

| | 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 | Steppin' Out | Journeys in Japan | Daytripper | Arizona Wildlife Views | Seeing Canada | In the Americas | America The Bountiful | 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 | Classical Stretch | Sit and Be Fit | Wai Lana Yoga | Classical Stretch | Wai Lana Yoga | Yoga in Practice | 5:00 |
| 5:30 | Wai Lana Yoga | Wai Lana Yoga | Classical Stretch | Yoga in Practice | Classical Stretch | 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 | Steppin' Out | Journeys in Japan | Daytripper | Arizona Wildlife Views | Nature | In the Americas | America The Bountiful | 7:30 |
| 8:00 | This Old House | Places to Love | 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 | New Scandinavian Cooking | To Dine with Kate Sullivan | Lidia's Kitchen | Lucky Chow | Lidia's Kitchen | Cook's Country | 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 | Lucky Chow1000 | Pati's Mexican Table | 9:30 |
| 10:00 | America's Test Kitchen | Sara's Weeknight Meals | Pati's Mexican Table | Dining with the Chef | Project Fire | To Dine with Kate Sullivan | Homemade Live! | 10:00 |
| 10:30 | Lidia's Kitchen | Cook's Country | Homemade Live! | Cook's Country | Dooky Chase Kitchen | America's Test Kitchen | Project Fire | 10:30 |
| 11:00 | Cooks Country | America's Test Kitchen | Dooky Chase Kitchen | Pati's Mexican Table | Sara's Weeknight Meals | Baking with Julia | Travels with Darley | 11:00 |
| 11:30 | Lidia's Kitchen | New Scandinavian Cooking | Travels with Darley | Cook's Country | Milk Street Television | Dining with the Chef | Travels and Traditions | 11:30 |
| noon | Steppin' Out | Love of Quilting | Travels & Traditions | Love of Quilting | Places to Love | Arizona Wildlife Views | Arizona Wildlife Views | noon |
| 12:30 | Best of Joy of Painting | Quilting Arts | Paint/Travel Rog/Sarah | 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 | America The Bountiful | In the Americas | Steppin' Out | Arizona Wildlife Views | Journeys in Japan | 1:30 |
| 2:00 | Texas Parks And Wildlife | Outside:Beyond the Lens | In the Americas | Places to Love | Rick Steves' Europe | Trail Mix'd | Rick Steves' Europe | 2:00 |
| 2:30 | Steppin' Out | Journeys in Japan | Daytripper | Arizona Wildlife Views | Seeing Canada | In the Americas | America The Bountiful | 2:30 |
| 3:00 | Places to Love | Steppin' Out | Love of Quilting | Arizona Wildlife Views | Love of Quilting | Fit 2 Stitch | Steppin' Out | 3:00 |
| 3:30 | Creative Living | Best of "Joy of Painting" | Quilting Arts | Painting w/ Rog and Sarah | 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 | Life in Bloom | 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 | New Scandinavian Cooking | To Dine with Kate Sullivan | Lidia's Kitchen | Lucky Chow | Lidia's Kitchen | Cook's Country | 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 | Lucky Chow | Pati's Mexican Table | 5:30 |
| 6:00 | America's Test Kitchen | Antiques Roadshow | Antiques Roadshow | Antiques Roadshow | Antiques Roadshow | Antiques Roadshow | Homemade Live! | 6:00 |
| 6:30 | Lidia's Kitchen | | | | | | Project Fire | 6:30 |
| 7:00 | Cooks Country | America's Test Kitchen | Dooky Chase Kitchen | Pati's Mexican Table | Sara's Weeknight Meals | Baking with Julia | Travels with Darley | 7:00 |
| 7:30 | Lidia's Kitchen | New Scandinavian Cooking | Travels with Darley | Cook's Country | Milk Street Television | Dining with the Chef | Travels and Traditions | 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 | America The Bountiful | In the Americas | Steppin' Out | Arizona Wildlife Views | Journeys in Japan | 8:30 |
| 9:00 | Texas Parks And Wildlife | Outside: Beyond the Lens | In the Americas | Places To Love | Rick Steves' Europe | Trail Mix'd | Rick Steves' Europe | 9:00 |
| 9:30 | Steppin' Out | Journeys In Japan | Daytripper | Arizona Wildlife Views | Trail Mix'd | In the Americas | America The Bountiful | 9:30 |
| 10:00 | This Old House | Places to Love | American Woodshop | Woodsmith Shop | | Outside: Beyond the Lens | This Old House | American Woodshop |
| 10:30 | Ask This Old House | Greener World | Woodsmith Shop | Check, Please! Arizona | Great Estates Scotland | Ask This Old House | Sara's Weeknight Meals | 10:30 |
| 11:00 | Project Fire | Life In Bloom | Creative Living | New Scandinavian Cooking | | Weekends with Yankee | Check, Please! Arizona | 11:00 |
| 11:30 | New Scandinavian Cooking | Central Texas Gardener | Crossing South | Project Fire | Life In Bloom | Places to Love | Creative Living | 11:30 |

*Membership drive from June 1 - 9 will adjust regular programming.