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	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		CO Daily News	CO Daily News	Good Morning America				Rachael Ray		The View		The Doctors	
KFXO	10			39	39		Paid Program	Business First	NewsChannel 21 at Sunrise				The Good Dish		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	My World Too	My World Too	Woodsmith	Jacques Pépin	Shakespeare Uncovered	
						F				Sit and Be Fit	Best of Sewing	Quilt in a Day			This Old House	The Migrant	Oregon Experience	
						M					Fresh Quilting	Love of Quilting			Woodshop	Lidia's Kitchen	Nature	
						T				Classic-Stretch	Beads, Baubles	Fit 2 Stitch			This Old House	Kevin Belton	NOVA	
						W				Sit and Be Fit	Knit-Crochet	Make It Artsy			Craft-Legacy	Laura McIntosh	Latino Americans	
*A&E	130	44	44	265	118	Th	David Jeremiah	Car accident?	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Accused: Guilty or Innocent?		Accused: Guilty or Innocent?	
						F		New YOU!					Road Wars	Road Wars	Court Cam	Court Cam	Court Cam	Court Cam
						M		Paid Program					Parking Wars	Parking Wars	After the First 48		After the First 48	
						T									The First 48		The First 48	
						W									Road Wars	Road Wars	Road Wars	Neighborhood
*AMC	102	50	50	254	113	Th	Asbestos!	Paid Program	Identity Theft	Try Total	Home	Nutrisystem	★★★★ **The Terminator** 1984 Arnold Schwarzenegger, Linda Hamilton.					**Backdraft** 1991
						F	Identity Theft	Overwhelmed?	NewsWatch	Paid Program	Car Repair	Paid Program	★★★ **Backdraft** 1991 Kurt Russell. Joined in Progress.				★★★ **Field of Dreams** 1989	
						M	Peter Popoff	Never Fear	Paid Program		Home	Identity Theft	Three Stooges	★★★ **The Karate Kid** 1984, Drama Ralph Macchio, Noriyuki Pat Morita.				
						T	Paid Program	Paid Program			Car Repair	Paid Program	★★★ **Smokey and the Bandit** 1977 Burt Reynolds.		★★★ **Space Cowboys** 2000 Clint Eastwood.			
						W	Peter Popoff				Paid Program	Car Repair	Three Stooges	Three Stooges	★★★★ **The Terminator** 1984 Arnold Schwarzenegger.			
*ANPL	68	48	48	282	184		Cats 101		The Secret Life of the Zoo		The Zoo		Crikey! It's the Irwins		Dr. Jeff: Rocky Mountain Vet		Dr. Jeff: Rocky Mountain Vet	
BRAVO	137	58	58	237	129	Th	Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules	
						F	Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Down Under		Below Deck Down Under		Below Deck Down Under		★★★ **Speed** 1994	
						M					Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean		Below Deck Mediterranean	
						T	Below Deck		Below Deck		Below Deck		Below Deck		Below Deck		Below Deck	
						W	The Real Housewives of Dubai		The Real Housewives of Dubai		Ladies of London		Ladies of London		Ladies of London		Ladies of London	
CBSSN	262			221	58	Th	(3:00) Boomer and Gio		World's Strongest Man Archives		World's Strongest Man Archives		The Jim Rome Show					
						F			The 2022 SBD World's Strongest		The 2022 SBD World's Strongest							
						M			PBR Bull Riding									
						T			Course Record		The Charlie	Club Life						
						W			Inside College Football									
CMT	190	80	80	327	166		CMT Music		CMT Music		CMT Music		Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	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	

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	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
COM	135	73	73	249	107		Varied Programs		Brooklyn Nine	Brooklyn Nine	(7:48) Futurama	(:36) Futurama	South Park	South Park	South Park	South Park	South Park	Varied Programs
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		Mickey Mouse	Bluey	Wonderland	Bluey	Bluey	Spidey and His	Bluey	Bluey	Bluey	Bluey	Big City Greens	Big City Greens
*DISC	156	43	43	278	182		Varied Programs											
*E!	136			236	114	Th	Celebrity Game Face		Celebrity Game Face		★★ **The Upside** 2017 Kevin Hart. A quadriplegic develops a friendship with his caretaker.						Daily Pop	
						F	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Mathis Family	Mathis Family	Mathis Family	Mathis Family		
						M	★★ **Second Act** 2018, Romance-Comedy Jennifer Lopez, Vanessa Hudgens.					★★ **Enough** 2002, Suspense Jennifer Lopez, Billy Campbell, Juliette Lewis.						
