

SATURDAY EVENING JULY 18, 2026

B'CAST	SPECTRUM	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM		
2	2	Basketball New York Liberty at Indiana Fever (N) (Live)				48 Hours "The Footprint"		CBS News Chicago (N)		Heroes (N)	Game Time	Fire Country "False Alarm"		Fire Country		
4	83	American Ninja Warrior Eastern Regional Finals				Dateline NBC		TMJ4 News	SNL Matt Damon; Noah Kahan		(:05) 1st Look		Open House	Open House		
5	5	American Ninja Warrior Eastern Regional Finals				Dateline NBC		NBC 5 News	SNL Matt Damon; Noah Kahan		(:05) 1st Look		In Touch	Black Quiz		
6	6	MLB Baseball Los Angeles Dodgers at New York Yankees (N) (Live)						FOX 6 News	Fear Factor: House of Fear		Judge Judy	FIFA World (N)		TMZ (N)		
7	7	The Rookie "Burn 4 Love"		The Rookie "Baja"		The Rookie		News at 10pm (N)		The Rookie "End Game"		The Rookie "The Knock"		In Touch		
9	9	I Am Johnny Cash				Weekend News (N)		WGN News		GN Sports	Two Half Men	Two Half Men	Last Man	Last Man	Backstory	
9.2	986	Hazel	Hazel	Jeannie	Jeannie	Bewitched	Bewitched	Carson Dom DeLuise, Rodney Dangerfield		3's Company		3's Company		The Ropers	3's Crowd	
10	10	(6:00) Gently		Lynley Mysteries "The Seed of Cunning"		(:05) Death in Paradise		Austin City Limits		Woodsongs		Murder Myst. .		Brokenwood		
11		Shakespeare		My Life		(:45) Under the Vines		Queens		(:15) Queens of Mystery		Downton Abbey		George Gently "Gently With Class"		
12	12	The Rookie "Burn 4 Love"		The Rookie "Baja"		The Rookie		News (N)	(:35) Big 12 Sp		(:05) The Rookie		(:05) Ent. Tonight (N)		(:05) Storm of	
18	18	I Am Johnny Cash				Polka! Polka! Polka!		National Desk (N) (Live)		Attkisson	Raw Travel		LOST IN	Taste Buds	Paid Prog.	
24	24	Greatest (N) She's		Bill Michaels W		Women Return of The GOAT		OVW Wrestling				414 Video Spotlight		Music (N)		
26		Chicago P.D. "Rage"		Chicago P.D.		Chicago P.D. "In the Dark"		S.W.A.T. "Sequel"		S.W.A.T. "Guacaine"		WOW - Women Of Wrestling		Salvage		
32	13	MLB Baseball Los Angeles Dodgers at New York Yankees (N) (Live)						News (N)		Backstage	Fear Factor: House of Fear		FIFA World (N)		Jacuzzi	
36	974	Roots "Out of the Past"		Sanditon on Masterpiece		Sanditon on Masterpiece		Good Karma		(:45) Good Karma Hospital		(:35) Art "The Middle Ages"		People		Nature
38		(5:30) NWSL		NWSL- Show /(:45) NWSL Orlando Pride at Utah Royals FC		NWSL-Post		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU		
50		TMZ (N)		Backstage		Taste Buds		Extra (N)		Law & Order: SVU "Smoked"		Elite Fight Night		Paid Prog.		Paid Prog.
55	15	(5:30) NWSL		NWSL- Show /(:45) NWSL Orlando Pride at Utah Royals FC		NWSL-Post		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU		
58	8	Basketball New York Liberty at Indiana Fever (N) (Live)				48 Hours "The Footprint"		News (N)		CBS (N)	Fire Country "False Alarm"		NCIS: Hawai'i "The Game"		Salvage	
A&E	42	Storage Wars (N)		Storage Wars (N)		Storage Wars		(:05) Storage Wars		(:05) Storage Wars		(:05) Storage Wars		(:05) Storage		
AMC	59	(6:00) ★★★★★ Jaws (75) Robert Shaw, Roy Scheider.				★★★ Jaws 2 (78) Lorraine Gary, Murray Hamilton, Roy Scheider.				★★★ Jaws 3 (83) Bess Armstrong, Dennis Quaid.						
AP	43	Dr. Jeff "A Second Chance"		Dr. Jeff "Risky Business"		Dr. Dee "Down to the Wire"		Dr. Dee "Farm Frenzy"		Dr. Jeff "A Second Chance"		Dr. Jeff "Risky Business"		Dr. Dee		
BIG10	63	Wisconsin Volleyball		Wisconsin Football Classic		B1G Barry Alvarez		College Hockey Wisconsin at Minnesota				Soccer 2017: Big Ten Championship: Indian..				
BOOM	109	Scooby-Doo Scooby-Doo		Flintstone Flintstone		Popeye Popeye		Scooby Scooby		Scooby Doo Movie		Jonny Quest Jonny Quest		Thundarr		
BRAVO	45	(6:00) ★★★★★ Jumanji: Welcome to the Jungle (17)				Housewives/OC		Housewives/OC		Housewives/OC		Housewives/OC		Housewives		
CHSN		MLB Baseball Chicago White Sox at Toronto Blue Jays				Kash & Matty		Poker Night in America		MLB Baseball Chicago White Sox at Toronto Blue Jays						
CNBC	47	American Greed: Dead				American Greed: Dead		American Greed: Dead		American Greed: Dead		American Greed: Dead		Next		
CNN	44	CNN Special Program				CNN Special Program		CNN Special Program		CNN Special Program		CNN Special Program		CNN		
COM	54	Movie		★★★ 50 First Dates (04) Drew Barrymore, Adam Sandler.		★★★ Blended		(:14) Drew Barrymore, Joel McHale, Adam Sandler.				South Park		South Park		
COOK	158	Iron Chef "Cora vs. Miranda"		Iron Chef America		Iron Chef America		Iron Chef America		Iron Chef "Cora vs. Miranda"		Iron Chef America		Iron Chef		
DISC	41	Naked and Afraid "Everglades Thirst Trap"				Naked and Afraid "Predatorland"				Naked and Afraid "Everglades Thirst Trap"				Afraid		
DISN	58	Movie		(:45) Dragon		(:10) Dragon		(:35) Phineas and Ferb		Ladybug		Big City		Big City		
DLC	153	Take My Tumor				Take My Tumor		Take My Tumor		Take My Tumor		Take My Tumor		Take-Tumor		
E!	53	(5:00) ★★★★★ Catch Me if You Can (02)				★★★★★ Fast X (23) Michelle Rodriguez, Tyrese Gibson, Vin Diesel.				★★★★★ Inside (23) Gene Bervoets, Willem Dafoe.						
ESPN	30	(6:00) Basketball Teams TBA NBA Summer League Basketball Teams TBA (N) (Live)				SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportCtr (N)		
ESPN2	29	Professional Fighters League PFL Austin (N) (Live)				ESPN FC (N) (Live)		Last Train		Last Train		The Last Dance Episode 5		The Last Dance Episode 6		Last Dan.
FDWI	31	NBA Basketball				Postgame (N)		Larry		Water		MidWest		Postgame		NHL Hockey
FNC	48	Life, Liberty (N) (Live)		My View With (N) (Live)		Saturday Night (N) (Live)		Gutfeld!				Life, Liberty & Levin		My View With Lara Trump		Saturday
FOOD	67	Diners, Drive Diners, Drive		Pitmasters "Meat Your Competition"		Diners, Drive		Diners, Drive		Diners, Drive		Pitmasters "Meat Your Competition"		Diners, Drive		Diners, Drive
FREE	17	(3:25) ★★★★★ Indiana Jones and the Last Crusade (89) Harrison Ford.				★★★★★ Indiana Jones and the Dial of Destiny (23) Phoebe Waller-Bridge, Antonio Banderas, Harrison Ford.								Paid Prog.		
FX	35	(4:30) ★ Avengers: Infinity War		★★★★★ Avengers: Endgame (19) Chris Evans, Mark Ruffalo, Robert Downey Jr.		★★★★★ Indiana Jones and the Dial of Destiny (23) Phoebe Waller-Bridge, Antonio Banderas, Harrison Ford.				★★★★★ G.I. Joe: The Rise of Cobra (09)						
GOLF	28	2026 Open Championship Third Round From Royal Birkdale Golf Club in Southport, Lancashire, England. (N)								Live From The Open						
HALL	71	★ Snowbound for the Holidays (26) Vanessa Lengies. (P)				★ Christmas Under Construction (26) Jessica Lowndes.				★ Catch Me if You Claus (23) Luke Macfarlane, Italia Ricci.				Movie		
HALLMY	117	Hannah "Reality Bites: A Hannah Swensen Mystery"				Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Murder ...
