

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
midn.	For programs from midnight-5 a.m., please refer to the noon-5 p.m. block.							midn.
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	Classical Stretch	Wai Lana Yoga	Classical Stretch	Yoga in Practice	Classical Stretch	Sit and Be Fit	Classical Stretch	5:30
6:00	For programs from 6-7:30 a.m., please refer to the noon-1:30 p.m. block.							6:00
7:30	Curious Traveler	Places to Love	Wild Nevada	Celebrity Antiques Road Trip	Daytripper	Celebrity Antiques Road Trip	Places to Love	7:30
8:00	Outside: Beyond the Lens	Check, Please! Arizona	In the Americas	Arizona Wildlife Views	Daytripper		Rick Steves Poland	8:00
8:30	Daytripper	Journeys in Japan	Desert Speaks	Wild Nevada	Texas Parks and Wildlife	Trail Mix'd	Rick Steves Poland	8:30
9:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Kitchen Curious	Sara's Weeknight Meals	Desert Speaks	9:00
9:30	Wild Nevada	Cook's Country	Life of Loi: Mediterranean Secrets	Louisiana Coastal Cooking	Milk Street Television	Dining with the Chef	Wild Nevada	9:30
10:00	Pati's Mexican Table	Pati's Mexican Table	Kitchen Curious	Milk Street Television	Life of Loi	America's Test Kitchen	Pati's Mexican Table	10:00
10:30	Sara's Weeknight Meals	Homemade Live!	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	To Dine For	10:30
11:00	Best of the Joy of Painting	Garden Smart	Love of Quilting	Quilting Arts	Arizona Collectibles	Painting and Travel	Best of Sewing	11:00
11:30	People of the North	This American Land	Woodsmith Shop	This Old House	Ask This Old House	People of the North	This Old House	11:30
noon	Arizona Wildlife Views	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Arizona Collectibles	noon
12:30	Trail Mix'd						Arizona Wildlife	12:30
1:00	In the Americas	Rick Steves' Europe	Places to Love	Celebrity Antiques Road Show	In the Americas	Rick Steves' Europe	Daytripper	1:00
1:30	Curious Traveler	Places to Love	Wild Nevada		Daytripper	Celebrity Antiques Road Show	Places to Love	1:30
2:00	Outside: Beyond the Lens	Check, Please! Arizona	In the Americas	Arizona Wildlife	Daytripper		Rick Steves' Europe	2:00
2:30	Daytripper	Journeys in Japan	Desert Speaks	Wild Nevada	Texas Parks and Wildlife	Trail Mix'd	Rick Steves' Europe	2:30
3:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Kitchen Curious	Sara's Weeknight Meals	Desert Speaks	3:00
3:30	Wild Nevada	Cook's Country	Life of Loi	Louisiana Coastal Cooking	Milk Street Television	Dining with the Chef	Wild Nevada	3:30
4:00	Pati's Mexican Table	Pati's Mexican Table	Kitchen Curious	Milk Street Television	Life of Loi	America's Test Kitchen	Pati's Mexican Table	4:00
4:30	Sara's Weeknight Meals	Homemade Live!	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	Kitchen Curious	4:30
5:00	Best of the Joy of Painting	Garden Smart	Love of Quilting	Quilting Arts	Arizona Collectibles	Painting and Travel	Best of Sewing	5:00
5:30	People of the North	This American Land	Woodsmith Shop	This Old House	Ask This Old House	People of the North	This Old House	5:30
6:00	Arizona Wildlife Views	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Arizona Collectibles	6:00
6:30	Trail Mix'd						Arizona Wildlife	6:30
7:00	In the Americas	Rick Steves' Europe	Places to Love	Celebrity Antiques Road Trip	In the Americas	Rick Steves' Europe	Daytripper	7:00
7:30	Curious Traveler	Places to Love	Wild Nevada		Daytripper	Celebrity Antiques Road Trip	Places to Love	7:30
8:00	Outside: Beyond the Lens	Check, Please! Arizona	In the Americas	Arizona Wildlife	Daytripper		Rick Steves' Poland	8:00
8:30	Daytripper	Journeys in Japan	Desert Speaks	Wild Nevada	Texas Parks and Wildlife	Trail Mix'd	Rick Steves' Poland	8:30
9:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Kitchen Curious	Sara's Weeknight Meals	Desert Speaks	9:00
9:30	Wild Nevada	Cook's Country	Life of Loi	Louisiana Coastal Cooking	Milk Street Television	Dining with the Chef	Wild Nevada	9:30
10:00	Pati's Mexican Table	Pati's Mexican Table	Kitchen Curious	Milk Street Television	Life of Loi	America's Test Kitchen	Pati's Mexican Table	10:00
10:30	Sara's Weeknight Meals	Homemade Live!	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	Kitchen Curious	10:30
11:00	Best of the Joy of Painting	Garden Smart	Love of Quilting	Quilting Arts	Arizona Collectibles	Painting and Travel	Best of Sewing	11:00
11:30	People of the North	This American Land	Woodsmith Shop	This Old House	Ask This Old House	People of the North	This Old House	11:30