War Jason and Cerberus reunite the team. '14'		SEAL Team Horror Has a Face The team is desperate to find Ray. '14'		Major Crimes Provenza faces desk duty. '14' Ⓢ									
KOAB (PBS)	7	3	3	3	11	Fit 2 Stitch ♂ 'G' Ⓢ	It's Sew Easy ♂ 'G' Ⓢ	Christopher Kimball's Milk Street	America's Test Kitchen	Cook's Country 'G' Ⓢ	Lidia's Kitchen ♂ 'G' Ⓢ	MotorWeek Lexus NX ♂ 'G' Ⓢ	The American Woodshop 'G'	Woodsmith Shop ♂ 'G' Ⓢ	Ask This Old House 'G' Ⓢ	This Old House ♂ 'G' Ⓢ	PBS News Week end (N) ♂								
KGW (NBC)		3				AMA Supercross Series Monster Energy Series, Round 15 From Gillette Stadium in Foxborough, Mass. (N) ♂ (Live) Ⓢ						Smiley Healthy, with ClearChoice	PowerXL Duo Nutrisealer	Grant's Getaways	Earth Odyssey With Dylan	KGW News at 5 (N) Ⓢ									
KTVZD2 (CW)	12	7	7	22	12	Made in Hollywood 'PG' Ⓢ	Paid Program 'G' Ⓢ	Collagen Secrets Revealed	black-ish Hope ♂ 'PG' Ⓢ	★ ★ "Pretty Persuasion" (2005) Evan Rachel Wood, Ron Livingston. Three teens falsely accuse a teacher of molesting them. Ⓢ				American Ninja Warrior The top 30 contestants compete. 'PG' Ⓢ		Bloodline Detectives A woman is kidnapped and raped. ♂ 'PG'									
OPBPL	175					Heartland	Heartland	Heartland	Heartland	Heartland	Heartland	Heartland	Heartland	Heartland	Heartland	Heartland	Heartland								
BASIC CABLE CHANNELS																									
*A&E	130	44	44	265	118	Lakefront Luxury (N) 'PG' Ⓢ	Lakefront Luxury (N) 'PG' Ⓢ	Deep Fried Dynasties (N) 'PG'	Neighborhood Wars '14' Ⓢ	Neighborhood Wars '14' Ⓢ	"Black Water" (2018, Action) Jean-Claude Van Damme, Dolph Lundgren, Patrick Kilpatrick. An agent awakens to find himself imprisoned on a submarine. ♂ Ⓢ				★ ★ "Hacksaw Ridge" (2016, War) Andrew Garfield. ♂ Ⓢ										
*AMC	102	50	50	254	113	(12:12) Two and a Half Men '14'		(12:42) Better Call Saul Wine and Roses Nacho runs for his life. ♂ '14' Ⓢ		★ ★ "Bruce Almighty" (2003, Comedy) Jim Carrey, Morgan Freeman. A frustrated reporter receives divine powers from God. Ⓢ				★ ★ "Liar Liar" (1997, Comedy) Jim Carrey, Maura Tierney, Jennifer Tilly. A fast-talking lawyer cannot tell a lie. Ⓢ											
*ANPL	68	48	48	282	184	The Zoo Tiny Fox, Big Heart 'PG'		The Zoo Mystery Piglet ♂ 'PG'		The Zoo Giraffe Dance ♂ 'PG'		The Zoo Handsome Hog ♂ 'PG'		Dr. Jeff: Rocky Mountain Vet 'PG'		Dr. Jeff: Rocky Mountain Vet 'PG'									
BRAVO	137	58	58	237	129	★ ★ "The Change-Up" (2011, Comedy) Ryan Reynolds, Jason Bateman. Ⓢ						★ ★ "Office Space" (1999) Ron Livingston, Jennifer Aniston. Ⓢ		★ ★ "Forgetting Sarah Marshall" (2008) Ⓢ											
CMT	190	80	80	327	166	★ ★ ★ "13 Going on 30" (2004) Jennifer Garner, Mark Ruffalo. Ⓢ						★ ★ "Catch and Release" (2006) Jennifer Garner, Timothy Olyphant, Sam Jaeger. Ⓢ		★ ★ "Coyote Ugly" (2000) Piper Perabo. Ⓢ											
CNBC	54	70	70	355	208	FA Women's Super League Ⓢ						Undercover Boss ♂ 'PG' Ⓢ		Undercover Boss Orkin 'PG' Ⓢ		Undercover Boss ♂ 'PG' Ⓢ									
CNN	55	67	67	202	200	CNN Newsroom With Jim Acosta		CNN Newsroom With Jim Acosta		CNN Newsroom With Jim Acosta		CNN Newsroom-Pamela Brown		CNN Newsroom-Pamela Brown		CNN Newsroom-Pamela Brown									