HGTV	37	Hunters Hunters		Hunters Hunters		Hunters (N) Hunters		Hunters Hunters		Hunters Hunters		Hunters Hunters		Hunters		
HIST	39	History's "Mission Critical"		History's "Monster Machines"		(:05) History's Greatest		(:05) History's Greatest		(:05) History's Greatest		(:05) History's Greatest		(:05) History's		
LIFE	36	★ Crowning at the Prom (26) Danielle Panabaker. (P)		(:05) ★ Someone's Always Watching (26) Ella Frazee.		★ Crowning at the Prom (26) Danielle Panabaker.				Movie						
LIFEMOV	65	★ Everyone Has Something to Hide (26) Emily Alatalo.				★ Dead Girl Summer (25) McKalin Hand, Sydney Hamm.				★ Everyone Has Something to Hide (26) Emily Alatalo.				Movie		
METV	19	House of Svengoolie "Swamp Thing"				Batman		Star Trek		Superman		Superman		Lost in Space		Giants
MLB	326	(6:00) Baseball (N) (Live)				Quick Pitch (N) (Live)		Quick Pitch		Quick Pitch		Quick Pitch		Quick Pitch		Quick Pitch
MSNBC	46	(4:00) Politics (N) (Live)		Crooked on MS NOW (N)		The Rachel Maddow Show		The 11th Hour With		The Beat: Weekend		Dateline		Dateline		
MTV	52	(6:00) ★ Dodgeball: A True Un...		★★★★★ We're the Millers (13) Jason Sudeikis, Will Poulter, Jennifer Aniston.		★★★★★ Dodgeball: A True Underdog Story (04)				★★★ Joe Dirt (01)						
NATGEO	38	Great White vs Tiger Shark		Orca vs. Great White		Sharks Up Close with		Hammerhead Sharks		Shark "Blood in the Water"		Shark "Swimmers Beware"		Shark		
NBA	325	(6:00) WNBA Shot 7/10-7/16				NBA Playback 2026: Washington vs. Miami		Top Plays		Top Dunks		Top Games of the 2025-26 Season				
NFL NET	346	(5:00) NFL Football				NFL Football 2025: Green Bay Packers vs. Chicago Bears From Dec. 20, 2025.				NFL Football 2025 AFC Divisional: Buffalo Bills vs. Denver Broncos						
NICK	56	(6:00) ★ SpongeBob Movie: S...		Friends		Friends		Big Bang		Big Bang		Big Bang		Friends		
NICK JR.	107	PAW Patrol PAW Patrol		PAW Patrol		PAW Patrol		PAW Patrol		PAW Patrol		Bubble		Bubble		TeamUmiz. PAWPatrol
PARMT	51	(5:55) ★ Harry Potter & the Deathly Hallows: P...				(:50) ★★★★★ Fantastic Beasts and Where to Find Them (16) Katherine Waterston, Eddie Redmayne. (P)				(:55) ★★ Fantastic Beasts: Crimes of Grindelwald						
PBS CREATE	977	(6:00) Milwaukee PBS Weather				Milwaukee PBS Weather				Milwaukee PBS Weather						
PBS WORLD	976	Antiques Roadshow		Joy/Painting		Joy/Painting		Mediterranean		Poland		Mexican		Farmer	Cook	Lucky Chow Jazzzy Joy/Painting
SUND	281	★★★★★ Crocodile Dundee II (88) Linda Kozlowski, Paul Hogan.				★★★★★ Sahara (05) Steve Zahn, Penélope Cruz, Matthew McConaughey.				★★★★★ Crocodile Dundee						
SYFY	55	Movie		★★★★★ Men in Black 2 (02) Will Smith, Tommy Lee Jones.		★★★★★ Men in Black 3 (12) Tommy Lee Jones, Josh Brolin, Will Smith.				★★★★★ Freaky (20) Vince Vaughn.						
TBS	3	★★★★★ Central Intelligence (16) Dwayne Johnson.				(:05) ★★★★★ San Andreas (15) Carla Gugino, Dwayne Johnson.				★★★★★ Skyscraper (18) Neve Campbell, Dwayne Johnson.						
TCM	60	★★★★★ American Pop (81) Ron Thompson.				(:45) ★★★★★ Fame (80) Eddie Barth, Lee Curreri, Irene Cara.				(:15) ★★★★★ Dark Passage (47) Humphrey Bogart.				Movie		
THIS	983	9-1-1 "Peer Pressure"		S.W.A.T. "Sequel"		CBS 58 News (N)		Neighbor		Neighbor		★ Movie		Friends		
TLC	40	90 Day "Fall on Your Sword"		90 Day: The Last Resort		Baylen Out Loud		Baylen Out Loud		90 Day "Fall on Your Sword"		90 Day: The Last Resort		Baylen Out		
TNT	33	All Elite Wrestling: Collision (N) (Live)				★★★★★ Rush Hour (98) Chris Tucker, Jackie Chan.		★★★★★ Rush Hour 2 (01) Chris Tucker, Jackie Chan.						Movie		
TOON	57	Family Guy Family Guy		Family Guy Family Guy		Family Guy		Rick Morty		Rick Morty		My (N)		Blue Lock (N)		Revenagers One Piece (N) IGXP
TRAVEL	72	Ghost Adventures				Ghost Adventures (N)		Ghost Adv "Hotel Barclay"		Ghost Adventures		Ghost Adventures		Ghost Adv		
TRUTV	74	(6:00) ★★★★★ The Suicide Squad (21)				(:45) ★★★★★ Dune (21) Rebecca Ferguson, Oscar Isaac, Timothée Chalamet.										
TV LAND	61	Seinfeld		Seinfeld		Seinfeld		Seinfeld		King		King		Old Christine		Old Christine
USA	34	Chicago Fire "Fire Cop"		Chicago Fire		Chicago Fire "Cut Me Open"		Chicago Fire		Law-SVU "The Third Guy"				Wild 'n Out		Wild 'n Out
VH1	50	★★★★★ My Cousin Vinny (92) Marisa Tomei, Ralph Macchio, Joe Pesci.				★★★★★ Maid in Manhattan (02) Ralph Fiennes, Jennifer Lopez.										
WE	26	NCIS "Witch Hunt"		NCIS "Sandblast"		NCIS "Once a Hero"		NCIS "Twisted Sister"		NCIS "Smoked"		9-1-1 "Lost & Found"		9-1-1		

SUNDAY MORNING JULY 19, 2026

B'CAST	SPECTRUM	4 AM	4:30	5 AM	5:30	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM
2	2	Real Green	Raw Travel	CBS News Chicago (N)		CBS Chicago (N)		CBS Chicago (N)		CBS News Sunday Morning (N)			Face the Nation (N)		Paid Prog.	WSM Final
4	83	Paid Prog.	RateEscape	Outdoors	TMJ4 News	2026 Open Championship		Final Round From Royal		Birkdale Golf Club in Southport, Lancashire, England. (N) (Live)						
5	5	Paid Prog.	Chicago	NBC 5 News Sunday		2026 Open Championship		Final Round From Royal		Birkdale Golf Club in Southport, Lancashire, England. (N) (Live)						
6	6	Pets	Super Ani	In Touch	Sun. Mass	Planet	DIY Sci	Wake-Up News at 7 (N)		Wake-Up News at 8 (N)		FOX News Sunday (N)		FIFA World Cup Live (N) (Live)		
7	7	Paid Prog.	Localish	News at 5am (N)		News at 6am (N)		Good Morn. (N)		ABC7 Eyewitness News at 8am (N)		Mass		This Week (N)		J. Osteen
9	9	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Singsation	Morning News (N) (Live)		Morning News (N) (Live)		Mass		Paid Prog.	Paid Prog.	Into Wild
10	10	Week	Hoover	Mr. Rogers	Arthur	Wild Kratts	Skillsville	Lyla	Carl	Tiger	Phoebe	Sesame	Work It	John	Hope	Here & Now
11		(3:30) Railroad Stations	Happy Yoga	Yoga	Horizons	Hoover		Baking	Kitchen	Homemade	Kitchen	Cooking	Milk Street	Kevin	Project	Compass
12	12	(3:30) U.S.F.	Eat Play	WISN 12 News (N)		Good Morn. (N)		WISN 12 News This Morning Sunday 7AM				UpFront (N)	This Week (N)		Paid Prog.	Kids News
18	18	Web of (N)	Paid Prog.	Traveler	Positively	The	Black	Midnight	Mountain	Daily	Connect	Wis. Water	Mad Do	Larry	Paid Prog.	Pastor's
24	24	World Poker Tour	Nashville	Cars.TV	Connect	Popstar!	Cath. Mass	Worship	Truth of God	Cath. Mass	Living	In Touch	Key/David	Paid Prog.	Paid Prog.	Relieve
26		Laughs	Laughs	Paid Prog.	Pain	Prostate	Yes You Can (N)	P. Stone	Paid Prog.	Paid Prog.	In Touch	Key/David	Paid Prog.	Paid Prog.	Animals	Animals
32	13	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Yes You Can		Chicago Morning News Sunday (N)		FOX News Sunday (N)		FIFA World Cup Live (N) (Live)				
36	974	People	Darley	Burt Wolf	Curious	Donkey	Rosie	Elinor	Cyberchase	Arthur	Wild Kratts	Baking	Kitchen	Kitchen	Kitchen	Milk Street
38		RateEscape	Paid Prog.	Bull "Dressed to Kill"		Bull "Bring It On"		Bull "Make Me"		Bull		NCIS "Day in Court"		NCIS "Blood Brothers"		NCIS
50		David	Paid Prog.	Paid Prog.	RateEscape	Jacuzzi	Protect	Paid Prog.	Paid Prog.	Worship	Cath. Mass	In Touch	David	Paid Programming		
55	15	RateEscape	Paid Prog.	Bull "Dressed to Kill"		Bull "Bring It On"		Bull "Make Me"		Bull		NCIS "Day in Court"		NCIS "Blood Brothers"		NCIS
58	8	Forensic	Forensic	Hope-Wild	Friends	News (N)		CBS 58 Sunday (N)		CBS News Sunday Morning (N)		Face the Nation (N)		Paid Prog.		WSM Final
A&E	42	Pain	Paid Prog.	Paid Prog.	Jeremiah	Alaska State Troopers		Alaska State Troopers		Alaska State Troopers		Alaska State Troopers		Alaska State Troopers		Scott Pet.
AMC	59	(1:45) ♣ The Patriot		(1:15) ♣**** Die Hard With a Vengeance (95)		Jeremy Irons, Bruce Willis.		(1:15) ♣**** Die Hard 2		(30) Bonnie Bedelia, Bruce Willis.		(1:45) ♣**** Die Hard				
COM	54	South Park	South Park	South Park	South Park	South Park	South Park	Parks	Parks	Parks	Parks	♣♣ Blended (14) Drew Barrymore, Adam Sandler.				
