

	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	Field Trip With Curtis Stone	Roadfood	Christina Cooks	Simply Ming	Lidia's Kitchen	Chef's Life	Cook's Country	9:00
9:30	Christopher Kimball's Milk Street Television	Baking With Julias	Julia Child- Cooking With Master Chefs	America's Test Kitchen	Pati's Mexican Table	Simply Ming	Travels With Darley	9:30
10:00	Ciao Italia	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Food Flirts	Roadfood	Wild Travels	10:00
10:30	Lidia's Kitchen	Taste of History	Steven Raichlen's Project Fire	Cook's Country	Kevin Belton's Cookin' Louisiana	Ciao Italia	Pati's Mexican Table	10:30
11:00	Chef's Life	America's Test Kitchen	Kevin Belton's Cookin' Louisiana	Pati's Mexican Table	Sara's Weeknight Meals	Baking With Julia	Food Flirts	11:00
11:30	Christina Cooks: back to the Cuttingboard	Field Trip With Curtis Stone	Travels With Darley	Taste of History	Christopher Kimball's Milk Street Television	Dining with the Chef	Steven Raichlen's Project Fire	11:30
noon	Articulate	Fons & Porter's Love of Quilting	Wild Travels	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	Fishing Behind The Lines	Today's Wild West	Texas Parks and Wildlife	Desert Speaks	Wild Nevada	1:00
1:30	Daytripper	Rick Steves' Europe	Outside: Beyond The Lens	Crossing South	Les Stroud's Beyond Survival	Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Texas Parks and Wildlife	Fly Brother	Wild Nevada	Places to Love	Rick Steves' Europe	Today's Wild West	Fishing Behind The Lines	2:00
2:30	Les Stroud's Beyond Survival	Journeys in Japan	Daytripper	Arizona Wildlife Views	Beyond Your Backyard	Crossing South	Outside: Beyond The Lens	2:30
3:00	Make It Artsy	Articulate	Fons & Porter's Love of Quilting	J. Schwanke's Life In Bloom	It's Sew Easy	Knit and Crochet Now	Articulate	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	Our Time	American Woodshop	Woodsmith Shop	Bringing It Home	This Old House	American Woodshop	4:00
4:30	Ask This Old House	Growing A Greener World	Woodsmith Shop	Check, Please! Arizona	Growing A Greener World	Ask This Old House	Check, Please! Arizona	4:30
5:00	Field Trip With Curtis Stone	Roadfood	In Julia's Kitchen	Simply Ming	Lidia's Kitchen	Chef's Life	Cook's Country	5:00
5:30	Lydia's Kitchen	Baking With Julias	Julie Child- Cooking With Master Chefs	America's Test Kitchen	Pati's Mexican Table	Simply Ming	Travels With Darley	5:30
6:00	Ciao Italia	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Food Flirts	Roadfood	Wild Travels	6:00
6:30	Lidia's Kitchen	Taste of History	Steven Raichlen's Project Fire	Cook's Country	Kevin Belton's Cookin' Louisiana	Ciao Italia	Pati's Mexican Table	6:30
7:00	Chef's Life	America's Test Kitchen	Kevin Belton's Cookin' Louisiana	Pati's Mexican Table	Sara's Weeknight Meals	Baking With Julia	Food Flirts	7:00
7:30	Christina Cooks: back to the Cuttingboard	Field Trip With Curtis Stone	Travels With Darley	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	Fishing Behind The Lines	Today's Wild West	Texas Parks and Wildlife	Desert Speaks	Wild Nevada	8:00
8:30	Daytripper	Rick Steves' Europe	Outside: Beyond The Lens	Crossing South	Les Stroud's Beyond Survival	Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Texas Parks and Wildlife	Fly Brother	Wild Nevada	Places to Love	Rick Steves' Europe	Today's Wild West	Fishing Behind The Llnes	9:00
9:30	Les Stroud's Beyond Survival	Journeys in Japan	Daytripper	Arizona Wildlife Views	Secrets of Sacred Architecture 4/7 Rise Of The Nazis 4/14, 4/21 & 4/28	Crossing South	Outside: Beyond The Lens	9:30
10:00	This Old House	Our Time	American Woodshop	Woodsmith Shop		This Old House	American Woodshop	10:00
10:30	Ask This Old House	Growing A Greener World	Woodsmith Shop	Check, Please! Arizona	Secrets Of The Dead	Ask This Old House	Jacques Pepin: Heart And Soul	10:30
11:00	Second Opinion	Bringing It Home	Creative Living	Jazzy Vegetarian		Legacy List	Check, Please! Arizona	11:00
11:30	Jazzy Vegetarian	Central Texas Gardner	Skindigenous	Second Opinion	Bringing It Home	Creative Living	Creative Living	11:30