COM	135	73	73	249	107	The Office 'PG'		The Office 'PG'		The Office 'PG'		The Office '14'		The Office 'PG'		The Office 'PG'									
COTV	11					The Dr. Nandi Show ♂ 'G' Ⓢ		CO Daily Weekend News		Coffee With		Sports Stars		The Dr. Nandi Show ♂ 'G' Ⓢ		CO Daily Weekend News									
CSPAN	61	15	15	350	210	Washington This		Washington This Week Ⓢ																	
*DIS	87	23	23	291	173	Ladybug & Cat		Ladybug & Cat		Raven's Home		Raven's Home		Raven's Home		Raven's Home									
*DISC	156	43	43	278	182	Expedition Unknown 'PG' Ⓢ		Expedition Unknown 'PG' Ⓢ		Expedition Unknown ♂ 'PG' Ⓢ		Moonshiners: American Spirit '14'		Moonshiners: American Spirit ♂		Louisiana Law ♂ '14' Ⓢ									
*EI	136			236	114	(11:10) ★ ★ ★ "Harry Potter and the Half-Blood Prince" (2009) Daniel Radcliffe. Ⓢ						(2:40) ★ ★ ★ "Harry Potter and the Deathly Hallows: Part 1" (2010, Fantasy) Daniel Radcliffe, Rupert Grint. Ⓢ (DVS)													
ESPN	21	28	28	206	140	College Football Spring Football: USC (N) (Live)				MLS Soccer Chicago Fire FC at Minnesota United FC (N) (Live)				NBA Countdown		NBA Basketball: Celtics at Nets									
ESPN2	22	29	29	209	143	(11:30) College Softball Arkansas at Florida (N) (Live)				College Baseball Mississippi State at Ole Miss (N) (Live)				College Softball Texas at Oklahoma State (N) (Live)											
ESPN3	23	30	30	614		(Off Air)																			
ESPN4	24	29	31	207	142	(11:00) 30 for 30						UFC Flashback		UFC - The Walk		UFC Main Event '14'									
FNC	57	65	65	360	205	The Journal Editorial Report (N) ♂		Fox News Live (N) (Live) Ⓢ		The Big Saturday Show (N) Ⓢ		Fox Report With Jon Scott (N)		Gutfeld! Ⓢ		One Nation With Brian Kilmeade									
*FOOD	177	56	56	231	110	Mary Makes It		Mary Makes It		Supermarket Stakeout 'G' Ⓢ		Supermarket Stakeout 'G' Ⓢ		Supermarket Stakeout 'G' Ⓢ		Supermarket Stakeout 'G' Ⓢ									
FREE	67	62	62	311	180	(11:10) ★ ★ ★ "Lilo & Stitch" Ⓢ		(1:10) ★ ★ ★ "Inside Out" (2015) Voices of Amy Poehler. Ⓢ		(3:15) ★ ★ ★ "Toy Story" (1995) Voices of Tom Hanks. Ⓢ		(5:15) ★ ★ ★ "Finding Dory" Ⓢ		(5:15) ★ ★ ★ "Finding Dory" Ⓢ		(5:15) ★ ★ ★ "Finding Dory" Ⓢ									
FX	131	46	46	248	136	(10:00) ★ ★ ★ "Interstellar" (2014) Matthew McConaughey. Ⓢ		(10:00) ★ ★ ★ "Interstellar" (2014) Matthew McConaughey. Ⓢ		★ ★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. ♂ Ⓢ		★ ★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. ♂ Ⓢ		★ ★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. ♂ Ⓢ		★ ★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. ♂ Ⓢ									
HGTV	176	55	55	229	112	Windy City Rehab 'G' Ⓢ		Love It or List It 'PG' Ⓢ		Love It or List It 'PG' Ⓢ (DVS)		Love It or List It 'PG' Ⓢ		Love It or List It 'PG' Ⓢ (DVS)		Love It or List It 'PG' Ⓢ									
*HIST	155	76	76	269	120	Pawn Stars ♂ 'PG' Ⓢ (DVS)		Pawn Stars ♂ 'PG' Ⓢ (DVS)		Pawn Stars An iconic warship. 'PG'		Pawn Stars Pawn v. Ferrari ♂ 'PG'		Pawn Stars ♂ 'PG' Ⓢ (DVS)		Pawn Stars ♂ 'PG' Ⓢ (DVS)									
LIFE	138	59	59	252	108	Day Late-Dollar "Deadly House Call" (2022) Joanne Jansen. Ⓢ		Day Late-Dollar "Deadly House Call" (2022) Joanne Jansen. Ⓢ		★ ★ "Tyler Perry's the Family That Preys" (2008) Kathy Bates. Ⓢ		★ ★ "Tyler Perry's the Family That Preys" (2008) Kathy Bates. Ⓢ		★ ★ "Tyler Perry's the Family That Preys" (2008) Kathy Bates. Ⓢ		★ ★ "Tyler Perry's the Family That Preys" (2008) Kathy Bates. Ⓢ									
