

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/Family Ingredients (beg. 1/14)	Sara's Weeknight Meals	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	Ellie's Real Good Food	9:30
10:00	Moveable Feast with Fine Cooking	Steven Raichlen's Project Smoke	Pati's Mexican Table	Dining with the Chef	Simply Ming	Sara's Weeknight Meals	Jacques Pépin: Heart & Soul	10:00
10:30	Lidia's Kitchen	Mind of a Chef	Jazzy Vegetarian	Cook's Country	Hubert Keller/My Greek Table with Diane Kochilas (b. 1/25)	Moveable Feast with Fine Cooking	Check, Please! Arizona	10:30
11:00	Martha Stewart's Cooking School	America's Test Kitchen	Hubert Keller/My Greek Table (b. 1/23)	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/Family Ingredients (beg. 1/15)	Ellie's Real Good Food	Mind of a Chef	A Chef's Life	Dining with the Chef	Jazzy Vegetarian	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	Fresh Quilting	Painting with Paulson	Sewing with Nancy	Creative Living	Paint This	Arizona Collectibles	12:30
1:00	Family Travel	Desert Speaks	West of the West/ Richard Bangs' Adventures (b. 1/23)	Travelscope	Globe Trekker	Desert Speaks	Smart Travels	1:00
1:30	Daytripper	Rick Steves' Europe		Born to Explore		Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Globe Trekker	Travel Detective with Peter Greenberg	Smart Travels	Family Travel with Colleen Kelly	Rick Steves' Europe	Joseph Rosendo's Travelscope	West of the West/ Richard Bangs' Adventures (b. 1/27)	2:00
2:30		Journeys in Japan	Daytripper	Arizona Wildlife Views	Travel Detective	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	Fresh Quilting	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/ P. Allen Smith's Garden Home (beg. 1/24)	Garden Smart	Ask This Old House	Growing a Greener World/ P. Allen Smith's Garden Home (beg. 1/20)	4:30
5:00	Taste of History/Family Ingredients (beg. 1/14)	Sara's Weeknight Meals	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	Ellie's Real Good Food	5:30
6:00	Moveable Feast with Fine Cooking	Steven Raichlen's Project Smoke	Pati's Mexican Table	Dining with the Chef	Simply Ming	Sara's Weeknight Meals	Jacques Pépin: Heart & Soul	6:00
6:30	Lidia's Kitchen	Mind of a Chef	Jazzy Vegetarian	Cook's Country	Hubert Keller/My Greek Table with Diane Kochilas (b. 1/25)	Moveable Feast with Fine Cooking	Check, Please! Arizona	6:30
7:00	Martha Stewart's Cooking School	America's Test Kitchen	Hubert Keller/My Greek Table (b. 1/23)	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/Family Ingredients (beg. 1/15)	Ellie's Real Good Food	Mind of a Chef	A Chef's Life	Dining with the Chef	Jazzy Vegetarian	7:30
8:00	Family Travel	Desert Speaks	West of the West/ Richard Bangs' Adventures (b. 1/23)	Travelscope	Globe Trekker	Desert Speaks	Smart Travels	8:00
8:30	Daytripper	Rick Steves' Europe		Born to Explore		Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Globe Trekker	Travel Detective	Smart Travels	Family Travel	Rick Steves' Europe	Travelscope	West of the West/ Richard Bangs' Adventures (b. 1/27)	9:00
9:30		Journeys in Japan	Daytripper	Arizona Wildlife Views	Travel Detective	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/ P. Allen Smith's Garden Home (beg. 1/24)	Garden Smart	Ask This Old House	Growing a Greener World/ P. Allen Smith's Garden Home (beg. 1/20)	10:30
11:00	MN Original	Second Opinion	Creative Living	Healthy Body, Healthy Mind	Baby Makes 3	Specials	In Good Shape	11:00
11:30	Healthy Body, Healthy Mind	Baby Makes 3	In Good Shape	MN Original	Second Opinion		Creative Living	11:30
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