ARIZONA PBS
ARIZONA STATE UNIVERSITY

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Life
DECEMBER
2026

	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		8:30
9:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Jacques Pepin	Sara's Weeknight Meals	Desert Speaks	9:00
9:30	To Dine For with Kate Sullivan	Cook's Country	Dook Chase: A Chef's Journey	Baking with Julia	Christopher Kimball's Milk Street Television	Dining with the Chef	To Dine For with Kate Sullivan	9:30
10:00	Pati's Mexican Table	Pati's Mexican Table	To Dine For with Kate Sullivan	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 Weeknight Meals	Farmer and the Foodie	Sara's Weeknight Meals	America's Test Kitchen	Check, Please! Arizona	Cook's Country	Jacques Pepin	10:30
11:00	Best of the Joy of Painting	Garden SMART	P. Allen Smith's Sense of Place	This Old House	Arizona Collectibles	This Old House	Weekends with Yankee	11:00
11:30	Weekends with the 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	Desert Speaks	Curious Traveler	Texas Parks and Wildlife	Trail Mix'd		2:30
3:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Jacques Pepin	Sara's Weeknight Meals	Desert Speaks	3:00
3:30	To Dine For with Kate Sullivan	Cook's Country	Dook Chase: A Chef's Journey	Baking with Julia	Christopher Kimball's Milk Street Television	Dining with the Chef	To Dine For with Kate Sullivan	3:30
4:00	Pati's Mexican Table	Pati's Mexican Table	To Dine For with Kate Sullivan	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	Jacques Pepin	4:30
5:00	Best of the Joy of Painting	Garden SMART	P. Allen Smith's Sense of Place	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
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	The Desert Speaks	Curious Traveler	Texas Parks and Wildlife	Trail Mix'd		8:30
9:00	Desert Speaks	America's Test Kitchen	Lidia's Kitchen	Pati's Mexican Table	Jacques Pepin	Sara's Weeknight Meals	The Desert Speaks	9:00
9:30	Food. Curated.	Cook's Country	Dook Chase: A Chef's Journey	Baking with Julia	Christopher Kimball's Milk Street Television	Dining with the Chef	To Dine For with Kate Sullivan	9:30
10:00	Pati's Mexican Table	Pati's Mexican Table	To Dine For with Kate Sullivan	Christopher Kimball's Milk Street Television	Dook Chase: A Chef's Legacy	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!	Cook's County	Jacques Pepin	10:30
11:00	Best of the Joy of Painting	Garden Smart	P. Allen Smith's Sense of Place	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