DISC	41	(3:00) Mysteries of	Contraband: Seized	Contraband: Seized		Contraband: Seized		Auction	RV There	Deadliest Catch		Deadliest Catch		In the Eye of the Storm		In the Eye
DISN	58	Bluey	Bluey	Mickey	Kitties	Iron Man	Spidey "King Lizard: Go Rhino Go"	Phineas	Phineas	♣ Descendants: Wicked Wonderland		(1:45) ♣**** Toy Story 3				
ESPN	30	(3:00) The 2026 ESPYS	SportsCenter (N)	SportsCenter (N)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		AUSL (N)
FREE	17	Paid Prog.	Jacuzzi	Paid Prog.	Paid Prog.	♣**** Beetlejuice (88) Michael Keaton.		♣**** Indiana Jones and the Last Crusade (89)		Sean Connery, Harrison Ford.						
FX	35	Paid Prog.	Tired	Paid Prog.	Paid Prog.	Jim	♣**** Armageddon (98) Billy Bob Thornton, Liv Tyler, Bruce Willis.							♣**** Fantastic Four (05)		
HIST	39	(3:00) CSN Mint	CSN Mint	CSN Mint		World War II		World War II "Overlord"		World War II		World War II "Home Front"		World War II "Resistance"		America
LIFE	36	Paid Prog.	Paid Prog.	Paid Prog.	Creflo	Joni Table	Jack Hibbs	Amazing	Jeremiah	J. Osteen	Paid Prog.	♣ I Was a Child Bride: Courtney Stodden				Movie
MTV	52	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous
NICK	56	Neighbor	Neighbor	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Sonic P		Sonic P	♣ The SpongeBob Movie: Sponge Out of Water		SpongeBob		SpongeBob	SpongeBob
PARMT	51	(3:35) Bar.	Bar Rescue	Bar Rescue		Bar Rescue	"Gutterball!"	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Movie
SYFY	55	(2:30) ♣♣ Come Play	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	♣♣ Come Play (20) Gillian Jacobs, Azhy Robertson.				♣♣ Men in Black 2 (02) Tommy Lee Jones.				
TBS	3	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Mod Fam	Mod Fam	Mod Fam	The Office	The Office	The Office	The Office	The Office	Friends
TCM	60	(3:15) ♣**** Baby Doll		(1:15) ♣**** Angel on My Shoulder (46)		♣**** The Devil and Daniel Webster (41)		♣**** Ready or Not"		FBI "Into the Fire"		♣**** Dark Passage (47) Humphrey Bogart.				Movie
TNT	33	FBI "Under Pressure"	FBI "Flopped Cop"		FBI "Double Bind"		FBI "Ready or Not"		FBI "Fortunate Son"		FBI "Second Life"					Movie
TOON	57	Invincible	Invincible	Be Cool	Be Cool	Scooby Doo Movie		Scooby	Scooby	Scooby-Doo!		Jellystone	Looney	Looney	Tom-Jerry	Tom-Jerry
USA	34	(3:00) Open Champ. Final Round (N) (Live)				Law & Order: SVU		Law & Order: SVU		Law-SVU "Honor"		Law & Order: SVU		Law-SVU "Folly"		Law-SVU
VH1	50	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out

SUNDAY AFTERNOON JULY 19, 2026

B'CAST	SPECTRUM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
2	2	(11:00) WS.	AVP Beach Volleyball	BIG3 Basketball Week 5: Chicago (N) (Live)				Basketball Chicago Sky at Atlanta Dream (N) (Live)				CBS-News	News (N)	60 Minutes (N)		
4	83	(6:00) Open	Final Round (N) (Live)	2026 Tour de France Stage 15 (N)				Gymnastics U.S. Classic				TMJ4 News	NBC News	MLB Baseball		
5	5	(6:00) Open	Final Round (N) (Live)	2026 Tour de France Stage 15 (N)				Gymnastics U.S. Classic				NBC 5 News	NBC News	MLB Baseball		
6	6	(10:00) FIFA World Cup Live (N) (Live)	FIFA World Cup Live (N) (Live)				FIFA World Cup 2026 Final: TBA vs. TBA (N) (Live)				IndyCar Racing Music City Grand Prix (N) (Live)					
7	7	Countdown	Basketball Los Angeles Sparks at Dallas Wings (N)	PLL New York Atlas vs. Boston Cannons (N) (Live)				Hearts of		Jack Hanna	News (N)	World News	Funnies Home Videos			
9	9	Into Wild	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	To Be Announced				WGN News (N) (Live)		Police (N)	Movie		
10	10	Contrary	LBJ Library	Week	Antiques Roadshow	Classic Gospel		Lawrence Welk		George Gently "Gently in the Night"		Mysteries	"The Seed of Cunning"			
11		Built	Reenacting	Before	The War of 1812		America's Stairway		Wisconsin Lighthouses		Canvas (N)	Eastland	Chicago's Lakefront			
12	12	Countdown	Basketball Los Angeles Sparks at Dallas Wings (N)	PLL New York Atlas vs. Boston Cannons (N) (Live)				To Be Announced		World News		News (N)	Funnies Home Videos			
18	18	Paid Prog.	Paid Prog.	Paid Prog.	Attkisson	Paid Prog.	Hollywood	Moviephone	Raw Travel	LOST IN	Family	Family	Family	Family	Police (N)	Movie
24	24	Paid Prog.	Hearts of	oh baby!	oh baby!	Jack Hanna	Jack Hanna	Ready-Pet	Heartland	"True Girl"	Murdoch Mysteries	Conners	Conners	Goldbergs	Goldbergs	Goldbergs
26		World's	Chicago Fire	Chicago "Category 5"				Chicago Fire "Spartacus"		Chicago "Let It Burn"		Chicago Fire	Judge Judy	Judge Judy	Neighbor	Neighbor
32	13	(10:00) FIFA World Cup Live (N) (Live)	FIFA World Cup Live (N) (Live)				FIFA World Cup 2026 Final: TBA vs. TBA (N) (Live)				IndyCar Racing Music City Grand Prix (N) (Live)					
36	974	Lidia	Healthful	Great Performances at the Met "I Puritani"				Bellini's tale of love and political conflict.		Here & Now		Chavis	Hope	Compass	Weekends	Wisconsin
38		(11:00) NCIS	NCIS	NCIS "Deja Vu"				NCIS "Decompressed"		NCIS "React"		NCIS "Loose Cannons"		NCIS "After Hours"		NCIS "Scope"
50		(10:00) Paid.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Fox Chicago Playlist			
55	15	(11:00) NCIS	NCIS	NCIS "Deja Vu"				NCIS "Decompressed"		NCIS "React"		NCIS "Loose Cannons"		NCIS "After Hours"		NCIS "Scope"
58	8	(11:00) WS.	AVP Beach Volleyball	BIG3 Basketball Week 5: Chicago (N) (Live)				Basketball Chicago Sky at Atlanta Dream (N) (Live)				CBS-News	CBS 58 (N)	60 Minutes (N)		
A&E	42	(11:00) Scott Peterson	"Part 1"	Scott Peterson: The New Evidence "Part 2"				WWE's		WWE's	WWE's	WWE's	WWE's	WWE's	WWE's	WWE's
AMC	59	(10:45) ♣♣♣ Die Hard (88) Bruce Willis.	(10:45) ♣♣♣ Pearl Harbor (01) Josh Hartnett, Kate Beckinsale, Ben Affleck.				(10:45) ♣♣♣ The Martian (15) Jessica Chastain, Matt Damon.									
COM	54	Movie	♣♣♣ 50 First Dates (04) Adam Sandler.				Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
DISC	41	(11:00) In th.	In the Eye of the Storm		In the Eye of the Storm		In the Eye of the Storm		Naked and Afr. "Sharp Spears, Broken Spirits"		Naked and Afraid: Global Showdown (N)					
DISN	58	(10:45) ♣♣♣ Toy Story 3 (10) Tom Hanks.	(10:45) ♣♣♣ Bluey (20) ♣♣♣ Cinderella (15) Cate Blanchett.		(10:45) ♣♣♣ Descendants: Wicked Wonderland (26) ♣♣♣ Frozen (13)											
ESPN	30	(11:00) AUSL Softball (N) (Live)	ESPN FC (N) (Live)		ESPN Films		NBA Basketball Teams TBA (N) (Live)				Countdown				WNBA Basketball	
FREE	17	(8:00) ♣♣♣ Indiana Jones and the Last Crusade (89)	(05) ♣♣♣ Jungle Cruise (21) Emily Blunt, Edgar Ramirez, Dwayne Johnson.				(10) ♣♣♣ National Treasure (04) Nicolas Cage.									
FX	35	Movie	♣♣♣ Fantastic Four: Rise of the Silver Surfer				♣♣♣ The Avengers (12) Chris Evans, Mark Ruffalo, Robert Downey Jr.				♣♣♣ Avengers: Endgame (19)					
HIST	39	(11:00) Ame.	Built America		Built America		America "The Colonel"		Hazardous History		Hazardous History		Hazardous History		Hazardous History	
LIVE	36	(11:00) ♣ He Couldn't Let Go (24)	♣ You Can't Escape Me (23) Gina Vitori.				♣ Girl Who Escaped: Kara Robinson Story		Big Bang		Big Bang		Big Bang		Big Bang	
MTV	52	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	♣♣ We're the Millers	
NICK	56	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Friends	Friends
PARMT	51	(11:00) ♣♣♣ Harry Potter and the Deathly Hallows: Part 1 (10)	♣♣♣ Harry Potter and the Deathly Hallows: Part 2 (11) Daniel Radcliffe.				♣♣♣ Fantastic Beasts & Where to Find Th...									
