

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	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	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	How to Cook Well with Rory O'Connell/Rick Steves' Europe (8/19 120 min.)	Food Over 50	Baking with Julia	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country/America's Test Kitchen (8/18 120 min.)/Trains Around No. America (8/25 90 min.)	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	Food Over 50	Essential Pépin	10:00
10:30	Lidia's Kitchen	Joanne Weir's Plates & Places	Steven Raichlen's Project Smoke	Cook's Country	Yan Can Cook: Spice Kingdom	Moveable Feast with Fine Cooking	Check, Please! Arizona	10:30
11:00	Martha Stewart's Cooking School/ADD and Loving It?! (8/25 90 min.)	America's Test Kitchen	Yan Can Cook: Spice Kingdom	Check, Please! Arizona	Christopher Kimball's Milk Street Kitchen	Check, Please! Arizona	Simply Ming /Suze Orman's Financial Solutions (8/18 120 min.)	11:00
11:30	Baking with Julia	How to Cook Well with Rory O'Connell	Ellie's Real Good Food	Joanne Weir's Plates & Places	A Chef's Life	Dining with the Chef	Steven Raichlen's Project Smoke	11:30
noon	Wyland's Art Studio	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Beads, Baubles & Jewels	Painting with Paulson	Knit and Crochet Now/ Suze Orman's Financial Solutions (8/25 120 min.)	noon
12:30	Best of Joy of Painting/ Brain Fit (8/19 120 min.)	Quilting Arts	Painting with Wilson Bickford	Sewing with Nancy	Creative Living	Paint This with Jerry Yarnell	Arizona Collectibles	12:30
1:00	Travels with Darley	In the Americas	Wild!	Travelscope	Expeditions w/ Patrick McMillan	In the Americas	Rudy Maxa's World/Brain Secrets (8/18 120 min.)	1:00
1:30	Daytripper	Rick Steves' Europe		Places to Love/Two for the Road (beg. 8/22)	Born to Explore	Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Expeditions with Patrick McMillan	Today's Wild West	Rudy Maxa's World	Travels with Darley	Rick Steves' Europe	Travelscope	Wild!/3 Steps to Incredible Health (8/25 90 min.)	2:00
2:30	Born to Explore/Suze Orman (8/19 120 min.)	Journeys in Japan	Daytripper	Arizona Wildlife Views	Today's Wild West	Places to Love/Two for the Road (beg. 8/24)		2:30
3:00	Beads, Baubles and Jewels	Wyland's Art Studio	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Knit and Crochet Now	Painting with Paulson/National Park Symphony (8/18 60 min.)	3:00
3:30	Creative Living	Best of Joy of Painting	Quilting Arts	Painting with Wilson Bickford	Sewing with Nancy	Arizona Collectibles	Paint This with Jerry Yarnell/ Desert Dreams (8/25 90 min.)	3:30
4:00	This Old House	America's Heartland/ Memory Rescue (8/20 90 min.)	Rough Cut/Desert Dreams (8/21 90 min.)	Woodwright's Shop/Rick Steves' Europe (8/22 120 min.)	America's Heartland/ Brain Fit (8/23 120 min.)	This Old House/Forever Wisdom (8/17 120 min.)/Metabolism (8/24)	Rough Cut/Retire Safe and Secure (8/18 120 min.)	4:00
4:30	Ask This Old House/3 Steps to Incredible Health (8/19 90 min.)	Garden Smart	Woodwright's Shop	P. Allen Smith's Garden Home	Garden Smart	Ask This Old House	P. Allen Smith's Garden Home	4:30
5:00	How to Cook Well with Rory O'Connell	Food Over 50	Baking with Julia	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country/Whole Life Plan (8/25 120 min.)	5:00
5:30	A Chef's Life	Check, Please! Arizona	Essential Pépin/Brain Body Mind Connection (8/21 90 min.)	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Ellie's Real Good Food	5:30
6:00	Moveable Feast w/ Fine Cooking/Trains Around No. America (8/19 60 min.)	Christopher Kimball's Milk Street Kitchen/National Park Symphony (8/20 60 min.)	Pati's Mexican Table	Dining with the Chef/Retire Safe & Secure (8/22 90 min.)	Simply Ming/3 Steps to Incredible Health (8/23 90 min.)	Food Over 50/Survival Pain-Free Guide (8/24 60 min.)	Essential Pépin/Forever Painless (8/18 60 min.)	6:00
6:30	Lidia's Kitchen	Joanne Weir's Plates & Places	Steven Raichlen's Project Smoke	Cook's Country	Yan Can Cook: Spice Kingdom	Moveable Feast with Fine Cooking	Check, Please! Arizona	6:30
7:00	Martha Stewart's Cooking School	America's Test Kitchen/Whole Life Plan (8/20 120 min.)	Yan Can Cook: Spice Kingdom/ America's Test Kitchen (8/21 120 min.)	Check, Please! Arizona	Christopher Kimball's Milk Street Kitchen	Check, Please! Arizona/Desert Dreams (8/17 90 min.)/Better Brain Solutions (8/24 90 min.)	Simply Ming/Memory Rescue (8/18 120 min.)/Rick Steves' Europe (8/25 120 min.)	7:00
7:30	Baking with Julia	How to Cook Well with Rory O'Connell	Ellie's Real Good Food	Joanne Weir's Plates & Places	A Chef's Life/Wings Over Grand Canyon (8/23 60 min.)	Dining with the Chef	Steven Raichlen's Project Smoke	7:30
8:00	Travels with Darley	In the Americas	Wild!	Travelscope/Brain Secrets (8/22 120 min.)	Expeditions with Patrick McMillan	In the Americas	Rudy Maxa's World	8:00
8:30	Daytripper	Rick Steves' Europe		Places to Love	Born to Explore/ADD and Loving It?! (8/23 90 min.)	Arizona Wildlife Views/Better Brain Solutions (8/17 120 min.)	Journeys in Japan	8:30
9:00	Expeditions with Patrick McMillan	Today's Wild West/Wings Over Grand Canyon (8/20 60 min.)	Rudy Maxa's World/National Park Symphony (8/21 60 min.)	Travels with Darley	Rick Steves' Europe	Travelscope	Wild!	9:00
9:30	Born to Explore	Journeys in Japan	Daytripper	Arizona Wildlife Views	Today's Wild West	Places to Love		9:30
10:00	This Old House	America's Heartland	Rough Cut	Woodwright's Shop	America's Heartland	This Old House	Rough Cut with Fine Woodworking	10:00
10:30	Ask This Old House	Garden Smart	Woodwright's Shop	P. Allen Smith's Garden Home	Garden Smart	Ask This Old House	P. Allen Smith's Garden Home	10:30