

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
midn.	<i>For programs from midnight-2 a.m., please refer to the 8-10 p.m. block.</i>							midn.
2:00	<i>For programs from 2-5 a.m., please refer to the 5-8 p.m. block.</i>							2:00
5:00	Happy Yoga	Body Electric	Sit and Be Fit	Wai Lana Yoga	Classical Stretch	Functional Fitness	Happy Yoga	5:00
5:30	Wai Lana Yoga	Functional Fitness	Classical Stretch	Happy Yoga	Body Electric	Sit and Be Fit	Classical Stretch	5:30
6:00	<i>For programs from 6-8 a.m., please refer to the 1-3 p.m. block.</i>							6:00
8:00	<i>For programs from 8-9 a.m., please refer to the 4-5 p.m. block.</i>							8:00
9:00	Taste of History	Lucky Chow	In Julia's Kitchen with Master Chefs	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country	9:00
9:30	A Chef's Life	Check, Please! Arizona	Jacques Pépin: Heart & Soul	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Taste the Islands with Chef Irie	9:30
10:00	Nick Stellino: Storyteller in the Kitchen	Steven Raichlen's Project Smoke	Pati's Mexican Table	Dining with the Chef	Simply Ming	Lucky Chow	Jacques Pépin: Heart & Soul	10:00
10:30	Lidia's Kitchen	Mind of a Chef	Julie Taboulie's Lebanese Kitchen	Cook's Country	Hubert Keller: Secrets of a Chef	Nick Stellino: Storyteller in the Kitchen	Check, Please! Arizona	10:30
11:00	Martha Stewart's Cooking School	America's Test Kitchen	Hubert Keller: Secrets of a Chef	Check, Please! Arizona	Steven Raichlen's Project Smoke	Check, Please! Arizona	Simply Ming	11:00
11:30	In Julia's Kitchen with Master Chefs	Taste of History	Taste the Islands with Chef Irie	Mind of a Chef	A Chef's Life	Dining with the Chef	Julie Taboulie's Lebanese Kitchen	11:30
noon	Painting with Wilson Bickford	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Hands on Crafts for Kids	Beauty of Oil Painting	Make It Artsy	noon
12:30	Best of Joy of Painting	Quilting Arts	Painting with Paulson	Sewing with Nancy	Creative Living	Paint This with Jerry Yarnell	Arizona Collectibles	12:30
1:00	Family Travel	Desert Speaks	Specials	Travelscope	Globe Trekker	Desert Speaks	Smart Travels	1:00
1:30	Curious Traveler	Rick Steves' Europe		Born to Explore		Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Globe Trekker	Destination Craft	Smart Travels	Family Travel	Rick Steves' Europe	Joseph Rosendo's Travelscope	Specials	2:00
2:30		Journeys in Japan	Curious Traveler	Arizona Wildlife Views	Destination Craft	Born to Explore		2:30
3:00	Hands on Crafts for Kids	Painting with Wilson Bickford	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Make It Artsy	Beauty of Oil Painting	3:00
3:30	Creative Living	Best of Joy of Painting	Quilting Arts	Painting with Paulson	Sewing with Nancy	Arizona Collectibles	Paint This with Jerry Yarnell	3:30
4:00	This Old House	America's Heartland	American Woodshop/Craftman's Legacy (9/26)	Woodsmith Shop	America's Heartland	This Old House	American Woodshop/Craftman's Legacy (9/30)	4:00
4:30	Ask This Old House	Garden Smart	Woodsmith Shop	Growing a Greener World	Garden Smart	Ask This Old House	Growing a Greener World	4:30
5:00	Taste of History	Lucky Chow	In Julia's Kitchen with Master Chefs	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country	5:00
5:30	A Chef's Life	Check, Please! Arizona	Jacques Pépin: Heart & Soul	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Taste the Islands with Chef Irie	5:30
6:00	Nick Stellino: Storyteller in the Kitchen	Steven Raichlen's Project Smoke	Pati's Mexican Table	Dining with the Chef	Simply Ming	Lucky Chow	Jacques Pépin: Heart & Soul	6:00
6:30	Lidia's Kitchen	Mind of a Chef	Julie Taboulie's Lebanese Kitchen	Cook's Country	Hubert Keller: Secrets of a Chef	Nick Stellino: Storyteller in the Kitchen	Check, Please! Arizona	6:30
7:00	Martha Stewart's Cooking School	America's Test Kitchen	Hubert Keller: Secrets of a Chef	Check, Please! Arizona	Steven Raichlen's Project Smoke	Check, Please! Arizona	Simply Ming	7:00
7:30	In Julia's Kitchen with Master Chefs	Taste of History	Taste the Islands with Chef Irie	Mind of a Chef	A Chef's Life	Dining with the Chef	Julie Taboulie's Lebanese Kitchen	7:30
8:00	Family Travel	Desert Speaks	Specials	Travelscope	Globe Trekker	Desert Speaks	Smart Travels	8:00
8:30	Curious Traveler	Rick Steves' Europe		Born to Explore		Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Globe Trekker	Destination Craft	Smart Travels	Family Travel	Rick Steves' Europe	Travelscope	Specials	9:00
9:30		Journeys in Japan	Curious Traveler	Arizona Wildlife Views	Destination Craft	Born to Explore		9:30
10:00	This Old House	America's Heartland	American Woodshop/Craftman's Legacy (9/26)	Woodsmith Shop	America's Heartland	This Old House	American Woodshop/Craftman's Legacy (9/30)	10:00
10:30	Ask This Old House	Garden Smart	Woodsmith Shop	Growing a Greener World	Garden Smart	Ask This Old House	Growing a Greener World	10:30
11:00	MN Original	Second Opinion	Creative Living	Stories of the Mind	Healthy Body, Healthy Mind / Innovations in Medicine (b. 9/21)	Specials	In Good Shape	11:00
11:30	Stories of the Mind	Healthy Body, Healthy Mind / Innovations in Medicine (b. 9/21)	In Good Shape	MN Original	Second Opinion		Creative Living	11:30
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