SYFY	55	♣♣♣ Men in Black 3 (12) Tommy Lee Jones, Will Smith.	♣♣♣ Freaky (20) Kathryn Newton, Vince Vaughn.				♣♣♣ Willow (88) Joanne Whalley, Warwick Davis, Val Kilmer.									
TBS	3	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Big Bang	Big Bang	Big Bang	Big Bang
TCM	60	(11:00) ♣♣♣ The More the Merrier	♣♣♣ A Patch of Blue (65) Sidney Poitier.				♣♣♣ Silk Stockings (57) Fred Astaire.				(15) ♣♣♣ The Lady From Shanghai (48)					
TNT	33	(11:00) ♣♣♣ King Richard (21) Will Smith.	♣♣♣ Gran Turismo (23) Orlando Bloom, Archie Madekwe, David Harbour. (P)				NASCAR Nation (N)				NASCAR Cup Series					
TOON	57	Tom-Jerry	GrizzyAnd	Regular	Teen/Teen	Teen/Teen	Gumball	Gumball	Ben 10	Ben 10	Burgers	Burgers	Burgers	Burgers	Burgers	Family Guy
USA	34	(11:00) Law..	Law-SVU "Repression"		Law-SVU "Execution"		Law-SVU "Damaged"		Law-SVU "Coerced"		Law-SVU "Weak"		Law-SVU "Demons"		Law-SVU "Fault"	
VH1	50	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	♣♣♣ RV (06) Jeff Daniels, Cheryl Hines, Robin Williams.				

SUNDAY EVENING JULY 19, 2026

B*CAST	SPECTRUM	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM
2	2	Big Brother "Episode 6" (N)	Tracker "Daughters"	Marshals "Blowback"		Marshals "Blowback"		CBS News Chicago (N)		Joni Table	Paid Prog.	NCIS: Hawaii "The Game"	NCIS: Hawaii	
4	83	(6:00) Baseball Los Angeles Dodgers at New York Yankees	Password	Password		Password		TMJ4 News	TMJ4News	(.05) Paid Prog.	(.35) Paid Prog.	(.05) Paid Prog.	(.35) Paid Prog.	Paid Prog.
5	5	(6:00) Baseball Los Angeles Dodgers at New York Yankees	Password	Password		Password		NBC 5 News	Sports	Open House	1st Look	Open House	Paid Prog.	Paid Prog.
6	6	Nation's "Back to School"	MasterChef	FOX 6 News at 9 (N)		FOX 6 News	FOX6	FIFA World (N)		FIFA World (N)		FOX6 Open Record		Bensinger
7	7	Videos	(.35) ⚡⚡⚡ Speed (94) Dennis Hopper, Sandra Bullock, Keanu Reeves.	News at 10pm (N)		News at 10pm (N)		Localish Inside	Inside (N)	9-1-1 "Peer Pressure"		9-1-1 "Peer Pressure"		9-1-1
9	9	(6:30) ⚡⚡⚡ The Replacements Keanu Reeves.	Weekend News (N) (Live)	WGN News	GN Sports	Backstory	Sheldon	Backstory	Sheldon	Big Bang		Big Bang		Big Bang
9.2	986	Boss	Boss	Family Ties	Family Ties	Family Ties	Family Ties	Drew Carey	Drew Carey	Drew Carey	Drew Carey	NewsRadio	NewsRadio	NewsRadio
10	10	Patience (N)	Grantchester (N)	Downton Abbey on Masterpiece		Downton Abbey on Masterpiece		TURN "Mr. Culpener"		TURN "Mr. Culpener"		Prof T "September Gardens"		Patience
11		Patience (N)	Grantchester (N)	Downton Abbey on Masterpiece		Downton Abbey on Masterpiece		Astrid "Guilty?"		Astrid "Guilty?"		Shakespeare (.50) My Life Is Murder		
12	12	Videos	(.35) ⚡⚡⚡ Speed (94) Dennis Hopper, Sandra Bullock, Keanu Reeves.	News (N)	News (N)	News (N)	News (N)	UpFront	The Rookie "End Game"	News	News	News	News	News
18	18	(6:30) ⚡⚡⚡ The Replacements Keanu Reeves.	Connect MKE	National Desk (N) (Live)	Attkisson	Black	Positively	Paid Prog.	World's	World's		World's		World's
24	24	Last Man	Last Man	Two Half Men	Two Half Men	Bob Heart	Bob Heart	Fatal Crimes	Web of (N)	Finally Caught "Lipscomb"		Bloodline Detectives		Whacked
26		Bob Heart	Bob Heart	The Conners	The Conners	Modern Fam.	Modern Fam.	Seinfeld	Seinfeld	Funny You	Funny You	Pawn Stars	Pawn Stars	Entertainers
32	13	Nation's "Back to School"	MasterChef	Fox 32 News (N)		Chicago	Bensinger	FIFA World (N)		Good Morning (N)		Paid Prog.		Paid Prog.
36	974	John	Arts Page	Nature "Soul of the Ocean"		NOVA "Black Hole Universe"		Once "America First" (P)		NOVA		Burt Wolf	Tradfest	Woodsongs
38		NCIS "Reasonable Doubts"	NCIS "Charade"	NCIS "Return to Sender"		NCIS "Homefront"		NCIS "Dead Letter"		NCIS "Family First"		NCIS		NCIS
50		Family Feud	Family Feud	Family Feud	Family Feud	You Don't	Bensinger	Extra (N)		TMZ (N)		Paid Prog.	Paid Prog.	Paid Prog.
55	15	NCIS "Reasonable Doubts"	NCIS "Charade"	NCIS "Return to Sender"		NCIS "Homefront"		NCIS "Dead Letter"		NCIS "Family First"		NCIS		NCIS
58	8	Big Brother "Episode 6" (N)	Tracker "Daughters"	Marshals "Blowback"		News (N)	CBS (N)	Fire Country		NCIS "Changing Tides"		S.W.A.T.		S.W.A.T.
A&E	42	WWE's	WWE's	WWE's	WWE's	WWE LFG (N)		(.05) WWE's	(.35) WWE's	(.05) WWE's	(.35) WWE's	(.05) WWE's	(.35) WWE's	(.05) WWE LFG
AMC	59	(4:45) ⚡⚡⚡ The Martian	The Vampire Lestat "The Failures" (N) (SF)	(.05) Lestat "The Failures"		(.05) Lestat "The Failures"		(.05) Pearl Harbor (01) Josh Hartnett, Kate Beckinsale		(.05) Pearl Harbor (01) Josh Hartnett, Kate Beckinsale		Ben Affleck		Ben Affleck
AP	43	Yellowstone Wardens "Wardens in Full Force"		Yellowstone Wardens "Cracking on Down Anglers"		Yellowstone Wardens "Cracking on Down Anglers"		Yellowstone Wardens "Wardens in Full Force"		Yellowstone Wardens "Wardens in Full Force"		Wardens		Wardens
BIG10	63	Indiana Football Classic	Indiana Football Classic	BIG Story George Tallaferra		College Baseball 2014 Big Ten Championship Game: Indiana vs. Nebraska						Softball		Softball
BOOM	109	Scooby-Doo	Scooby-Doo	Flintstone	Flintstone	The Jetsons	The Jetsons	Popeye	Popeye	Scooby	Scooby	Scooby Doo Movie		Top Cat
BRAVO	45	Housewives Atlanta (N)	Married-Sight "Forever Starts in Seattle"	Watch What		Housewives Atlanta		Housewives Atlanta		Housewives/OC		In the City		McBee
CHSN		(6:30) NBA Basketball Los Angeles Lakers vs. Chicago Bulls	Kash & Matty	Golf Scene		Sideline		Big League Wiffle Ball						
CNBC	47	Shark Tank	Shark Tank	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Next
CNN	44	CNN Special Program	CNN Special Program	CNN Special Program		CNN Special Program		CNN Special Program		CNN Special Program		CNN Special Program		Newsroom
COM	54	Seinfeld	Seinfeld	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	South Park	South Park	South Park	South Park
COOK	158	Nightmares "Levanti's"	Nightmares "Yanni's"	Kitchen Nightmares		Nightmares "Mama Maria's"		Nightmares "Levanti's"		Nightmares "Levanti's"		Nightmares "Yanni's"		Nightmares
DISC	41	Naked and Afr. "On Top of the World" (N) (SF)	In the Eye of the Storm (N)	In the Eye of the Storm (N)		In the "Twister Shapeshifter"		Naked and Afr. "On Top of the World"		Naked and Afr. "On Top of the World"		In the Eye		In the Eye
DISN	58	Movie	(.45) Dragon	(.10) Dragon Striker "Dragon Fever"		Ladybug	Ladybug	Bluey	Bluey	Bluey	Bluey	Big City	Big City	Big City
DLC	153	My 600-Lb. Life "Delana's Journey"		My 600-Lb. Life "Rose's Journey"		My 600-Lb. Life "Delana's Journey"		My 600-Lb. Life "Delana's Journey"		My 600-Lb. Life "Delana's Journey"		My 600-Lb		My 600-Lb
EI	53	⚡⚡⚡ The Super Mario Bros. Movie (23) Chris Pratt.	⚡⚡⚡ Elf (03) James Caan, Bob Newhart, Will Ferrell.	⚡⚡⚡ Jack Frost (98) Kelly Preston, Michael Keaton.		Keeping Up		Keeping Up		Keeping Up		Keeping Up		Keeping Up
ESPN	30	(6:00) WNBA Basketball	NBA Summer League Basketball Teams TBA (N) (Live)	SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N)		SportCtr (N)
ESPN2	29	(6:30) Basket. Messi	ESPN FC (N)	World Long Drive (N)		The 2026 ESPYS						X Games		30 for 30
FDWI	31	(6:00) NBA Basketball	Postgame (N)	Football	Postgame	Postgame	Due North	World Poker Tour		NHL Hockey				
FNC	48	Life, Liberty (N) (Live)	Sunday Night (N) (Live)	One Nation With (N) (Live)		Life, Liberty & Levin		Sunday Night		One Nation With		Fox News		Fox News
FOOD	67	100 Cooks "The Last 14"	100 Cooks "8 Cooks Down to 1" (N)	Beat Bobby	Beat Bobby	Beat Bobby		100 Cooks "8 Cooks Down to 1"		Beat Bobby		Beat Bobby		Beat Bobby
FREE	17	(5:10) ⚡⚡⚡ National Treasure	(.20) ⚡⚡⚡ National Treasure: Book of Secrets (07) Jon Voight, Nicolas Cage.					⚡⚡⚡ Beetlejuice (88) Alec Baldwin, Michael Keaton.		Paid Prog.		Paid Prog.		Paid Prog.
