

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	Family Ingredients	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	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Ellie's Real Good Food	9:30
10:00	Moveable Feast with Fine Cooking	Project Smoke / Christopher Kimball's Milk Street Kitchen (b. 2/26)	Pati's Mexican Table	Dining with the Chef	Simply Ming	Sara's Weeknight Meals	Jacques Pépin	10:00
10:30	Lidia's Kitchen	Mind of a Chef	Jazzy Vegetarian	Cook's Country	My Greek Table with Diane Kochilas	Moveable Feast with Fine Cooking	Check, Please! Arizona	10:30
11:00	Martha Stewart's Cooking School	America's Test Kitchen	My Greek Table with Diane Kochilas	Check, Please! Arizona	Steven Raichlen's Project Smoke	Check, Please! Arizona	Simply Ming	11:00
11:30	In Julia's Kitchen with Master Chefs	Family Ingredients	Ellie's Real Good Food	Mind of a Chef	A Chef's Life	Dining with the Chef	Jazzy Vegetarian	11:30
noon	Wyland's Art Studio	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	Arizona Collectibles	12:30
1:00	Family Travel	Desert Speaks	Richard Bangs' Adventures with Purpose	Travelscope	Globe Trekker	Desert Speaks	Smart Travels	1:00
1:30	Daytripper	Rick Steves' Europe		Born to Explore / Samantha Brown's Places to Love (b. 2/21)		Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Globe Trekker	Travel Detective	Smart Travels	Family Travel	Rick Steves' Europe	Travelscope	Richard Bangs' Adventures with Purpose	2:00
2:30		Journeys in Japan	Daytripper	Arizona Wildlife Views	Travel Detective with Peter Greenberg	Born to Explore / Samantha Brown's Places to Love (b. 2/23)		2:30
3:00	Hands on Crafts for Kids	Wyland's Art Studio	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	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	P. Allen Smith's Garden Home	Garden Smart	Ask This Old House	P. Allen Smith's Garden Home	4:30
5:00	Family Ingredients	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	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Ellie's Real Good Food	5:30
6:00	Moveable Feast with Fine Cooking	Project Smoke / Christopher Kimball's Milk Street Kitchen (b. 2/26)	Pati's Mexican Table	Dining with the Chef	Simply Ming	Sara's Weeknight Meals	Jacques Pépin	6:00
6:30	Lidia's Kitchen	Mind of a Chef	Jazzy Vegetarian	Cook's Country	My Greek Table with Diane Kochilas	Moveable Feast with Fine Cooking	Check, Please! Arizona	6:30
7:00	Martha Stewart's Cooking School	America's Test Kitchen	My Greek Table with Diane Kochilas	Check, Please! Arizona	Steven Raichlen's Project Smoke	Check, Please! Arizona	Simply Ming	7:00
7:30	In Julia's Kitchen	Family Ingredients	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	Richard Bangs' Adventures with Purpose	Travelscope	Globe Trekker	Desert Speaks	Smart Travels	8:00
8:30	Daytripper	Rick Steves' Europe		Born to Explore / Places to Love (b. 2/21)		Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Globe Trekker	Travel Detective	Smart Travels	Family Travel	Rick Steves' Europe	Travelscope	Richard Bangs' Adventures with Purpose	9:00
9:30		Journeys in Japan	Daytripper	Arizona Wildlife Views	Travel Detective	Born to Explore / Places to Love (b. 2/23)		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	P. Allen Smith's Garden Home	Garden Smart	Ask This Old House	P. Allen Smith's Garden Home	10:30
11:00	MN Original	Second Opinion	Creative Living	Healthy Minds with Dr. Jeffrey Borenstein	Baby Makes 3	Specials	In Good Shape	11:00
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