

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
midn.	For programs from 2-5 a.m., please refer to the 5-8 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 1-2:30 p.m. block.							6:00
7:30	Curious Traveler	Samantha Brown's Places to Love	Food. Curated.	Celebrity Antiques Road Trip	DayTripper	Celebrity Antiques Road Trip	Samantha Brown's Places to Love	7:30
8:00	Joseph Rosendo's Steppin' Out	Check, Please! Arizona	In The Americas with David Yetman	Arizona Wildlife Views			Rick Steves Europe	8:00
8:30	DayTripper	Journeys In Japan	The Desert Speaks	Curious Traveler	Texas Parks and Wildlife	Trail Mix'd		8:30
9:00	Red White and Rock (My Music Presents)	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Indian As Apple Pie	Sara's Weeknight Meals	America's Home Cooking: Sweets	9:00
9:30		Cook's Country	Dook Chase: A Chef's Journey	Julia Child- Cooking with Master Chefs	Christopher Kimball's Milk Street Television	Dining with the Chef		9:30
10:00		Pati's Mexican Table	Indian As Apple Pie	Christopher Kimball's Milk Street Television	Dook Chase: A Chef's Journe	America's Test Kitchen		10:00
10:30		Lucky Chow	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country		10:30
11:00		Garden SMART	Fons & Porter's Love of Quilting	Quilting Arts	Arizona Collectibles	Follow The Blooms	Rick Steves Experiencing Europe	11:00
11:30	60s Pop, Rock & Soul (My Music Presents)	Ask This Old House	Woodsmith Shop	This Old House	Ask This Old House	Weekends with Yankee		11:30
noon		Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Rick Steves Heart of Italy	noon
12:30		Rick Steves Europe	Samantha Brown's Places to Love	Celebrity Antiques Road Trip	In The Americas with David Yetman	Rick Steves Europe		12:30
1:00	Great Scenic Railway Journeys 30th Anniversary Special	Samantha Brown's Places to Love	Food. Curated.		DayTripper	Celebrity Antiques Road Trip		1:00
1:30		Check, Please! Arizona	In The Americas with David Yetman	Arizona Wildlife Views				1:30
2:00		Journeys In Japan	The Desert Speaks	Curious Traveler	Texas Parks and Wildlife	Trail Mix'd	Ken Burns: The National Parks	2:00
2:30		America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Indian As Apple Pie	Sara's Weeknight Meals		2:30
3:00	Rick Steves Heart of Italy	Cook's Country	Dook Chase: A Chef's Journey	Julia Child- Cooking with Master Chefs	Christopher Kimball's Milk Street Television	Dining with the Chef	Memory Makeover with Daniel Amen, MD	3:00
3:30		Pati's Mexican Table	Indian As Apple Pie	Christopher Kimball's Milk Street Television	Dook Chase: A Chef's Journey	America's Test Kitchen		3:30
4:00	America's Home Cooking: Easy Recipes for Thrifty Cooking	Lucky Chow	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country		4:00
4:30		Garden SMART	Fons & Porter's Love of Quilting	Quilting Arts	Arizona Collectibles	Follow The Blooms		4:30
5:00		Ask This Old House	Woodsmith Shop	This Old House	Ask This Old House	Weekends with Yankee		5:00
5:30		Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow	Antiques Roadshow		5:30
6:00	Trail Mix'd						Easy Yoga	6:00
6:30								6:30
7:00	In The Americas with David Yetman	Rick Steves Europe	Samantha Brown's Places to Love	Celebrity Antiques Road Trip	In The Americas with David Yetman	Rick Steves Europe	DayTripper	7:00
7:30	Curious Traveler	Samantha Brown's Places to Love	Food. Curated.		DayTripper	Celebrity Antiques Road Trip	Samantha Brown's Places to Love	7:30
8:00	Joseph Rosendo's Steppin' Out	Check, Please! Arizona	In The Americas with David Yetman	Arizona Wildlife Views			Rick Steves Europe	8:00
8:30	DayTripper	Journeys In Japan	The Desert Speaks	Curious Traveler	Texas Parks and Wildlife	Trail Mix'd		8:30
9:00	The Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Indian As Apple Pie	Sara's Weeknight Meals	The Desert Speaks	9:00
9:30	Food. Curated.	Cook's Country	Dook Chase	Julia Child	Christopher Kimball	Dining with the Chef	Food. Curated.	9:30
10:00	Pati's Mexican Table	Pati's Mexican Table	Indian As Apple Pie	Christopher Kimball's Milk Street Television		Dook Chase	America's Test Kitchen	Pati's Mexican Table
10:30	Sara's Weeknight Meals	Lucky Chow	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	Fons & Porter's Love of Quilting	Quilting Arts	Arizona Collectibles	Follow The Blooms	Best of Sewing with Nancy	11:00
11:30	Weekends with Yankee	Ask This Old House	Woodsmith Shop	This Old House	Ask This Old House	Weekends with Yankee	This Old House	11:30