

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	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	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	Sara's Weeknight Meals	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 / Nigella: at My Table (beg. 9/17)	Steven Raichlen's Project Fire	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	America's Test Kitchen	Yan Can Cook: Spice Kingdom	Check, Please! Arizona	Christopher Kimball's Milk Street Kitchen	Check, Please! Arizona	Simply Ming	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 / Nigella: at My Table (beg. 9/19)	A Chef's Life	Dining with the Chef	Steven Raichlen's Project Fire	11:30
noon	Wyland's Art Studio	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy / Fit 2 Stitch (beg. 9/26)	Beads, Baubles & Jewels	Painting with Paulson	Knit and Crochet Now	noon
12:30	Best of Joy of Painting	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	Chris Tarrant: Extreme Railroad	Travelscope	Expeditions w/ Patrick McMillan	In the Americas	Rudy Maxa's World/Weekends with Yankee (beg. 9/15)	1:00
1:30	Day Tripper/Wild Travels (9/30)	Rick Steves' Europe		Two for the Road	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/Weekends with Yankee (beg. 9/18)	Travels with Darley	Rick Steves' Europe	Travelscope	Wild!/Extreme Railways (beg. 9/8)	2:00
2:30	Born to Explore	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/Fit 2 Stitch (beg. 9/27)	Knit and Crochet Now	Painting with Paulson	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	3:30
4:00	This Old House	Growing a Greener World	Rough Cut/Desert Dreams (8/21 90 min.)	Woodsmith Shop	Growing a Greener World	This Old House	Rough Cut with Fine Woodworking	4:00
4:30	Ask This Old House	Garden Smart	Woodsmith'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	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 w/ Fine Cooking	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Simply Ming	Food Over 50	Jacques Pépin	6:00
6:30	Lidia's Kitchen	Joanne Weir's Plates & Places / Nigella: at My Table (beg. 9/17)	Steven Raichlen's Project Fire	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	Yan Can Cook: Spice Kingdom	Check, Please! Arizona	Sara's Weeknight Meals	Check, Please! Arizona	Simply Ming	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 / Nigella: at My Table (beg. 9/19)	A Chef's Life	Dining with the Chef	Steven Raichlen's Project Fire	7:30
8:00	Travels with Darley	In the Americas	Extreme Railways	Travelscope	Expeditions with Patrick McMillan	In the Americas	Rudy Maxa's World/Weekends with Yankee (beg. 9/15)	8:00
8:30	Daytripper/Wild Travels (9/30)	Rick Steves' Europe		Two for the Road	Born to Explore	Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Expeditions with Patrick McMillan	Today's Wild West	Weekends with Yankee	Travels with Darley	Rick Steves' Europe	Travelscope	Wild!/Extreme Railways (beg. 9/8)	9:00
9:30	Born to Explore	Journeys in Japan	Daytripper	Arizona Wildlife Views	Today's Wild West	Two for the Road		9:30
10:00	This Old House	Growing a Greener World	Rough Cut	Woodsmith Shop	Grow a Greener World	This Old House	Rough Cut with Fine Woodworking	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	Growing Bolder	Second Opinion	Creative Living	Innovations in Medicine	Trust Docs	Do Not Harm: Opioid Epidemic / Generational Trauma and Healing (beg. 9/28)	In Good Shape	11:00
11:30	Innovations in Medicine	Trust Docs	In Good Shape	Growing Bolder/ Successful Aging (beg. 9/12)	Second Opinion		Creative Living	11:30