

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	Varied Programs	Days of our Lives		Tamron Hall		Dr. Phil		The Ellen DeGeneres Show		News			
KBNZ	6	6	6	7	7	News at Noon	Bold/Beautiful	The Talk		Ac. Hollywood Jeopardy!		The Drew Barrymore Show		DailyMailTV		Ent. Tonight			
KOHD	9	9	9	51	9	GMA3: What You Need to Know	General Hospital	Hot Bench		Hot Bench		Judge Judy	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	Bet Your Life	Bet Your Life		
KOAB	7	3	3	3	11	Varied Programs		Pinkalicious		Arthur		Odd Squad		Wild Kratts		Varied Programs			
KGW		8				KGW News	The Good Stuff	Days of our Lives		Daily Blast Live		The Ellen DeGeneres Show		KGW News at 4		KGW News at 5			
KTVZD2T	12	7	7	22	12	Varied Programs		Paid Program		black-ish		Judge Jerry		Divorce Court		The Steve Wilkos Show			
OPBPL	175					Th Canada Files	Chavis Chron.	DW News	The Day	BBC News		Second-Joan		PBS NewsHour		Life in Bloom			
						F Rubenstein	America-World			BBC World		WealthTrack				Test Kitchen			
						M Tell Me More	Firing-Hoover			BBC News		Asian American				Crossing South			
						T On Story	GZERO World					Focus-Europe				Journeys Japan			
						W Tell Me More	School Great					Between Cover				Fly Brother			
*A&E	130	44	44	265	118	Th Interrogation Raw	Interrogation Raw	The First 48		The First 48		The First 48		The First 48		The First 48			
						F Court Cam	Court Cam	Court Cam		Phrogging: Hider in My House						Intervention			
						M The First 48		Phrogging: Hider in My House		The First 48						The First 48			
						T TextMeWhenYouGetHome	TextMeWhenYouGetHome	TextMeWhenYouGetHome								Court Cam			
						W Neighborhood	Neighborhood	Neighborhood		Court Cam		Court Cam		Court Cam		Court Cam		Court Cam	
*AMC	102	50	50	254	113	Th (11:30) *** Backdraft 1991, Suspense	Kurt Russell, William Baldwin. Ⓢ	*** Road House 1989, Action Patrick Swayze, Kelly Lynch, Sam Elliott. Ⓢ		1989, Action Patrick Swayze, Kelly Lynch, Sam Elliott. Ⓢ		Sam Elliott. Ⓢ		*** Moneyball 2011 Ⓢ					
						F (11:00) *** Field of Dreams 1989 Ⓢ		*** Groundhog Day 1993 Bill Murray. A TV weatherman's day keeps repeating.				*** National Lampoon's Vacation 1983 Chevy Chase. Ⓢ							
						M The Karate Kid	** The Karate Kid Part II 1986, Drama Ralph Macchio, Noriyuki Pat Morita. Ⓢ	*** Forrest Gump 1994 Tom Hanks. A slow-witted Southerner experiences 30 years of history. Ⓢ											
						T (10:30) *** Space Cowboys 2000 Ⓢ		*** The Terminator 1984 Arnold Schwarzenegger, Linda Hamilton. Ⓢ											
						W The Terminator	*** Heat 1995, Crime Drama Al Pacino, Robert De Niro, Val Kilmer. A homicide detective matches wits with a cunning adversary. Ⓢ												
*ANPL	68	48	48	282	184	Tanked		Tanked		Pit Bulls and Parolees		Pit Bulls and Parolees		Varied Programs					
BRAVO	137	58	58	237	129	Th Vanderpump Rules	Vanderpump Rules	Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Vanderpump Rules		Southern Charm			
						F (11:00) *** Speed 1994 Keanu Reeves. Ⓢ		*** Ocean's Eleven 2001, Comedy-Drama George Clooney, Matt Damon. Ⓢ				*** Ocean's Twelve 2004 George Clooney, Brad Pitt. Ⓢ							
						M Below Deck Mediterranean	Below Deck Mediterranean	Below Deck Mediterranean		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		Below Deck			
						W Ladies of London	Ladies of London	Ladies of London		Ladies of London		Real Housewives/Beverly		Real Housewives/Beverly		Real Housewives/Beverly			
