

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	How to Cook Well with Rory O'Connell	To Dine For with Kate Sullivan	Baking with Julia	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country	9:00
9:30	Christopher Kimball's Milk Street	Check, Please! Arizona	Jacques Pépin	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	New Scandinavian Cooking	9:30
10:00	Moveable Feast with Fine Cooking	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Simply Ming	To Dine For with Kate Sullivan	Jacques Pépin	10:00
10:30	Lidia's Kitchen	Taste of History	Steven Raichlen's Project Fire	Cook's Country	Yan Can Cook: Spice Kingdom	Moveable Feast with Fine Cooking	Plate & Pour	10:30
11:00	Martha Stewart's Cooking School	America's Test Kitchen	Yan Can Cook: Spice Kingdom	Plate & Pour	Sara's Weeknight Meals	Check, Please! Arizona	Simply Ming	11:00
11:30	Baking with Julia	How to Cook Well with Rory O'Connell	New Scandinavian Cooking	Taste of History	Christopher Kimball's Milk Street	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	Make It Artsy	Painting with Paulson	Knit and Crochet Now	noon
12:30	Best of "Joy of Painting"	Fresh Quilting	Painting with Wilson Bickford	Sewing with Nancy	Creative Living	Paint This with Jerry Yarnell	Arizona Collectibles	12:30
1:00	Travels with Darley	Desert Speaks	Born to Explore with Richard Wiese	Travelscope	Expeditions with Patrick McMillan	Desert Speaks	Weekends with Yankee	1:00
1:30	Daytripper	Rick Steves' Europe		Two for the Road	Beyond Your Backyard	Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Expeditions with Patrick McMillan	Wild Nevada	Weekends with Yankee	Travels with Darley	Rick Steves' Europe	Travelscope	Born to Explore with Richard Wiese	2:00
2:30	Beyond Your Backyard	Journeys in Japan	Daytripper	Arizona Wildlife Views	Wild Nevada	Two for the Road		2:30
3:00	Make It Artsy	Wyland's Art Studio	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Knit and Crochet Now	Painting with Paulson	3:00
3:30	Creative Living	Best of "Joy of Painting"	Fresh Quilting	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	Classic Woodworking	Woodsmith Shop	Growing a Greener World	This Old House	Classic Woodworking	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	How to Cook Well with Rory O'Connell	To Dine For with Kate Sullivan	Baking with Julia	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country	5:00
5:30	Christopher Kimball's Milk Street	Check, Please! Arizona	Jacques Pépin	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	New Scandinavian Cooking	5:30
6:00	Moveable Feast with Fine Cooking	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Simply Ming	To Dine For with Kate Sullivan	Jacques Pépin	6:00
6:30	Lidia's Kitchen	Taste of History	Steven Raichlen's Project Smoke	Cook's Country	Yan Can Cook: Spice Kingdom	Moveable Feast with Fine Cooking	Plate & Pour	6:30
7:00	Martha Stewart's Cooking School	America's Test Kitchen	Yan Can Cook: Spice Kingdom	Plate & Pour	Sara's Weeknight Meals	Check, Please! Arizona	Simply Ming	7:00
7:30	Baking with Julia	How to Cook Well with Rory O'Connell	New Scandinavian Cooking	Taste of History	Christopher Kimball's Milk Street	Dining with the Chef	Steven Raichlen's Project Fire	7:30
8:00	Travels with Darley	Desert Speaks	Born to Explore with Richard Wiese	Travelscope	Expeditions with Patrick McMillan	Desert Speaks	Weekends with Yankee	8:00
8:30	Daytripper	Rick Steves' Europe		Two for the Road	Beyond Your Backyard	Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Expeditions with Patrick McMillan	Wild Nevada	Weekends with Yankee	Travels with Darley	Rick Steves' Europe	Travelscope	Born to Explore with Richard Wiese	9:00
9:30	Beyond Your Backyard	Journeys in Japan	Daytripper	Arizona Wildlife Views	Wild Nevada	Two for the Road		9:30
10:00	This Old House	Growing a Greener World	Classic Woodworking	Woodsmith Shop	Growing a Greener World	This Old House	Classic 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	Reflect: Successful Aging Defined	Second Opinion	Creative Living	Innovations in Medicine	POV Shorts	Outside with Greg Aiello	Second Opinion	11:00
11:30	Innovations in Medicine	POV Shorts	Second Opinion	Reflect: Successful Aging Defined	Second Opinion	Islands Without Cars	Creative Living	11:30