

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
midn.	For programs from midnight 5 a.m., please refer to the noon-5 pm. 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 pm. block.							6:00
7:30	Curious Traveler	Places to Love	Food Curated	Celebrity Antiques Road Trip	Daytripper	Celebrity Antiques Road Trip	Places to Love	7:30
8:00	Joseph Rosendo's Steppin' Out	Check, Please! Arizona	In the Americas	Arizona Wildlife Views	Daytripper		Rick Steves Europe	8:00
8:30	Daytripper	Journeys in Japan	Desert Speaks	Curious Traveler	Texas Parks and Wildlife	Trail Mix'd	Rick Steves Europe	8:30
9:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Indian as Apple Pie	Sara's Weeknight Meals	Desert Speaks	9:00
9:30	Food Curated	Cook's Country	Christina Cooks	Julia Child Cooking with Master Chefs	Milk Street Television	Dining with the Chef	Food Curated	9:30
10:00	Pati's Mexican Table	Pati's Mexican Table	Indian as Apple Pie	Milk Street Television	Christina Cooks	America's Test Kitchen	Pati's Mexican Table	10:00
10:30	Sara's Weeknight Meals	Farmer and the Foodie	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	Indian as Apple Pie	10:30
11:00	Best of the Joy of Painting	Garden Smart	Love of Quilting	Quilting Arts	Arizona Collectibles	Follow the Blooms	Best of Sewing	11:00
11:30	Weekend with Yankee	Ask This Old House	Woodsmith Shop	This Old House	Ask This Old House	Weekends with Yankee	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	Food Curated		Daytripper	Places to Love	1:30	
2:00	Joseph Rosendo's Steppin' Out	Check, Please! Arizona	In the Americas	Arizona Wildlife	Daytripper	Celebrity Antiques Road Show	Rick Steves' Europe	2:00
2:30	Daytripper	Journeys in Japan	Desert Speaks	Curious Traveler	Texas Parks and Wildlife		Trail Mix'd	Rick Steves' Europe
3:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Indian as Apple Pie	Sara's Weeknight Meals	Desert Speaks	3:00
3:30	Food Curated	Cook's Country	Christina Cooks	Julia Child - Cooking with Master Chefs	Milk Street Television	Dining with the Chef	Food Curated	3:30
4:00	Pati's Mexican Table	Pati's Mexican Table	Indian as Apple Pie	Milk Street Television	Christina Cooks	America's Test Kitchen	Pati's Mexican Table	4:00
4:30	Sara's Weeknight Meals	Farmer and the Foodie	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	Indian as Apple Pie	4:30
5:00	Best of the Joy of Painting	Garden Smart	Love of Quilting	Quilting Arts	Arizona Collectibles	Follow the Blooms	Best of Sewing	5:00
5:30	Weekends with Yankee	Ask This Old House	Woodsmith Shop	This Old House	Ask This Old House	Weekends with Yankee	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	Food Curated		Daytripper	Places to Love	7:30	
8:00	Joseph Rosendo's Steppin' Out	Check, Please! Arizona	In the Americas	Arizona Wildlife	Daytripper	Celebrity Antiques Road Trip	Rick Steves' Europe	8:00
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