CBSSN	262			221	58	Th Maggie and Perloff				Time to Schein		Surfing		The 2022 SBD World's Strongest		The 2022 SBD World's Strongest			
						F				Cornhole 2022 ACL Pro Shootout 6 From Lakeland, Fla. (N) (Live)				WNBA Basketball: Wings at Sky					
						M Tiki & Tierney				Time to Schein		Outlaws		Course Record		The Charlie			
						T						The Charlie		PWBA Bowling					
						W						Club Life		Inside College Football		NWSL Soccer			
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		Shark Tank			
CNN	55	67	67	202	200	CNN Newsroom With Alisyn	The Lead With Jake Tapper	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 Seinfeld	Seinfeld	Seinfeld	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					Seinfeld	Seinfeld		
						M South Park	South Park									The Office	The Office		
						T Seinfeld	Seinfeld	Seinfeld	Seinfeld	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		
COTV	11					CO Daily News	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	Varied Programs												
*DIS	87	23	23	291	173	Big City Greens	Ladybug & Cat	Ladybug & Cat	Ladybug & Cat	Big City Greens	Varied Programs	Big City Greens		Big City Greens	Big City Greens	Big City Greens	Ladybug & Cat		
*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	Sex and the City	Sex and the City	Sex and the City	Sex and the City	*** What's Love Got to Do With It 1993 Angela Bassett. Ⓢ					
						F		*** What's Love Got to Do With It 1993 Angela Bassett, Laurence Fishburne. Ⓢ				** He's Just Not That Into You 2009 Ben Affleck, Jennifer Aniston. Ⓢ							
						M		Sex and the City	Sex and the City	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family		
						T Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Last-Standing	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows		
						W						Last-Standing	Last-Standing	Modern Family	Modern Family	Modern Family	Modern Family		
ESPN	21	28	28	206	140	This Just In	NFL Live	Around the Horn		Interruption		SportsCenter		Varied Programs					
ESPN2	22	29	29	209	143	Th (11:30) UEFA Women's EURO 2022 Second Quarterfinal: Teams TBA		This Just In		Daily Wager		Athletes Unlimited		Lacrosse (N) (Live)		DC & RC			
						F (11:30) UEFA Women's EURO 2022 Third Quarterfinal: Teams TBA (N)		Max on Boxing		UFC Live		Daily Wager		The Captain					
						M SportsCenter	Jalen & Jacoby	Football Live		NFL Live				The Basketball Tournament Third Round: Teams TBA (N) (Live)					
						T (11:30) UEFA Women's EURO 2022 First Semifinal: Teams TBA (N)								The Basketball Tournament Second Round: Teams TBA (N) (Live)					
						W (11:30) UEFA Women's EURO 2022 Second Semifinal: Teams TBA (N)						ESPN Films		ESPN Films					
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 Me or the Menu	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Restaurant: Impossible		
						F Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive		
						M The Kitchen	Food Paradise	Food Paradise		Food Paradise		Beat Bobby Play		Beat Bobby Play		Beat Bobby Play		Beat Bobby Play	
						T Supermarket Stakeout	Chopped	Chopped		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		Guy's Grocery Games	
FREE	67	62	62	311	180	(10:30) Movie	Movie	Varied Programs						The Office		The Office	The Office		