FX	35	(5:00) ⚡⚡⚡ Avengers: Endgame (19) Robert Downey Jr., ⚡⚡⚡ Jason Bourne (16) Tommy Lee Jones, Alicia Vikander, Matt Damon.	⚡⚡⚡ Old School (03) Will Ferrell, Luke Wilson.											
GOLF	28	(5:00) 2026 Open Championship Final Round From Royal Birkdale Golf Club in Southport, Lancashire, England. (N)	Live From The Open											
HALL	7	⚡ A Very Merry Mix-Up (13) Mark Wiebe, Alicia Witt.	⚡ Never Kiss a Man in a Christmas Sweater (20)					Golden Girls Golden Girls		Golden Girls Golden Girls		Golden Girls Golden Girls		Golden Girls
HALLMY	117	⚡ Mystery 101: Killer Timing (21) Jill Wagner.	Murder, She Wrote	Murder, She Wrote		Murder, She Wrote		Murder ... "Thursday's Child"		Murder, She Wrote		Murder ...		Murder ...
HGTV	37	Holmes on Homes (N)	Maine Cabin Masters (N) (P)	Hunters (N) Hunters		Hunters	Hunters	Maine "We Bought an Inn"		Hunters	Hunters	Hunters		Hunters
HIST	39	Hazardous History	Hazardous History (N)	(.05) Built America (N)		(.05) Built America		(.05) Hazardous History		(.05) Built America		(.05) America		(.05) America
LIFE	36	⚡ He'll Never Find Me (26) Kabby Borders. (P)	(.05) ⚡ Crowning at the Prom (26) Danielle Panabaker.					⚡ He'll Never Find Me (26) Kabby Borders.				Movie		Movie
LIFEMOV	65	⚡ Cabin Pressure (25) Christopher Sky, Alicia S Mason.	⚡ Hidden Murder Island (23) Donny Boaz, Andrea Bogart.					⚡ Cabin Pressure (25) Christopher Sky, Alicia S Mason.				Movie		Movie
METV	19	Golden Girls Golden Girls	Golden Girls Golden Girls	Raymond Raymond		All in Family All in Family		Van Dyke Van Dyke		Honey. Honey.		News		News
MLB	326	AUSL Softball Utah Talons at Chicago Bandits (N) (Live)	MLB Ton. Sunday Scorecard	MLB Ton. Sunday Scorecard		MLB Ton. Sunday Scorecard		MLB Ton. Sunday Scorecard		MLB Ton. Sunday Scorecard		MLB Tonight		MLB Tonight
MSNBC	46	(4:00) Politics (N) (Live)	The Briefing (N)	Cooked on MS NOW		The Weekend: Primetime		The Briefing		Dateline "The Waiting Car"		Dateline		Dateline
MTV	52	(6:00) ⚡⚡⚡ We're the Millers (13)	⚡ Joe Dirt (01) Dennis Miller, David Spade.			Ridiculous		Ridiculous		Ridiculous		Ridiculous		Ridiculous
NATGEO	38	World's Biggest Tiger Shark	Biggest Hammerhead?	World's Biggest		World's Biggest Mako		Mega Hammerhead		Perfect Predator		Shark		Shark
NBA	325	NBA Playoff 2026: Orlando vs. Phoenix	NBA Playoff 2026: Denver vs. San Antonio					NBA TV Postgame Show		GameTime		GameTime		GameTime
NFL NET	346	(5:00) NFL Football	NFL Football 2025: Los Angeles Rams vs. Seattle Seahawks - Week 16					NFL Football 2025 NFC Wild Card: Green Bay Packers vs. Chicago Bears						
NICK	56	Friends	Friends	Friends	Friends	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Friends	Friends	Friends	Friends
NICK JR.	107	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	Bubble	Bubble	Bubble	TeamUmiz.	PAW Patrol
PARMT	51	(5:30) ⚡⚡⚡ Fantastic Beasts & Where to Find Them	(.35) ⚡⚡⚡ Fantastic Beasts: The Crimes of Grindelwald (18) Eddie Redmayne.	(.40) ⚡⚡⚡ Fantastic Beasts: The Secrets of Dumbledore (P)										
PBS CREATE	977	(6:00) Milwaukee PBS Weather	Milwaukee PBS Weather			Milwaukee PBS Weather						Milwaukee PBS Weather		Milwaukee PBS Weather
PBS WORLD	976	Antiques Roadshow	Old House	Old House		Confucius Was "Shandong"	People	Joanne	Milk Street	Test Kitchen	Test Kitchen	Christina	Old House	
SUND	281	(6:00) ⚡⚡⚡ Apollo 13 (95) Bill Paxton, Tom Hanks.	⚡⚡⚡ A Few Good Men (92) Jack Nicholson, Demi Moore, Tom Cruise.			⚡⚡⚡ Apollo 13 (95) Tom Hanks.								
SYFY	55	Movie	⚡⚡⚡ The Mask (94) Cameron Diaz, Jim Carrey.	⚡⚡⚡ Jumanji (95) Jonathan Hyde, Robin Williams.		⚡⚡⚡ Big (88) Elizabeth Perkins, Tom Hanks.								
TBS	3	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	The Office	The Office	The Office	The Office	The Office	The Office	Movie
TCM	60	⚡⚡⚡ Little Miss Marker (80) Walter Matthau.	⚡⚡⚡ Little Miss Marker (34) Adolphe Menjou.			⚡ Miss Lulu Bett (21) Lois Wilson.		⚡ Tree of Wooden Clogs						
THIS	983	Modern Fam.	Modern Fam.	Sheldon	Sheldon	CBS 58 News (N)	Seinfeld	Seinfeld	Friends	Friends	Friends	Deep Water Salvage		Court Cam
TLC	40	90 Day Fiance "Meeting the Family" (N)		(.05) 90 Day Diaries (N)		(.05) Jay & Pamela		90 Day Fiance "Meeting the Family"						(.05) 90 Day
TNT	33	(6:00) NASCAR Cup Series Window World 450 (N) (Live)	NASCAR Nat	⚡⚡⚡ Gran Turismo (23) Orlando Bloom, Archie Madekwe, David Harbour.		Imp. Jokers		Imp. Jokers		Imp. Jokers		Imp. Jokers		Imp. Jokers
TOON	57	Family Guy	Family Guy	Family Guy		Family Guy	Rick Morty	Rick Morty	Rick Morty	Smiling	The Elephant	American	American	American
TRAVEL	72	Mysteries at the Museum	Mysteries at the Museum	Mysteries at the Museum		Mysteries at the Museum		Mysteries at the Museum		Mysteries at the Museum		Mysteries at the Museum		Mysteries at
TRUTV	74	(6:00) NASCAR Cup Series Window World 450 (N) (Live)	NASCAR Nat	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers
TV LAND	61	(.10) Raymond (.45) Raymond (.20) Raymond "Meant to Be"	(.55) Raymond Raymond	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
USA	34	Law-SVU "Father Dearest"	Law-SVU "Duty to Report"	Law & Order: SVU		Law-SVU "Post-Game"		Everything		Everything		Law & Order: SVU "Honor"		Law-SVU
VH1	50	⚡⚡⚡ Maid in Manhattan (02) Ralph Fiennes, Jennifer Lopez.	⚡⚡⚡ Kicking & Screaming (95) Olivia d'Abo, Carlos Jacott, Josh Hamilton.			Wild 'n Out	Wild 'n Out	Wild 'n Out		Wild 'n Out		Wild 'n Out		Wild 'n Out
WE	26	Criminal "In the Blood"	Criminal Minds "Gatekeeper"	Criminal Minds "The Return"		Criminal "Strange Fruit"		Criminal Minds "The Caller"		9-1-1 "Abandon Ships"		9-1-1		9-1-1

WEEKDAY MORNING JULY 20 TO 24, 2026																
B*CAST	SPECTRUM	4 AM	4:30	5 AM	5:30	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM
2	2	CBS News	CBS News	CBS News Chicago		CBS News Chicago		CBS Mornings					CBS News Chicago		The Price Is Right	News
4	83	Early	Early	TMJ4 News Today		TMJ4 News Today		Today					The Morning Blend		Today 3rd Hour	Today
5	5	NBC 5 News	NBC 5 News	NBC 5 News	NBC 5 News	NBC 5 News		Today					Today 3rd Hour		Today-Jenna	NBC 5 News
6	6	Judge Judy	News	Wake-Up News at 5		Wake-Up News at 6		Wake-Up News at 7		Wake-Up News at 8		FOX 6 Wake-		Real Milwaukee		FOX 6 News
7	7	Good	News	News	ABC7 News	News at 6am		Good Morning America					Live with Kelly and Mark		The View	News
9	9	WGN News		WGN News		WGN Morning News		WGN Morning News		WGN Morning News		WGN Morning News		Daytime Chicago		News
10	10	F Arts Page	Old House	Arthur	Odd Squad	Wild Kratts	Weather	Lyla	Carl	Tiger	Phoebe	Sesame	Work It	Donkey	Rosie	Elinor
11		M Murder/PBS News		BBC News	Various	Nature Cat	Arthur	Wild Kratts	Weather	Lyla	Carl	Tiger	Phoebe	Sesame	Work It	Donkey
12	12	Good	News	WISN 12 News		WISN 12 News		Good Morning America					Live with Kelly and Mark		The View	News
18	18	Various	Business	The National News Desk		The National News Desk		The National News Desk		ES.TV	Paid Prog.	Various	Family	Good Morning Football:		Overtime
24	24	Various	M The	Various	Business	The Jason Show		Hot Bench	Hot Bench	Judge	Judge Ross	Maury		Karamo		S. Wilkos
26		Various	Various	Justice	Judge Ross	Judge	Judge	Judge	Cutlers	The People's Court		Judge	Judge	The Steve Wilkos Show		Maury
32	13	TMZ	Chicago	Chicago Morning News		Chicago Morning News		Chicago Morning News at 7A					Good Day Chicago			The Loop
36	974	Various		Various	F Eric	Lana Yoga	Lana Yoga	Yoga	Happy Yoga	Classical	Sit/Be Fit	Europe	Curious	Travel	Painting	Painting