MSNBC	59	69	69	356	209	Yasmin Vossoughian Reports (N)		Yasmin Vossoughian Reports (N)		PoliticsNation (N) (Live) 'G' Ⓢ		Voices-Alicia Menendez		Voices-Alicia Menendez		Ayman (N) (Live) Ⓢ									
MTV	192	81	81	331	160	(11:00) ★ ★ ★ "Mrs. Doubtfire" (1993) Robin Williams. ♂ Ⓢ		(11:00) ★ ★ ★ "Mrs. Doubtfire" (1993) Robin Williams. ♂ Ⓢ		★ ★ "Couples Retreat" (2009, Comedy) Vince Vaughn, Jason Bateman. ♂ Ⓢ		(4:40) ★ ★ ★ "Mean Girls" (2004) Lindsay Lohan. ♂		(4:40) ★ ★ ★ "Mean Girls" (2004) Lindsay Lohan. ♂		(4:40) ★ ★ ★ "Mean Girls" (2004) Lindsay Lohan. ♂									
NICK	82	35	35	300	171	SpongeBob		SpongeBob		SpongeBob		SpongeBob		SpongeBob		SpongeBob									
OWN	161	213		279	189	Dr. Phil ♂ '14' Ⓢ		House Hunters		House Hunters		House Hunters		House Hunters		House Hunters									
PAC12	47	33	33		406	Pac-12 Football in 60 Ⓢ		College Football Spring Football: Oregon (N) (Live) Ⓢ		College Football Spring Football: Oregon (N) (Live) Ⓢ		College Softball UCLA at Oregon State (N) (Live) Ⓢ		College Softball UCLA at Oregon State (N) (Live) Ⓢ		College Softball: Huskies at Ducks									
PARMT	132	75	75	241	241	NCIS Outlaws and In-Laws ♂ 'PG'		NCIS Endgame ♂ '14' Ⓢ		★ ★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick. ♂ Ⓢ		★ ★ "The Equalizer" (2014) Denzel Washington. ♂		★ ★ "The Equalizer" (2014) Denzel Washington. ♂		Exodus: Gods									
SYFY	133	49	49	244	122	(10:22) * Cell		(12:27) ★ ★ "The 5th Wave" (2016) Chloë Grace Moretz, Nick Robinson. Ⓢ		★ ★ "The 5th Wave" (2016) Chloë Grace Moretz, Nick Robinson. Ⓢ		★ ★ "The 5th Wave" (2016) Chloë Grace Moretz, Nick Robinson. Ⓢ		★ ★ "The 5th Wave" (2016) Chloë Grace Moretz, Nick Robinson. Ⓢ		★ ★ "The 5th Wave" (2016) Chloë Grace Moretz, Nick Robinson. Ⓢ									
TBN	205	61	61	372	260	Because He		Easter's Promise		Turning Point With David		Graham Classic		BillyGraham.TV		Precious Memories									
*TBS	16	41	41	247	139	(11:30) ★ ★ "Minions" (2015, Children's) Voices of Sandra Bullock, Jon Hamm. Ⓢ (DVS)		(11:30) ★ ★ "Minions" (2015, Children's) Voices of Sandra Bullock, Jon Hamm. Ⓢ (DVS)		★ ★ "Shrek Forever After" (2010) Voices of Mike Myers. Animated. Shrek finds him- self in an alternate version of Far Far Away. Ⓢ (DVS)		★ ★ "Minions" (2015) Voices of Sandra Bullock, Jon Hamm. Animated. Masterless Minions look for someone new to serve. Ⓢ (DVS)		★ ★ "Minions" (2015) Voices of Sandra Bullock, Jon Hamm. Animated. Masterless Minions look for someone new to serve. Ⓢ (DVS)		★ ★ "Minions" (2015) Voices of Sandra Bullock, Jon Hamm. Animated. Masterless Minions look for someone new to serve. Ⓢ (DVS)									
TCM	101	51	51	256	132	(12:15) ★ ★ ★ "Out of Africa" (1985, Romance) Meryl Streep, Robert Redford, Klaus Maria Brandauer. Based on Isak Di- nesen's account of her plantation life. Ⓢ						★ ★ "Robin and Marian" (1976) Sean Connery, Audrey Hepburn. Robin Hood returns after the Crusades to find Maid Marian. Ⓢ						★ ★ "Saint Jack" (1979, Drama) Ben Gazzara, Denholm Elliott.							
