

	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	Dreams Of Italy	To Dine For with Kate Sullivan	In Julia's Kitchen	Simply Ming	Lidia's Kitchen	Nick Stellino: Storyteller	Cook's Country	9:00
9:30	Christopher Kimball's Milk Street Television	100 Days, Drinks, Dishes and Destinations	Jacques Pépin: Heart & Soul	America's Test Kitchen	Pati's Mexican Table	Simply Ming	New Scandinavian Cooking	9:30
10:00	Ciao Italia	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Kitchen Queens: New Orleans	To Dine for with Kate Sullivan	Jacques Pépin: Heart & Soul	10:00
10:30	Lidia's Kitchen	Taste of History	Steven Raichlen's Project Fire	Cook's Country	Christina Cooks	Ciao Italia	Pati's Mexican Table	10:30
11:00	Nick Stellino: Storyteller	America's Test Kitchen	Christina Cooks	Pati's Mexican Table	Sara's Weeknight Meals	100 Days, Drinks, Dishes and Destinations	Kitchen Queens: New Orleans	11:00
11:30	In Julia's Kitchen	Jazzy Vegetarian	New Scandinavian Cooking	Taste of History	Christopher Kimball's Milk Street Television	Dining with the Chef	Steven Raichlen's Project Fire	11:30
noon	Art in the 48	Fons & Porter's Love of Quilting	Canvasing The World	It's Sew Easy	Make it Artsy	J Schwanke's Life In Bloom	Knit and Crochet Now	noon
12:30	Best of "Joy of Painting"	Quilting Arts	Painting with Wilson Bickford	Best of Sewing with Nancy	Creative Living	Paint This with Jerry Yarnell	Arizona Collectibles	12:30
1:00	Places to Love	Desert Speaks	Ireland With Michael	Weekends With Yankee	Texas parks & Wildlife	Desert Speaks	Wild Nevada	1:00
1:30	Daytripper	Rick Steves' Europe	In The Americas	My World Too	America's Forests	Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Texas parks & Wildlife	Great Scenic Railway	Wild Nevada	Places To Love	Rick Steves' Europe	Weekends With Yankee	Ireland With Michael	2:00
2:30	America's Forests	Journeys in Japan	Daytripper	Arizona Wildlife Views	Great Scenic Railway	My World Too	In The Americas	2:30
3:00	Make It Artsy	Art in the 48	Fons & Porter's Love of Quilting	Canvasing The World	It's Sew Easy	Knit and Crochet Now	Art in the 48	3:00
3:30	Creative Living	Best of "Joy of Painting"	Quilting Arts	Painting with Wilson Bickford	Best of Sewing with Nancy	Arizona Collectibles	Paint This with Jerry Yarnell	3:30
4:00	This Old House	Conscious Living	American Woodshop	Woodsmith Shop	Growing a Greener World	This Old House	American Woodshop	4:00
4:30	Ask This Old House	Garden Smart	Woodsmith Shop	Joanne Weir's Plates and Places	Garden Smart	Ask This Old House	Joanne Weir's Plates and Places	4:30
5:00	Jazzy Vegetarian	To Dine For with Kate Sullivan	In Julia's Kitchen	Simply Ming	Lidia's Kitchen	Nick Stellino: Storyteller	Cook's Country	5:00
5:30	Christopher Kimball's Milk Street Television	Dishing With Julia Child	Jacques Pépin: Heart & Soul	America's Test Kitchen	Pati's Mexican Table	Simply Ming	New Scandinavian Cooking	5:30
6:00	Ciao Italia	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Kitchen Queens: New Orleans	To Dine for with Kate Sullivan	Jacques Pépin: Heart & Soul	6:00
6:30	Lidia's Kitchen	Taste of History	Steven Raichlen's Project Fire	Cook's Country	Christina Cooks	Ciao Italia	Pati's Mexican Table	6:30
7:00	Nick Stellino: Storyteller	America's Test Kitchen	Christina Cooks	Pati's Mexican Table	Sara's Weeknight Meals	100 Days, Drinks, Dishes and Destinations	Kitchen Queens: New Orleans	7:00
7:30	In Julia's Kitchen	Jazzy Vegetarian	New Scandinavian Cooking	Taste of History	Christopher Kimball's Milk Street Television	Dining with the Chef	Steven Raichlen's Project Fire	7:30
8:00	Places To Love	Desert Speaks	Ireland With Michael	Weekends With Yankee	Texas Parks and Wildlife	Desert Speaks	Wild Nevada	8:00
8:30	Daytripper	Rick Steves' Europe	In The America's	My World Too	America's Forests	Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Texas Parks And Wildlife	Great Scenic Railway	Wild Nevada	Places To Love	Rick Steves' Europe	Weekends With Yankee	Ireland With Michael	9:00
9:30	America's Forests	Journeys in Japan	Daytripper	Arizona Wildlife Views	Great Scenic Railway	My World Too	In The Americas	9:30
10:00	This Old House	Growing a Greener World	American Woodshop	Woodsmith Shop	Growing a Greener World	This Old House	American Woodshop	10:00
10:30	Ask This Old House	Garden Smart	Woodsmith Shop	Joanne Weir's Plates And Places	Garden Smart	Ask This Old House	Joanne Weir's Plates And Places	10:30
11:00	Growing Bolder	Second Opinion	Creative Living	Food Over 50	Central Texas Gardner	Rick Steves' Symphonic Journey	How She Rolls	11:00
11:30	Second Opinion	Central Texas Gardner	How She Rolls	Growing Bolder	Feild Trip With Curtis Stone		Creative Living	11:30