38		Paid Prog.	Paid Prog.	Various	F Amazing	Various	F Xploration	Various	F Planet	Various	F Planet	Various		Various		Various
50		Church	Live	Paid Prog.	Paid Prog.	Church	Judge	Hatchett	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Divorce	The 700 Club	Family	
55	15	Paid Prog.	Paid Prog.	Various	F Amazing	Various	F Xploration	Various	F Planet	Various	F Planet	Various		Various		Various
58	8	CBS News	News	CBS 58 Morning News		CBS 58 Morning News		CBS Mornings				Let's Make a Deal		The Price Is Right		The Young
A&E	42	PaidProg.	Paid Prog.	Paid Prog.	Joni Table	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage
AMC	59	Various	Various	Various	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Various	Various	Various	Walking Dead/ Back to t...		(15) Walking	Th Rocky	(25) Walking
COM	54	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	Various	Various	Various	Various	Various	South Park
DISC	41	Gold Rush		Various		Various		Various		Various		Various		Various		Various
DISN	58	Various	Various	Bluey	Kitties	Various	Various	Iron Man	Bluey	Bluey	Various	Various	Bluey	Various	Various	Stitch
ESPN	30	SportsCenter		SportsCenter		SportsCenter		Get Up				First Take / W Little League Softball				Various
FREE	17	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Various	Boy/World	Various	Boy/World	W 700 Club/700 Club		Various	Jim	Various	The Haunted Mansion	
FX	35	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Various	Various	Th Alien vs. Predator		Movie	Movie	21 Jump Street/ Bad Boys/		Rogue One...	22 Jump Street	
HIST	39	Various	Paid Prog.	Amazing	Jeremiah	Various	W History's	Various		Various		Various		Various		Various
LIFE	36	Paid Prog.	Jeremiah	Creflo	Life Today	Joyce M.	Various	NCIS		NCIS		NCIS		The Rookie / F NCIS	Various	Various
MTV	52	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Various	Various	Various
NICK	56	Neighbor	Neighbor	Various	SpongeBob	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	Various	PAW Patrol	PAW Patrol	Various	PAW Patrol	PAW Patrol	Various
PARMT	51	Bar Rescue		Inside	ET	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue
SYFY	55	Various	W Twi. Zone	The Ark		The Ark		Movies		Movies		Movies	Th Sharknado			Movies
TBS	3	Various	Various	Various	Various	Sheldon	Sheldon	Sheldon	Sheldon	Sheldon	Sheldon	Friends	Friends	Friends	Friends	Friends
TCM	60	Return to Glennascaul/ Pa.		Movies		Movie		Movies		Movie	Movie	Movies		Movies	Movie	Movies
TNT	33	Charmed/ Cold Case		M-W Charmed / Th F FBI		M-W Charmed / Th F FBI		M-W Charmed / Th F FBI		M-W Charmed / Th F FBI		M-W Cold Case/Th F FBI		Various		Various
TOON	57	Various	Various	Various	Various	Various	Various	Various	Various	(.05) Tom	Tom	Looney	Scooby-Doo	Scooby-Doo	Various	Various
USA	34	Law-SVU/ Dateline		Various	W Chicago	Various	W Chicago	Various	W Chicago	Various	W Chicago	Various	W Chicago	Various	W Chicago	Various
VH1	50	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Flip Side	Flip Side	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out

WEEKDAY AFTERNOON JULY 20 TO 24, 2026																
B*CAST	SPECTRUM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30
2	2	Young & Restless		Bold	Beyond the Gates	Barrymore	Barrymore	Let's Make a Deal			CBS News Chicago	News	CBS-News	News	ET	
4	83	Today	TMJ4 News at Noon		NBC News Daily	Various	F Tail-Valor	Various	Inside		TMJ4 News at 4:00	TMJ4 News	NBC News	TMJ4 News	Milwaukee	
5	5	Various	NBC News Daily		Dateline			Kelly Clarkson			NBC 5 News at 4 PM	NBC 5 News	NBC News	NBC5 News	Hollywood	
6	6	FOX 6 News	Dateline		Sherri			TMZ Live			FOX 6 News at 4	FOX 6 News at 4	FOX 6 News	TMZ		
7	7	F Windy City	GMA3		Tamron Hall			General Hospital		Inside	Jeopardy!	News at 4pm	News	World News	ABC7	Wheel
9	9	(11:00) News	WGN Midday News		Spotlight Chicago			WGN Take Two		Judy	Judy	WGN Early		WGN Evening News	News	(4:5) Point
10	10	Alma's Way	Molly	Xavier	Antiques Roadshow			Various		Various	Various	Various	Various	Tu Outdoor	PBS News Hour	
11		Rosie	Elinor	Alma's Way	Antiques Roadshow			Various		Kitchen	Cook	My Life Is Murder		BBC World	Various	PBS News Hour
12	12	(11:00) News	GMA3		General Hospital			Tamron Hall		JHud Show		WISN 12 News at 4		News	World News	News
18	18	GMFB:OT	Family	Family	Puzzler	Puzzler		Flip Side	Flip Side	Funny You	Funny You	25 Words	25 Words	Family	Family	Family
24	24	S.Wilkos	Maury		Karamo			The Steve Wilkos Show		Divorce	Divorce	Hot Bench	Hot Bench	Goldbergs	Goldbergs	Conners
26		Maury	Karamo		Judge Mathis			Tribunal	Tribunal	Hot Bench	Hot Bench	Judge Judy	Judge Judy	Judge Judy	Judge Judy	Various
32	13	(11:00) The Loop			Sherri			JHud Show		TMZ Live		Fox 32 News		Fox 32 News at 5	Family	Family
36	974	Old House	Sewing	Sara's	Kitchen	Kitchen	Jazzy	Mexican	Various	Various	Various	Various		Amanpour	Various	Various
38		Various	Various		Various			Various		Various		Various		Various	Various	Various
50		Family	Good Morning Football:	Overtime				The Jason Show		Bensinger	25 Words	Family	Family	Extra	TMZ	The Report
55	15	Various	Various		Various			Various		Various		Various		Various		Various
58	8	Young	CBS 58 News at Noon		Beyond the Gates			Bold	Tribunal	Judy	Judy	CBS 58 News at 4pm		News	CBS-News	Jeopardy!
A&E	42	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various
AMC	59	Movies		F Walking	Th Rocky II	(40) Walking	Movie	Various		Th Rocky III	F Walking	Movie	M Sixteen Candles/F Jaws	Pearl Harbor/ Rocky IV		
COM	54	South Park	South Park	South Park	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various
DISC	41	Various	Various		Various			Various		Various		Various		Various		Various
DISN	58	Stitch	Ladybug	Ladybug	Various	Big City	Phineas	Various	Big City	Big City	Various	M Bunk'd	Various	M Jessie	M Big City	M Big City
ESPN	30	(11:00) Softball	Pat McAfee	Various	M F SportCtr/Tu Softball		NBA Today	Various	M F NFL Live		Various	Various	M F SportsCenter		Various	Various
FREE	17	Movie	Movie	Various	Th (05) The Game Plan		Various	M Cars	Various	Movie		Dollar Nannies/ The Little...		Various	Movie	Various
FX	35	Movies	F Solo: A Star Wars Story		M 21 Jump Street			Movies	Movie	M Jason Bourne				Movies		Ant-Man/ Thor: The Dark ...
HIST	39	Various	Various		Various			Various		Various		Various		Various		Various
LIFE	36	Various	Various		Castle / F NCIS			Castle / F NCIS		Castle / F NCIS		M-W Castle / Th F NCIS		Various		Various
MTV	52	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various
NICK	56	PAW Patrol	PAW Patrol	PAW Patrol	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Various	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Various	M-W Friends
PARMT	51	Bar Rescue	Bar Rescue		Bar Rescue			Bar Rescue		Bar Rescue		Bar Rescue		Various		
SYFY	55	Jumanji/ The Ministry of Ungentleman...			Movie	Movies	Movie	Movie	Movie	Movie	Movies	Tu M3GAN	F The Croods: A New Age			Movies
TBS	3	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Big Bang	Big Bang	Big Bang	Big Bang	Various	Various	Big Bang	Big Bang
TCM	60	Movies	Th Freaks		Movies	Movie		Movie	Movie	Movies		Th The Mad Genius		Movies	M When in Rome / Th Mad Love	
TNT	33	Various	Various		Various			Various		F FBI		Movies	Movies	Th Deep Blue Sea		Movie
TOON	57	Various	Various	Various	Various	Various	Various	Various	Various	Various	Chicken	Chicken	Burgers	Burgers	Burgers	Burgers
USA	34	W Chicago	Various	W 9-1-1	Various	W 9-1-1	Various	W 9-1-1	Various	W 9-1-1	Various	W 9-1-1	Various	W 9-1-1	Various	WNBA Pre.