						T	Celebrity Game Face		Celebrity Game Face		Celebrity Game Face		Celebrity Game Face		Celebrity Game Face			
						W	The E! True Hollywood Story		The E! True Hollywood Story		The E! True Hollywood Story		The E! True Hollywood Story		The E! True Hollywood Story			
ESPN	21	28	28	206	140		(5:00) Get Up		First Take				SportsCenter		SportsCenter		SportsCenter	
ESPN2	22	29	29	209	143		SportsCenter		Get Up		Varied Programs		First Take			Football Live	Varied Programs	UEFA Women
FNC	57	65	65	360	205		America's Newsroom				The Faulkner Focus		Outnumbered		America Reports			
*FOOD	177	56	56	231	110		Paid Program	Varied Programs	Paid Program	Varied Programs								
FREE	67	62	62	311	180		Varied Programs	Paid Program	black-ish	black-ish	black-ish	black-ish	The 700 Club		700/Interactive	Movie	Varied Programs	
FX	131	46	46	248	136	Th	Legal Help	GetBreeze	Mom	Mom	Mom	★★ **The Last Full Measure** 2019 Sebastian Stan, Christopher Plummer.					War for the Planet of the Apes	
						F	Identity Theft	Paid Program				Mom	★★★ **War for the Planet of the Apes** 2017, Science Fiction Andy Serkis, Woody Harrelson.					
						M	Paid Program						★★ **Antebellum** 2020, Suspense Janelle Monáe, Jena Malone, Jack Huston.					Don't Let Go
						T							Mom	★★ **Don't Let Go** 2019, Suspense David Oyelowo, Mykelti Williamson.				
						W	Car accident?						★★★ **BlacKkKlansman** 2018, Comedy-Drama John David Washington, Adam Driver.					
HGTV	176	55	55	229	112	Th	Farmhouse Fixer		Farmhouse Fixer		Farmhouse Fixer		Farmhouse Fixer		Farmhouse Fixer		Farmhouse Fixer	
						F	Lil Jon Wants to Do What?		Lil Jon Wants to Do What?		Lil Jon Wants to Do What?		Lil Jon Wants to Do What?		Lil Jon Wants to Do What?		Lil Jon Wants to Do What?	
						M	Celebrity IOU		Celebrity IOU		Celebrity IOU		Celebrity IOU		Celebrity IOU		Property Brothers: Forever Home	
						T	Home Town		Home Town		Home Town		Home Town		Home Town		Home Town	
						W	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	Steal This House		Steal This House		Steal This House	
*HIST	155	76	76	269	120	Th	Amazing Facts	David Jeremiah	Swamp People		Swamp People		Swamp People: Serpent Invasion		Swamp People: Serpent Invasion		Swamp People: Serpent Invasion	
						F			Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens	
						M			Pawn Stars		After Jackie				American Pickers		American Pickers	
						T			Brad Meltzer's Decoded		Lost Magic Decoded				Houdini: Unlocking the Mystery			
						W			Fast History Of	Fast History Of	Fast History Of	Hiroshima: 75 Years Later				★★★ **Hacksaw Ridge** 2016 Andrew Garfield.		
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	
MSNBC	59	69	69	356	209		Morning Joe		José Díaz-Balart Reports		MSNBC Reports		Andrea Mitchell Reports		Chris Jansing Reports		Katy Tur Reports	
MTV	192	81	81	331	160	Th	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show	
						F												
						M	Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show							
						T												
						W	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness						
NICK	82	35	25	300	171		Young Sheldon	SpongeBob	PAW Patrol	PAW Patrol	PAW Patrol	Varied Programs			PAW Patrol	PAW Patrol	Varied Programs	PAW Patrol
OWN	161	213		279	189		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil		Dr. Phil	