

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	Yoga in Practice	Body Electric	Sit and Be Fit	Wai Lana Yoga	Classical Stretch	Functional Fitness	Yoga in Practice	5:00
5:30	Wai Lana Yoga	Functional Fitness	Classical Stretch	Yoga in Practice	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	Family Ingredients/How to Cook Well (beg. 5/20)	Sara's Weeknight Meals/Food Over 50 (beg. 5/14)	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	Essential 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	Christopher Kimball's Milk Street Kitchen	Pati's Mexican Table	Dining with the Chef	Simply Ming	Sara's Weeknight Meals/Food Over 50 (beg. 5/11)	Essential Pépin	10:00
10:30	Lidia's Kitchen	Joanne Weir's Plates & Places	Jazzy Vegetarian/Project Smoke (beg. 5/29)	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	Christopher Kimball's Milk Street Kitchen	Check, Please! Arizona	Simply Ming	11:00
11:30	In Julia's Kitchen with Master Chefs	Family Ingredients/How to Cook Well (beg. 5/21)	Ellie's Real Good Food	Joanne Weir's Plates & Places	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	Painting with Paulson	Make It Artsy	noon
12:30	Best of <i>Joy of Painting</i>	Quilting Arts	Painting with Wilson Bickford	Sewing with Nancy	Creative Living	Paint This with Jerry Yarnell	Arizona Collectibles	12:30
1:00	Seeing Canada	Desert Speaks	Wildest Arctic/Mekong River with Sue Perkins (beg. 5/15)	Travelscope	Globe Trekker	Desert Speaks	Rudy Maxa's World	1:00
1:30	Daytripper	Rick Steves' Europe		Samantha Brown's Places to Love		Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Globe Trekker	Today's Wild West	Rudy Maxa's World	Seeing Canada	Rick Steves' Europe	Travelscope	Wildest Arctic/Mekong River with Sue Perkins (beg. 5/19)	2:00
2:30		Journeys in Japan	Daytripper	Arizona Wildlife Views	Today's Wild West	Samantha Brown's Places to Love	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	Painting with Paulson	3:00
3:30	Creative Living	Best of <i>Joy of Painting</i>	Quilting Arts	Painting with Wilson Bickford	Sewing with Nancy	Arizona Collectibles	Paint This with Jerry Yarnell	3:30
4:00	This Old House	America's Heartland	American Woodshop	Woodsmith Shop/Woodwright's Shop (beg. 5/23)	America's Heartland	This Old House	American Woodshop	4:00
4:30	Ask This Old House	Garden Smart	Woodsmith Shop/Woodwright's Shop (beg. 5/22)	P. Allen Smith's Garden Home	Garden Smart	Ask This Old House	P. Allen Smith's Garden Home	4:30
5:00	Family Ingredients/How to Cook Well (beg. 5/20)	Sara's Weeknight Meals/Food Over 50 (beg. 5/14)	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	Essential 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	Christopher Kimball's Milk Street Kitchen	Pati's Mexican Table	Dining with the Chef	Simply Ming	Sara's Weeknight Meals/Food Over 50 (beg. 5/11)	Essential Pépin	6:00
6:30	Lidia's Kitchen	Joanne Weir's Plates & Places	Jazzy Vegetarian/Project Smoke (beg. 5/29)	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	Christopher Kimball's Milk Street Kitchen	Check, Please! Arizona	Simply Ming	7:00
7:30	In Julia's Kitchen with Master Chefs	Family Ingredients/How to Cook Well (beg. 5/21)	Ellie's Real Good Food	Joanne Weir's Plates & Places	A Chef's Life	Dining with the Chef	Jazzy Vegetarian	7:30
8:00	Seeing Canada	Desert Speaks	Wildest Arctic/Mekong River with Sue Perkins (beg. 5/15)	Travelscope	Globe Trekker	Desert Speaks	Rudy Maxa's World	8:00
8:30	Daytripper	Rick Steves' Europe		Places to Love		Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Globe Trekker	Today's Wild West	Rudy Maxa's World	Seeing Canada	Rick Steves' Europe	Travelscope	Wildest Arctic/Mekong River with Sue Perkins (beg. 5/19)	9:00
9:30		Journeys in Japan	Daytripper	Arizona Wildlife Views	Today's Wild West	Places to Love	9:30	
10:00	This Old House	America's Heartland	American Woodshop	Woodsmith Shop/Woodwright's Shop (beg. 5/23)	America's Heartland	This Old House	American Woodshop	10:00
10:30	Ask This Old House	Garden Smart	Woodsmith Shop/Woodwright's Shop (beg. 5/22)	P. Allen Smith's Garden Home	Garden Smart	Ask This Old House	P. Allen Smith's Garden Home	10:30
11:00	Growing Bolder	Second Opinion	Creative Living	Healthy Minds	American Health Journal	Specials	In Good Shape	11:00
11:30	Healthy Minds	American Health Journal	In Good Shape	Growing Bolder	Second Opinion		Creative Living	11:30
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	