VH1	50	Wild 'n Out	Wild 'n Out	Wild 'n Out	Various	M Basketball	Basketball	M Basketball	Basketball	M Basketball	My Wife	Various	My Wife	My Wife	My Wife	Various

MONDAY EVENING JULY 20, 2026

B'CAST	SPECTRUM	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM
2	2	Neighbor	Neighbor	FBI "Manifest"		CIA "Bridge of Lies"		News (N)	(:35) Comics	(:05) Comics	(:35) FunnyYou	(:05) FunnyYou	(:35) News	(:10) Comics
4	83	St. Denis	The Fall	American Ninja Warrior	Central Regional Qualifying 1 (N)	TMJ4 News	(:35) Tonight Show (N)	(:35) Seth Meyers (N)	TMJ4News	(:05) Morning				
5	5	St. Denis	The Fall	American Ninja Warrior	Central Regional Qualifying 1 (N)	NBC 5 News	(:35) Tonight Show (N)	(:35) Seth Meyers (N)	NBC 5 News	(:05) NBCNews				
6	6	1% Club "I'm Just Dumb" (N)		The Quiz With Balls (N)		FOX 6 News at 9 (N)		FOX 6 News	FOX 6 News	TMZ	Dateline "Manson"		Extra (N)	FOX 6 News
7	7	Dancing With-Stars (N)		To Be Announced				ABC7 (N)	(:35) J. Kimmel (N)	(:35) Nightline	WorldNews		(:35) Kelly and Mark (N)	
9	9	All American (N)		Penn "Full Frontal Magic"		WGN News at Nine (N) (Live)		News (N)	GN Sports	Sheldon	Big Bang	Two Half Men	Last Man	Goldbergs
9.2	986	One Day	One Day	Jeffersons	Jeffersons	Sanford	Sanford	Johnny Carson		Becker	Becker	Wings	Wings	Mad About
10	10	Antiques Roadshow		Antiques Roadshow		Beyond a Year in Space		When We Were Shuttle				R. Steves	Amanpour (N)	
11		Antiques Roadshow		Antiques Roadshow		Firsthand	Firsthand	Chicago	BBC News	Amanpour (N)		Patience "Paco's Revenge"		Grantchester
12	12	Dancing With-Stars (N)		To Be Announced				News (N)	(:35) J. Kimmel (N)	(:35) Nightline	(:05) Hollywood	(:35) News	(:05) Suits	
18	18	All American (N)		Penn "Full Frontal Magic"		National (N)	National (N)	National (N)	National (N)	ICRIME	ICRIME	Crime	Crime	Chicago Fire
24	24	Law & Order: SVU "Pandora"		Law-SVU "Desperate"		Bob Heart	Bob Heart	Two Half Men	Two Half Men	Last Man	Last Man	Family Feud	Comics	Access (N)
26		Flip Side	Perfect	Chicago P.D. "300,000 Likes"		Modern Fam.	Modern Fam.	Seinfeld	Seinfeld	The Conners	The Conners	Chicago "51's Original Bell"		Flip Side
32	13	1% Club "I'm Just Dumb" (N)		The Quiz With Balls (N)		Fox 32 News at Nine (N)		The Report	TMZ (N)	Family Feud	Family Feud	Fox 32 News at Nine		Sherri
36	974	BBC World	Context	Grandma Stand		POV "The Dating Game" (N) (SP)		BBC News		PBS News Hour (N)		Bugs "Insect Apocalypse"		Test Kitchen
38		Chicago "Fork in the Road"		Chicago P.D. "Reform"		Chicago P.D.		Chicago P.D. "Promise"		Chicago P.D. "Snitch"		Chicago P.D. "Home"		Chicago P.D.
50		Family Feud	Family Feud	ISO Bar (N)	News (N)	Law-SVU "Paranoia"		48 Hours (N)		Law & Order: SVU "Pandora"		Law-SVU "Desperate"		Morgan
55	15	Chicago "Fork in the Road"		Chicago P.D. "Reform"		Chicago P.D.		Chicago P.D. "Promise"		Chicago P.D. "Snitch"		Chicago P.D. "Home"		Chicago P.D.
58	8	Neighbor	Neighbor	FBI "Manifest"		CIA "Bridge of Lies"		News (N)	(:35) Comics	(:05) Comics	(:35) FunnyYou	(:05) FunnyYou	(:35) Jeopardy!	(:05) Barrymore
A&E	42	Live PD: Great. "Episode 49"		Live PD "Episode 27" (N)		Late Night Law (N)		(:05) Live PD "Episode 26"		(:05) Live PD "Episode 49"		(:05) Live PD "Episode 27"		(:05) Night Law
AMC	59	★★★★ Back to the Future '85 Christopher Lloyd, Michael J. Fox.					★★★★ Back to the Future Part II '89 Christopher Lloyd, Michael J. Fox.					★★★★ Back to the Future Part III '90		
AP	43	Flying Wild "Deep Freeze"		Flying Wild "Trick or Tweto"		Flying Wild "Goodbye Sun"		Flying Wild "Indian Summer"		Flying Wild "Deep Freeze"		Flying Wild "Trick or Tweto"		Flying Wild
BIG10	63	BIG Today	Michigan State		BIG Moment	Michigan State		BIG Today	Michigan State		Michigan State		BIG Today	Wrestling
BOOM	109	(6:30) Scooby..	Flintstone	The Jetsons	Scooby-Doo	Scooby	Scooby	Scooby	Scooby	The Smurfs	Smurfs	WackyRace	Jellystone	Ben 10
BRAVO	45	Below Deck (N)		The McBee Dynasty (N)		Next Gen "TikTok Boom"		Below Deck	Match Me If You Can"			The McBee Dynasty		In the City
CHSN		MLB Baseball Chicago White Sox at Texas Rangers (N) (Live)						White Sox (N)	Pro Football		MLB Baseball Chicago White Sox at Texas Rangers			
CNBC	47	Shark Tank		Shark Tank		Shark Tank		Shark Tank			Shark Tank	American Greed		Dateline
CNN	44	Cooper 360 (N) (Live)		The Source With (N) (Live)		CNN NewsNight (N) (Live)		Laura Coates Live (N) (Live)		Story Is- Elex (N) (Live)		Story Is- Elex (N) (Live)		Cooper 360
COM	54	(:10) Office	(:45) Office	(:20) The Office		(:55) Office	The Office	The Daily Show (N)		Family Guy	Family Guy	Family Guy	South Park	South Park
COOK	158	Nightmares "Leone's"		Kitchen Nightmares		Kitchen Nightmares		Kitchen Nightmares		Nightmares "Leone's"		Kitchen Nightmares		Nightmares
DISC	41	Contraband: Seized (N)		120 Hours Behind Bars (N)		120 Hours Behind Bars		Contraband: Seized		Contraband: Seized		120 Hours Behind Bars		120 Hours
DISN	58	✶ Descendants: Wicked Wonderland (26) Kylie Cantrall.				Big City	Big City	Bunk'd	Sydney Max	Raven	Raven	Jessie	Jessie	Liv and
DLC	153	Dr. Pimple "Holy Cyst?!"		Dr. Pimple Popper		Dr. Pimple Popper		Dr. Pimple "Ear Brain"		Dr. Pimple "Holy Cyst?!"		Dr. Pimple Popper		Dr. Pimple
E!	53	Two Half Men Two Half Men		Two Half Men Two Half Men		Two Half Men Two Half Men		Two Half Men Two Half Men		How I Met	How I Met	How I Met	How I Met	How I Met
ESPN	30	(6:00) Baseball Los Angeles Dodgers at Philadelphia Phillies				MLB Baseball (N) (Live)						SportsCenter (N) (Live)		HowCtr (N)
ESPN2	29	(6:00) AUSL Softball		To Be Announced		30 for 30 The Philly Special		30 for 30 Bullies of Baltimore		NFL Live		The 2026 ESPYS		
FDWI	31	NBA Basketball		Pregame		NBA Basketball					Postgame	NHL Hockey		
FOX	48	Jesse Watters (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News at Night (N) (Live)		The Five		Jesse Watters Primetime		Hannity
FOOD	67	Pitmasters (N)		Pitmasters "Trifecta of Live Fire" (N)		Beat Bobby		Beat Bobby	Beat Bobby	Pitmasters "Trifecta of Live Fire"		Beat Bobby		Beat Bobby
FREE	17	Movie	(:35) ★★ Cars 3 (17) Voices of Cristela Alonzo, Owen Wilson.					The 700 Club		Jim	Jim	Jim	Jim	Paid Prog.
FX	35	(6:00) ★★★★★ Ant-Man (15) Paul Rudd.		★★★★ Ant-Man and The Wasp (18) Evangeline Lilly, Paul Rudd.				★★★★ Ant-Man and the Wasp: Quantumania (23) Paul Rudd.						
GOLF	28	2026 Open Championship Final Round From Royal Birkdale Golf Club in Southport, Lancashire, England.												Golf Central
HALL	71	✶ Christmas Island (23) Rachel Skarsten.				Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	The Waltons
HALLMY	117	✶ Caught by Love (26) Rachael Leigh Cook.				Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Murder ... "Judge Not"		Murder ...