*TLC	178	57	57	280	183	Girls Who Don't Age ♂ 'PG'		Body Parts ♂ '14'		Body Parts They Look So Real '14'		Body Parts ♂ '14'		My Feet Are Killing Me ♂ '14'		My Feet Are Killing Me ♂ '14'									
*TNT	17	40	40	245	138	(11:00) NBA Basketball Philadelphia 76ers at Toronto Rap- tors Eastern Conference First Round, Game 4. (N)						NBA Basketball Dallas Mavericks at Utah Jazz Western Conference First Round, Game 4. (N) (Live)		Rich & Shameless Girls Gone Wild Exposed Girls Gone Wild franchise's dark side. (N) MA Ⓢ		Rich & Shameless Girls Gone Wild Exposed Girls Gone Wild franchise's dark side. (N) MA Ⓢ									
*TOON	84			297	177	Teen Titans Go!		Teen Titans Go!		Teen Titans Go!		We Baby Bears		Craig of Creek		Craig of Creek									
*TRAV	179	47	47	277	196	A Haunting Norman the Doll 'PG'		A Haunting Gateway to Evil ♂ 'PG'		A Haunting Grave Awakenings 'PG'		A Haunting ♂ 'PG' Ⓢ		A Haunting The Devil's Doll ♂ '14'		A Haunting Nevermore '14' Ⓢ									
TVLND	65	63	63	304	106	Roseanne 'PG'		Roseanne 'PG'		Mike & Molly ♂		Mike & Molly ♂		Mike & Molly ♂		Mike & Molly ♂									
USA	15	45	45	242	105	Chicago Fire '14'		Chicago Fire Let Him Die ♂ '14'		Chicago Fire Ambush Predator '14'		Chicago Fire Three Bells ♂ '14'		Chicago Fire Call It Paradise '14'		Chicago Fire ♂ '14' Ⓢ (DVS)									
VH1	191	82	82	335	162	Cheaters ♂ '14'		Cheaters ♂ '14'		Cheaters ♂ '14'		Cheaters ♂ '14'		Cheaters ♂ '14'		★ ★ ★ "Men in Black" (1997, Action) Tommy Lee Jones, Will Smith. ♂ Ⓢ									
PREMIUM CABLE CHANNELS																									
FS1	35	35	35	219	150	MLB on FS1 Pregame (N) Ⓢ		MLB Baseball Chicago White Sox at Minnesota Twins From Target Field in Minneapolis. (N) (Live) Ⓢ						USFL Football Birmingham Stallions vs Houston Gamblers (N) Ⓢ											
FS2	34	324		618	397	(10:00) Horse Racing America's Day at the Races (N) (Live) 'PG' Ⓢ						Major League Rugby													
FXM	104	225	120	258	384	★ "Push" 2009, Suspense Chris Evans, Dakota Fanning. 'PG-13' Ⓢ						(2:15) ★ ★ ★ "Predator" 1987, Action Arnold Schwarzenegger, Carl Weathers. 'R' Ⓢ						★ "12 Rounds" 2009 John Cena. 'PG-13' Ⓢ							
GOLF	28	34	218	401		PGA Tour Champions Golf ClubCorp Classic, Second Round From Las Colinas Country Club in Irving, Texas. (N) (Live) Ⓢ						LPGA Tour Golf DIO Implant LA Open, Third Round (N) (Live) Ⓢ													
HALL	66	60	60	312	185	"Mix Up in the Mediterranean" (2021) Jessica Lowndes. 'G' Ⓢ (DVS)						"Very, Very, Valentine" (2018) Danica McKellar. 'G' Ⓢ (DVS)						"Wedding Every Weekend" (2020) Kimberley Sustad. 'G' Ⓢ (DVS)							
HBO	425	601	501	504	303	REAL Sports		(12:40) ★ ★ "Wonder Woman 1984" 2020, Action Gal Gadot, Chris Pine. ♂ 'PG-13' Ⓢ						(3:15) ★ ★ "Man of Steel" 2013, Action Henry Cavill, Amy Adams. ♂ 'PG-13' Ⓢ						Suicide Squad					
IFC	105			564	133	(12:15) ★ ★ ★ "Arachnophobia" 1990, Suspense Jeff Daniels. 'PG-13' Ⓢ						(2:45) ★ ★ "Spaceballs" 1987, Comedy Mel Brooks. 'PG' Ⓢ						(4:45) ★ ★ ★ "Blazing Saddles" 1974 Cleavon Little.							
