

	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	Big Pacific	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	GardenFit	Woodsmith Shop	Check, Please! Arizona	GardenFit	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 Chow	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	Taste of Malaysia	America's Test Kitchen	Project Fire	10:30
11:00	Cooks Country	America's Test Kitchen	Taste of Malaysia	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	Wild Harvest	11:30
noon	Steppin' Out	Love of Quilting	Wild Harvest	Best of Sewing with Nancy	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	Outside: Beyond the Lens	In the Americas	America The Bountiful	2:30
3:00	Places to Love	Steppin' Out	Love of Quilting	Arizona Wildlife Views	Best of Sewing with Nancy	Fit 2 Stitch	Steppin' Out	3:00
3:30	Creative Living	Best of "Joy of Painting"	Quilting Arts	Painting wi/ 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	GardenFit	Woodsmith Shop	Check, Please! Arizona	GardenFit	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	Taste of Malaysia	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	Wild Harvest	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	GardenFit	Woodsmith Shop	Check, Please! Arizona	Great Estates of Scotland (7/4); 10 Parks (7/11); 10 Towns (7/18); 10 Streets that Changed America (7/25)	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