

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME	
midn.	For programs from midnight-2 a.m., please refer to the 8-10 p.m. block.								midn.
2:00	For programs from 2-5 a.m., please refer to the 5-8 p.m. block.								2:00
5:00	Happy Yoga	Body Electric	Sit and Be Fit	Wai Lana Yoga	Classical Stretch	Functional Fitness	Happy Yoga	5:00	
5:30	Wai Lana Yoga	Functional Fitness	Classical Stretch	Happy Yoga	Body Electric	Sit and Be Fit	Classical Stretch	5:30	
6:00	For programs from 6-8 a.m., please refer to the 1-3 p.m. block.								6:00
8:00	For programs from 8-9 a.m., please refer to the 4-5 p.m. block.								8:00
9:00	Sara's Weeknight Meals	New Scandanavian Cooking	In Julia's Kitchen with Master Chefs	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country	9:00	
9:30	Moveable Feast	Check, Please! Arizona	Jacques Pépin	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Mexico: One Plate at a Time	9:30	
10:00	Taste of Louisiana	Steven Raichlen's Project Smoke	Pati's Mexican Table	Dining with the Chef	Simply Ming	New Scandanavian Cooking	Jacques Pépin: Heart & Soul	10:00	
10:30	Lidia's Kitchen	Mind of a Chef	New Orleans Cooking	Cook's Country	Hubert Keller	Taste of Louisiana	New Orleans Cooking	10:30	
11:00	Martha Stewart's Cooking School	America's Test Kitchen	Hubert Keller: Secrets of a Chef	Check, Please! Arizona	Steven Raichlen's Project Smoke	Check, Please! Arizona	Simply Ming	11:00	
11:30	In Julia's Kitchen	Sara's Weeknight Meals	Mexico: One Plate at a Time	Mind of a Chef	Moveable Feast	Dining with the Chef	Check, Please! Arizona	11:30	
noon	Wyland's Art Studio	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Beads, Baubles & Jewels	Beauty of Oil Painting	Make It Artsy	noon	
12:30	Best of <i>Joy of Painting</i>	Quilting Arts	Painting with Paulson	Sewing with Nancy	Creative Living	Jerry Yarnell	Arizona Collectibles	12:30	
1:00	Weekend Explorer	In the Americas with David Yetman	Richard Bangs' Adventures with Purpose	Joseph Rosendo's Travelscope	Globe Trekker	In the Americas with David Yetman	Smart Travels with Rudy Maxa	1:00	
1:30	Music Voyager	Rick Steves' Europe		Born to Explore		Arizona Wildlife Views	Journeys in Japan	1:30	
2:00	Globe Trekker	Mineral Explorers / Two for the Road (beg. 3/20)	Smart Travels with Rudy Maxa	Weekend Explorer	Rick Steves' Europe	Joseph Rosendo's Travelscope	Richard Bangs' Adventures with Purpose	2:00	
2:30		Journeys in Japan	Music Voyager	Arizona Wildlife Views	Mineral Explorers / Two for the Road (beg. 3/16)	Born to Explore with Richard Wiese		2:30	
3:00	Beads, Baubles & Jewels	Wyland's Art Studio	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Make It Artsy	Beauty of Oil Painting	3:00	
3:30	Creative Living	Best of <i>Joy of Painting</i>	Quilting Arts	Painting with Paulson	Sewing with Nancy	Arizona Collectibles	Jerry Yarnell	3:30	
4:00	This Old House	Urban Conversion	Woodsmith Shop	Rough Cut	Urban Conversion	This Old House	Woodsmith Shop	4:00	
4:30	Ask This Old House	Garden Smart	Rough Cut with Tommy Mac	Growing a Greener World	Garden Smart	Ask This Old House	Growing a Greener World	4:30	
5:00	Sara's Weeknight Meals	New Scandanavian Cooking	In Julia's Kitchen with Master Chefs	Martha Bakes	Lidia's Kitchen	Martha Stewart's Cooking School	Cook's Country	5:00	
5:30	Moveable Feast	Check, Please! Arizona	Jacques Pépin	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Mexico: One Plate at a Time	5:30	
6:00	Taste of Louisiana	Steven Raichlen's Project Smoke	Pati's Mexican Table	Dining with the Chef	Simply Ming	New Scandanavian Cooking	Jacques Pépin: Heart & Soul	6:00	
6:30	Lidia's Kitchen	Mind of a Chef	New Orleans Cooking	Cook's Country	Hubert Keller	Taste of Louisiana	New Orleans Cooking	6:30	
7:00	Martha Stewart's Cooking School	America's Test Kitchen	Hubert Keller: Secrets of a Chef	Check, Please! Arizona	Steven Raichlen's Project Smoke	Check, Please! Arizona	Simply Ming	7:00	
7:30	In Julia's Kitchen	Sara's Weeknight Meals	Mexico: One Plate at a Time	Mind of a Chef	Moveable Feast	Dining with the Chef	Check, Please! Arizona	7:30	
8:00	Weekend Explorer	In the Americas	Richard Bangs' Adventures with Purpose	Travelscope	Globe Trekker	In the Americas	Rudy Maxa	8:00	
8:30	Music Voyager	Rick Steves' Europe		Born to Explore		Arizona Wildlife Views	Journeys in Japan	8:30	
9:00	Globe Trekker	Mineral Explorers / Two for the Road (beg. 3/20)	Smart Travels with Rudy Maxa	Weekend Explorer	Rick Steves' Europe	Joseph Rosendo's Travelscope	Richard Bangs' Adventures with Purpose	9:00	
9:30		Journeys in Japan	Music Voyager	Arizona Wildlife Views	Mineral Explorers / Two for the Road (beg. 3/16)	Born to Explore with Richard Wiese		9:30	
10:00	This Old House	Urban Conversion	Woodsmith Shop	Rough Cut	Urban Conversion	This Old House	Woodsmith Shop	10:00	
10:30	Ask This Old House	Garden Smart	Rough Cut with Tommy Mac	Growing a Greener World	Garden Smart	Ask This Old House	Growing a Greener World	10:30	
11:00	Healthy Minds with Dr. Jeffrey Borenstein	Second Opinion	Creative Living	Natural Health Breakthrough	Life on the Line	Specials	Living Well / In Good Shape (beg. 3/18)	11:00	
11:30	Natural Health Breakthrough	Life on the Line	Living Well / In Good Shape (beg. 3/21)	Healthy Minds with Dr. Jeffrey Borenstein	Second Opinion		Creative Living	11:30	
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