MAX	400	621	508	516	311	(10:27) This Is 40		(12:43) ★ ★ "Bad News Bears" 2005 Billy Bob Thornton. 'PG-13' Ⓢ						(2:36) ★ ★ "The Internship" 2013, Comedy Vince Vaughn. 'PG-13' Ⓢ						(4:38) ★ ★ "The Amityville Horror" 1979 'R' Ⓢ					
NATGEO	157	77	77	276	186	Drugs, Inc.: The Fix '14' Ⓢ		Drugs, Inc.: The Fix '14' Ⓢ						Drugs, Inc.: The Fix '14' Ⓢ						Drugs, Inc.: The Fix '14' Ⓢ					
NBATV				216	156	The Pathway '14'		NBA Action 'G'		Playoff Central								Playoff Central (N)							
NTOON	89	204	115	302	178	Odd Parents		Odd Parents		Odd Parents		Odd Parents		Odd Parents		Odd Parents									
OUTD	37	307	307	606	396	(11:00) Major League Fishing Cups		Fishing		Monster Bass		Viral Outdoors		Wardens		The Trail									
SHO	500			546	319	(11:30) "Hide and Seek" 2021 'R'		"East of the Mountains" 2021 Tom Skerritt. 'NR' Ⓢ						(2:25) ★ ★ ★ "Good Time" 2017 Robert Pattinson.						(4:05) ★ ★ ★ "The Lighthouse" 2019 Robert Pattinson. ♂ 'R' Ⓢ					
STARZ	300	631	408	526	361	(11:40) ★ ★ "Venom" 2018 Tom Hardy. 'PG-13' Ⓢ		(1:36) ★ ★ "Venom: Let There Be Carnage" 2021 Tom Hardy. 'PG-13'						Shining Vale ♂		(3:49) ★ ★ ★ "Moulin Rouge" 2001 Nicole Kidman. ♂ 'PG-13' Ⓢ									
STZNC	106	641	401	536	341	Hellboy-Army		(12:37) ★ ★ "Timeline" 2003, Adventure Paul Walker. ♂ 'PG-13' Ⓢ						(2:36) ★ ★ "The Jackal" 1997, Suspense Bruce Willis. ♂ 'R' Ⓢ						(4:44) ★ ★ "S.W.A.T." 2003 Samuel L. Jackson. Ⓢ					
TMC	525			554	329	"Downeast" 2021, Drama Greg Finley. ♂ 'NR' Ⓢ		"Surge" 2020, Suspense Ben Whishaw. ♂ 'NR' Ⓢ						(3:15) ★ ★ ★ "The Rover" 2014, Drama Guy Pearce. ♂ 'R' Ⓢ						"No Man's Land" 2021 ♂ 'PG-13'					
*WE	143	54	54	260	128	Criminal Minds Reckoner ♂ '14'		Criminal Minds Hopeless '14' Ⓢ		Criminal Minds ♂ '14' Ⓢ		NCIS About Face ♂ '14' Ⓢ						NCIS The team hunts a killer. '14'							
																		NCIS Judgment Day '14' Ⓢ							