

	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		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	Curious Traveler	Joseph Rosendo's Steppin' Out	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	Desert Speaks	Curious Traveler				Texas Parks and Wildlife	Trail Mix'd
9:00	The Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Relish	Sara's Weeknight Meals	The Desert Speaks	9:00	
9:30	Food. Curated.	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	Food. Curated.	9:30	
10:00	Pati's Mexican Table	Pati's Mexican Table	Food. Curated	Christopher Kimball's Milk Street Television	Dook Chase: A Chef's Journey	America's Test Kitchen	Pati's Mexican Table	10:00	
10:30	Sara's Weenight Meals	Farmer and the Foodies	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	Relish	10:30	
11:00	Best of the Joy of Painting	Garden SMART	Follow The Blooms	This Old House	Arizona Collectibles	This Old House	Weekends with Yankee	11:00	
11:30	Weekends With Yankee	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	Ask This Old House	Quilting Arts	Ask This Old House	Made with Love	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 Views	12:30	
1:00	In the Americas with David Yetman	Rick Steves Europe	Samantha Brown's Places to Love	Made with Love	In The Americas with David Yetman	Rick Steves Europe	DayTripper	1:00	
1:30	Curious Traveler	Samantha Brown's Places to Love	Curious Traveler	Joseph Rosendo's Steppin' Out	DayTripper	Celebrity Antiques Road Trip	Samantha Brown's Places to Love	1:30	
2:00	Joseph Rosendo's Steppin' Out	Check, Please! Arizona	In The Americas with David Yetman	Arizona Wildlife Views			Rick Steves Europe	2:00	
2:30	DayTripper	Journeys In Japan	The Desert Speaks	Curious Traveler				Texas Parks and Wildlife	Trail Mixd
3:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Relish	Sara's Weeknight Meals	The Desert Speaks	3:00	
3:30	Food. Curated.	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	Food. Curated.	3:30	
4:00	Pati's Mexican Table	Pati's Mexican Table	Food. Curated	Christopher Kimball's Milk Street Television	Dook Chase: A Chef's Journey	America's Test Kitchen	Pati's Mexican Table	4:00	
4:30	Sara's Weeknight Meals	Farmer and the Foodies	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	Relish	4:30	
5:00	Best of the Joy of Painting	Garden SMART	Follow The Blooms	This Old House	Arizona Collectibles	This Old House	Weekends with Yankee	5:00	
5:30	Weekends with Yankee	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	Ask This Old House	Quilting Arts	Ask This Old House	Made with Love	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 Views	6:30	
7:00	In The Americas with David Yetman	Rick Steves Europe	Samantha Brown's Places to Love	Made with Love	In The Americas with David Yetman	Rick Steves Europe	DayTripper	7:00	
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