

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME	
midn.	For programs from midnight-2 a.m., please refer to the 8-10 p.m. block.								midn.
2:00	For programs from 2-5 a.m., please refer to the 5-8 p.m. block.								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	For programs from 6-8 a.m., please refer to the 1-3 p.m. block.								6:00
8:00	For programs from 8-9 a.m., please refer to the 4-5 p.m. block.								8:00
9:00	Taste of History	Lucky Chow/ Sara's Weeknight Meals (beg. 10/16)	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/ Sara's Weeknight Meals (beg. 10/13)	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 <i>Joy of Painting</i>	Quilting Arts	Painting with Paulson	Sewing with Nancy	Creative Living	Paint This	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 with Jim West	Smart Travels	Family Travel with Colleen Kelly	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 <i>Joy of Painting</i>	Quilting Arts	Painting with Paulson	Sewing with Nancy	Arizona Collectibles	Paint This	3:30	
4:00	This Old House	America's Heartland	Craftman's Legacy	Woodsmith Shop	America's Heartland	This Old House	Craftman's Legacy	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/ Sara's Weeknight Meals (beg. 10/16)	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/ Sara's Weeknight Meals (beg. 10/13)	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	Craftman's Legacy	Woodsmith Shop	America's Heartland	This Old House	Craftman's Legacy	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	Healthy Body, Healthy Mind	Innovations in Medicine/Baby Makes 3 (b. 10/19)	Specials	In Good Shape	11:00	
11:30	Healthy Body, Healthy Mind	Innovations in Medicine/Baby Makes 3 (b. 10/16)	In Good Shape	MN Original	Second Opinion		Creative Living	11:30	
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