

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
midn.	<i>For programs from midnight-1:30 a.m., please refer to the 8-9:30 p.m. block.</i>							midn.
1:30	Beyond Survival	Journeys in Japan	Daytripper	Arizona Wildlife Views	Gardenfit (12/1,8) Seeing Canada (12/22,29)	In the Americas	Curious Traveler	1:30
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 6-7:30 a.m., please refer to the 1-2:30 p.m. block.</i>							6:00
7:30	Beyond Survival	Journeys in Japan	Daytripper	Arizona Wildlife Views	Earths Natural Wonders Secrets of Sacred Archi- tecture (12/29)	In the Americas	Curious Traveler	7:30
8:00	This Old House	Places to Love (12/5)	American Woodshop	Woodsmith Shop		This Old House	American Woodshop	8:00
8:30	Ask This Old House	Greener World	Woodsmith Shop	Check, Please! Arizona	Greener World	Ask This Old House	Check, Please! Arizona	8:30
9:00	Taste of History	How She Rolls	Ciao Italia	Taste of Malaysia	Lidia's Kitchen	Chef's Life	Cook's Country	9:00
9:30	Christopher Kimball's Milk Street Television	Baking with Julia	Sara's Weekend Meals	America's Test Kitchen	Pati's Mexican Table	Taste of Malaysia	Travels with Darley	9:30
10:00	America's Test Kitchen	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Project Fire	How She Rolls	Travels & Traditions	10:00
10:30	Lidia's Kitchen	Cook's Country	Project Fire	Cook's Country	Kevin Belton's Cookin' New Orleans	America's Test Kitchen	Pati's Mexican Table	10:30
11:00	Chef's Life	America's Test Kitchen	Cookin' New Orleans	Pati's Mexican Table	Sara's Weeknight Meals	Baking With Julia	Project Fire	11:00
11:30	Ciao Italia	Taste of History	Travels with Darley	Cook's Country	Milk Street Television	Dining with the Chef	Project Fire	11:30
noon	Articulate	Love of Quilting	Travels & Traditions	It's Sew Easy	Make It Artsy	Arizona Wildlife Views	Knit and Crochet Now	noon
12:30	Best of "Joy of Painting"	Quilting Arts	Painting with Wilson	Best of Sewing with Nancy	Creative Living	Paint This with Jerry	Arizona Collectibles	12:30
1:00	Places to Love	Desert Speaks	Rick Steves' Europe	Weekends with Yankee	Texas Parks and Wildlife	Desert Speaks	In the Americas	1:00
1:30	Daytripper	Rick Steves' Europe	Curious Traveler	In the Americas	Beyond Survival	Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Texas Parks And Wildlife	Outside:Beyond the Lens	In the America's	Places to Love	Rick Steves' Europe	Today's Wild West Weekends with Yankee	Rick Steves' Europe	2:00
2:30	Beyond Survival	Journeys in Japan	Daytripper	Arizona Wildlife Views	Gardenfit Seeing Canada	In the Americas	Curious Taveler	2:30
3:00	Make It Artsy	Articulate	Love of Quilting	Arizona Wildlife Views	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	Best of Sewing with Nancy	Arizona Collectibles	Paint This with Jerry	3:30
4:00	This Old House	Places to Love	American Woodshop	Woodsmith Shop	Chef's Life	This Old House	American Woodshop	4:00
4:30	Ask This Old House	Greener World	Woodsmith Shop	Check, Please! Arizona	Greener World	Ask This Old House	Check, Please! Arizona	4:30
5:00	Taste of History	How She Rolls	Ciao Italia	Taste of Malaysia	Lidia's Kitchen	Chef's Life	Cook's Country	5:00
5:30	Milk Street Television	Baking with Julia	Sara's Weeknight Meals	America's Test Kitchen	Pati's Mexican Table	Taste of Malaysia	Travels with Darley	5:30
6:00	America's Test Kitchen	Sara's Weeknight Meals	Pati's Mexican Table	Dining with the Chef	Project Fire	How She Rolls	Travels & Traditions	6:00
6:30	Lidia's Kitchen	Cook's Country	Project Fire	Cook's Country	Kevin B.'s New Orleans	America's Test Kitchen	Pati's Mexican Table	6:30
7:00	Chef's Life	America's Test Kitchen	Kevin B's New Orleans	Pati's Mexican Table	Sara's Weeknight Meals	Baking with Julia	Project Fire	7:00
7:30	Ciao Italia	Taste of History	Travels with Darley	Cook's Country	Milk Street Television	Dining with the Chef	Project Fire	7:30
8:00	Places To Love	Desert Speaks	Rick Steves' Europe	Weekends with Yankee	Texas Parks And Wildlife	Desert Speaks	In the Americas	8:00
8:30	Daytripper	Rick Steves' Europe	Curious Traveler	In the Americas	Beyond Survival	Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Texas Parks And Wildlife	Beyond the Lens	.In the Americas	Places To Love	Rick Steves' Europe	Weekends with Yankee	Rick Steves' Europe	9:00
9:30	Beyond Survival	Journeys in Japan	Daytripper	Arizona Wildlife Views	From the Vault Rick Steves' Europe Lucy Worsley's 12 Days of Tudor Christmas 12/15 Secrets of Sacred Arch. 12/22 Impossible Builds 12/30	In the Americas	Curious Traveler	9:30
10:00	This Old House	Places to Love	American Woodshop	Woodsmith Shop		This Old House	American Woodshop	10:00
10:30	Ask This Old House	Greener World12/5	Woodsmith Shop	Check, Please! Arizona		Ask This Old House	Baking with Julia	10:30
11:00	Second Opinion 12/11	A Chef's Life	Creative Living	Jazzy Vegetarian		Earth's Sacred Wonders	Check, Please! Arizona	11:00
11:30	Jazzy Vegtarian	Central Texas Gardener	Crossing South	Second Opinion	Chef's Life.	Creative Living	11:30	