

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 with Fine Cooking	Check, Please! Arizona	Jacques Pépin: Heart & Soul	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Mexico: One Plate at a Time	9:30
10:00	A Taste of Louisiana with Chef John Folse & Co.	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	A 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 with Master Chefs	Sara's Weeknight Meals	Mexico: One Plate at a Time	Mind of a Chef	Moveable Feast with Fine Cooking	Dining with the Chef	Check, Please! Arizona	11:30
noon	Painting with Wilson Bickford	Fons & Porter's Love of Quilting	Painting & Travel	It's Sew Easy	Beads, Baubles and Jewels	Beauty of Oil Painting	Make It Artsy	noon
12:30	Best of Joy of Painting	Quilting Arts/Fresh Quilting (beg. 5/8)	Painting with Paulson	Sewing with Nancy	Creative Living	Paint This with Jerry Yarnell	Arizona Collectibles	12:30
1:00	Weekend Explorer	In the Americas	Wild!	Travelscope	Globe Trekker	In the Americas	Smart Travels	1:00
1:30	Music Voyager/ Curious Traveler (5/21)	Rick Steves' Europe		Born to Explore with Richard Wiese		Arizona Wildlife Views	Journeys in Japan	1:30
2:00	Globe Trekker	Two for the Road	Smart Travels	Weekend Explorer	Rick Steves' Europe	Travelscope	Wild!	2:00
2:30		Journeys in Japan	Music Voyager/ Curious Traveler (5/23)	Arizona Wildlife Views	Two for the Road	Born to Explore with Richard Wiese		2:30
3:00	Beads, Baubles and Jewels	Painting with Wilson Bickford	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 Joy of Painting	Quilting Arts/Fresh Quilting (beg. 5/9)	Painting with Paulson	Sewing with Nancy	Arizona Collectibles	Paint This with Jerry Yarnell	3:30
4:00	This Old House	Urban Conversion	Craftsman's Legacy	Rough Cut	Urban Conversion	This Old House	Craftsman's Legacy	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 with Fine Cooking	Check, Please! Arizona	Jacques Pépin: Heart & Soul	America's Test Kitchen	Pati's Mexican Table	Martha Bakes	Mexico: One Plate at a Time	5:30
6:00	A Taste of Louisiana with Chef John Folse & Co.	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	A 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 with Master Chefs	Sara's Weeknight Meals	Mexico: One Plate at a Time	Mind of a Chef	Moveable Feast with Fine Cooking	Dining with the Chef	Check, Please! Arizona	7:30
8:00	Weekend Explorer	In the Americas	Wild!	Travelscope	Globe Trekker	In the Americas	Smart Travels	8:00
8:30	Music Voyager/ Curious Traveler (5/21)	Rick Steves' Europe		Born to Explore with Richard Wiese		Arizona Wildlife Views	Journeys in Japan	8:30
9:00	Globe Trekker	Two for the Road	Smart Travels	Weekend Explorer	Rick Steves' Europe	Travelscope	Wild!	9:00
9:30		Journeys in Japan	Music Voyager/ Curious Traveler (5/23)	Arizona Wildlife Views	Two for the Road	Born to Explore with Richard Wiese		9:30
10:00	This Old House	Urban Conversion	Craftsman's Legacy	Rough Cut	Urban Conversion	This Old House	Craftsman's Legacy	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	MN Original	Second Opinion	Creative Living	Natural Health Break-through/ Stories of the Mind (beg. 5/17)	Visionaries	Specials	In Good Shape	11:00
11:30	Natural Health Break-through/ Stories of the Mind (beg. 5/21)	Visionaries	In Good Shape	MN Original	Second Opinion		Creative Living	11:30
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