FX	131	46	46	248	136	Th (11:00) *** War for the Planet of the Apes 2017 Andy Serkis.		** Warcraft 2016, Fantasy Travis Fimmel, Paula Patton, Ben Foster. Ⓢ Ⓢ		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood. Ⓢ Ⓢ				** Pacific Rim Uprising 2018 John Boyega. Ⓢ		Mission: Impossible Rogue Nation			
						F ** Warcraft 2016, Fantasy Travis Fimmel, Paula Patton, Ben Foster. Ⓢ Ⓢ		** Pacific Rim Uprising 2018, Science Fiction John Boyega, Scott Eastwood. Ⓢ Ⓢ						Mission: Impossible Rogue Nation					
						M (11:30) ** Don't Let Go 2019, Suspense David Oyelowo. Ⓢ Ⓢ		*** Bumblebee 2018, Action Hailee Steinfeld, John Cena. Ⓢ Ⓢ				** Transformers: The Last Knight 2017 Ⓢ Ⓢ							
						T *** Don't Breathe 2016, Horror Jane Levy, Dylan Minnette. Ⓢ Ⓢ		** Black and Blue 2019, Suspense Naomie Harris, Tyrese Gibson. Ⓢ Ⓢ				*** Baby Driver 2017 Ansel Elgort. Ⓢ Ⓢ							
						W ** Black and Blue 2019, Suspense Naomie Harris, Tyrese Gibson. Ⓢ Ⓢ		*** Baby Driver 2017, Action Ansel Elgort, Kevin Spacey, Lily James. Ⓢ Ⓢ											
HGTV	176	55	55	229	112	Th Home Town	Home Town	Home Town		Home Town		Home Town		Home Town		Home Town			
						F Great Giveback With Melissa	Great Giveback With Melissa	Great Giveback With Melissa		Great Giveback With Melissa		Great Giveback With Melissa		Great Giveback With Melissa		Dream Home			
						M Property Brothers: Forever Home	Property Brothers: Forever Home	Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Property Brothers: Forever Home		Love It or List It			
						T Fixer to Fabulous: Welcome Inn	Fixer to Fabulous: Welcome Inn	Fixer to Fabulous: Welcome Inn		Fixer to Fabulous: Welcome Inn		Fixer to Fabulous: Welcome Inn		Fixer to Fabulous: Welcome Inn		Good Bones			
						W Love It or List It	Love It or List It	Love It or List It		Love It or List It		Love It or List It		Love It or List It		Love It or List It			
*HIST	155	76	76	269	120	Th Swamp People: Serpent Invasion	Swamp People: Serpent Invasion	Swamp People: Serpent Invasion		Swamp People: Serpent Invasion		Swamp People: Serpent Invasion		Swamp People: Serpent Invasion		Swamp People: Serpent Invasion			
						F Ancient Aliens	Ancient Aliens	Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens			
						M American Pickers	American Pickers	American Pickers		American Pickers		American Pickers		American Pickers		American Pickers			
						T History's Greatest Mysteries	History's Greatest Mysteries	History's Greatest Mysteries		History's Greatest Mysteries		History's Greatest Mysteries		History's Greatest Mysteries		History's Greatest Mysteries			
						W (10:30) *** Hacksaw Ridge 2016 Ⓢ Ⓢ		*** 300 2006, Action Gerard Butler, Lena Headey, David Wenham. Ⓢ Ⓢ				Forged in Fire		Forged in Fire		Forged in Fire			
LIFE	138	59	59	252	108	The Mentalist	The Mentalist	The Mentalist		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		Catfish: The TV Show		Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness	Ridiculousness		
						F						Ridiculousness		Ridiculousness		Ridiculousness			
						M						Catfish: The TV Show		Catfish: The TV Show		Catfish: The TV Show			
						T													
						W													
NICK	82	35	25	300	171	PAW Patrol	PAW Patrol	SpongeBob	Varied Programs	The Smurfs	Movie	Varied Programs		The Loud House		The Loud House	The Loud House		
OWN	161	213		279	189	Dr. Phil		Couples Court	Couples Court	Couples Court	Couples Court	Couples Court	Couples Court	Dr. Phil		Dr. Phil			