HGTV	37	Hunters	Hunters	Ugliest House (N)		Crashers (N)		Crashers "Sharing is Caring"		Ugliest House in America		Crashers		Crashers
HIST	39	World War II (N)		World War II (N)		(:05) History's (N) (SF)		(:05) World War "Resistance"		(:05) World War II		(:05) World War II		(:05) World War
LIFE	36	Dr. Pimple Popper		Dr. Pimple Popper (N)		(:05) Dr. Pimple Popper		(:05) Dr. Pimple Popper		Dr. Pimple Popper		Dr. Pimple Popper		(:05) Dr. Pimple
LIFEMOV	65	✶ Secrets to Kill For (25) Courtney Grace.				✶ Secrets in the Building (23) Shemeka Wright.				✶ Secrets to Kill For (25) Courtney Grace.				Movie
METV	19	Andy Griffith	Andy Griffith	Raymond	Raymond	Golden Girls	Golden Girls	C. Burnett	Perry Mason		(:35) Twi. Zone	(:05) Hitchcock	(:35) Hitchcock	(:05) Mannix
MLB	326	(6:00) MLB Tonight		MLB Big Inning (N) (Live)					Quick Pitch (N) (Live)		Quick Pitch		Quick Pitch	
MSNBC	46	All in With Chr. (N) (Live)		The Rachel (N) (Live)		Last Word (N) (Live)		The 11th (N) (Live)		The Rachel Maddow Show		Last Word With Lawrence		The 11th
MTV	52	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous
MTGEO	38	Apollo: Missions to the Moon				(:10) Apollo: Back-Moon		(:10) Apollo: Back-Moon		(:10) Dark Secrets of the CIA		(:10) Roswell UFO Secrets		MoonLandi
NBA	325	(6:00) NBA Basketball		Center Court		NBA Basketball						GameTime	GameTime	GameTime
NFL NET	346	NFL Team	NFL Team	NFL Team	NFL Team	NFL Football 2025 Week 16: Tampa Bay Buccaneers vs. Carolina Panthers						The Insiders		NFL Team
NICK	56	Friends	Friends	Friends	Friends	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Friends	Friends	Friends	Friends
NICK JR.	107	PAW Patrol	PAW Patrol	Mr. Crocodile	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Mr. Crocodile	Bubble	Bubble	Bubble	TeamUmiz.	PAWPatrol
PARMT	51	(5:00) TBA		★★★★ The School of Rock (03) Joan Cusack, Mike White, Jack Black.		To Be Announced								★★★★ The School of Rock
PBS CREATE	977	(6:00) Milwaukee PBS Weather				Milwaukee PBS Weather						Milwaukee PBS Weather		
PBS WORLD	976	Test Kitchen	Indian	Old House	Old House	R. Steves	Weekends	Rudy Maxa	Joy/Painting	Indian	Test Kitchen	Table	Cook	Old House
SUND	281	NCIS "Switch"		NCIS "The Voyeur's Web"		NCIS "Honor Code"		NCIS "Under Covers"		NCIS "Frame-Up"		The A-Team		The A-Team
SYFY	55	★★★★ I, Robot (04) Bridget Moynahan, Bruce Greenwood, Will Smith.				★★★★ M3GAN (22) Violet McGraw, Allison Williams.				★★★★ I, Robot (04) Bridget Moynahan, Will Smith.				
TBS	3	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	The Office	The Office	The Office	The Office	The Office	The Office	The Office
TCM	60	★★★★ Nine to Five (80) Lily Tomlin, Dolly Parton, Jane Fonda.				★★★★ Ruthless People (86) Bette Midler, Danny DeVito.				★★★★ The Wiz (78) Michael Jackson, Diana Ross.				
THIS	983	Perfect	Perfect	48 Hours (N)		CBS 58 News (N)		Seinfeld	Seinfeld	Big Bang	Law-SVU "Paranoia"		Chicago P.D. "300,000 Likes"	
TLC	40	90 Day: The Last Resort (N)		Little Singles (N)		90 Day: The Last Resort (N)		90 Day Diaries		90 Day: The Last Resort		Little Singles		Last Resort
TNT	33	(6:30) ★★ Meg 2: The Trench (23) Jason Statham.				★★★ Deep Blue Sea (99) Saffron Burrows, Thomas Jane.		(:05) Cold Case		(:05) Cold Case		(:05) Cold Case		(:05) Cold Case
TOON	57	Burgers	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Rick Morty	Rick Morty	Rick Morty	Metal/ Metal	Chicken	(:35) American	(:05) American
TRAVEL	72	Mysteries of the Unknown				Mysteries of the Unknown					Mysteries of the Unknown			Mysteries
TRUTV	74	(6:00) ★ Field of Dreams		(:15) ★★★★★ Field of Dreams (89) Amy Madigan, Kevin Costner.				Foul Play		Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Inside Jokes
TV LAND	61	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King	King	King	King	Seinfeld
USA	34	Law-SVU "Flight Risk"		Law-SVU "Info Wars"		WNBA Basketball Minnesota Lynx at Seattle Storm (N) (Live)				Everything		Law-SVU "Military Justice"		Law-SVU
VH1	50	(6:30) ★★ Kicking & Screaming (95) Josh Hamilton.				★ Norbit (07) Thandiwe Newton, Eddie Murphy.				Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out	Wild 'n Out
WE	26	Criminal "House on Fire"		Criminal Minds "Conflicted"		Criminal "A Shade of Gray"		Criminal "The Big Wheel"		Criminal Minds "Roadkill"		9-1-1		9-1-1

TUESDAY EVENING JULY 21, 2026

B'CAST	SPECTRUM	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM
2	2	NCIS "Stolen Moments"		NCIS: Origins		NCIS: Sydney "Flight Club"		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) News	(.10) Comics
4	83	America's Got Talent "Auditions 7" (N)				Password (N)		TMJ4 News	(.35) Tonight Show (N)		(.35) Seth Meyers (N)		TMJ4News	(.05) Morning
5	5	America's Got Talent "Auditions 7" (N)				Password (N)		NBC 5 News	(.35) Tonight Show (N)		(.35) Seth Meyers (N)		NBC 5 News	(.05) NBCNews
6	6	Nightmares "Freddy's Steak House; 4 Star Diner" (N) (SP)				FOX 6 News at 9 (N)		FOX 6 News	FOX 6 News	TMZ	Dateline "Good & Evil"		Extra (N)	FOX 6 News
7	7	R.J. "In Vanity Veritas"		Will Trent "CALL PAUL"		Will Trent		ABC7 (N)	(.35) J. Kimmel (N)		(.35) Nightline	WorldNews	(.35) Kelly and Mark (N)	
9	9	WWE NXT (N)				WGN News at Nine (N) (Live)		News (N)	GN Sports	Sheldon	Big Bang	Two Half Men	Last Man	Goldbergs
9.2	986	One Day	One Day	Jeffersons	Jeffersons	Sanford	Sanford	Johnny Carson		Becker	Becker	Wings	Wings	Mad About
10	10	Roots "Caribbean Roots"		Once Upon a (N)		Deadlock "Truth Under Fire"		JFK: American Experience				R. Steves	Amanpour (N)	
11		Roots "Caribbean Roots"		Once Upon a (N)		Deadlock "Truth Under Fire"		Chicago	BBC News	Amanpour (N)		Antiques Roadshow		Antiques
12	12	R.J. "In Vanity Veritas"		Will Trent "CALL PAUL"		Will Trent		News (N)	(.35) J. Kimmel (N)		(.35) Nightline	(.05) Hollywood	(.35) News	(.05) Suits
18	18	WWE NXT (N)				National (N)	National (N)	National (N)	National (N)	iCRIME	iCRIME	Crime	Crime	Chicago Fire
24	24	Chicago P.D. "Promise"		Chicago P.D. "Snitch"		Bob Heart	Bob Heart	Two Half Men	Two Half Men	Last Man	Last Man	Family Feud	Comics	Access (N)
26		Flip Side	Perfect	Chicago P.D.		Modern Fam.	Modern Fam.	Seinfeld	Seinfeld	The Conners	The Conners	Chicago "Rattle Second City"		Flip Side
32	13	Nightmares "Freddy's Steak House; 4 Star Diner" (N) (SP)				Fox 32 News at Nine (N)		The Report	TMZ (N)	Family Feud	Family Feud	Fox 32 News at Nine		Sherri
36	974	BBC World	Context	RFDS: Royal "Duty of Care"		RFDS: Royal "Accountability"		BBC News	PBS News Hour (N)		Nature "Soul of the Ocean"		Hope	Test Kitchen
38		Chicago Fire		Chicago Fire		Chicago Fire "2112"		Chicago Fire "Sharp Elbows"		Chicago Fire		Chicago Fire "Short and Fat"		Chicago Fire
50		Family Feud	Family Feud	ISO Bar (N)	News (N)	Law-SVU "Countdown"		48 Hours		Chicago P.D. "Promise"		Chicago P.D. "Snitch"		Paid Prog.
55	15	Chicago Fire		Chicago Fire		Chicago Fire "2112"		Chicago Fire "Sharp Elbows"		Chicago Fire		Chicago Fire "Short and Fat"		Chicago Fire
58	8	NCIS "Stolen Moments"		NCIS: Origins		NCIS: Sydney "Flight Club"		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) Jeopardy!	(.05) Barrymore
A&E	42	Neighbor.	Neighbor.	Neighbor. (N)	Neighbor. (N)	Customer	Customer (N)	(.05) Customer	(.35) Customer	(.05) Neighbor.	(.35) Neighbor.	(.05) Neighbor.	(.35) Neighbor.	(.05) Customer
AMC	59	*** Armageddon (98)	Billy	Bob Thornton, Liv Tyler, Bruce Willis.				*** Days of Thunder (90)	Robert Duvall, Nicole Kidman, Tom Cruise.					Movie
AP	43	Lockdown "Bones"		Lockdown "Escape!"		Lockdown "Death Ride"		Lockdown "After Midnight"		Lockdown "Bones"		Lockdown "Escape!"		Lockdown
BIG10	63	BIG Moment	Northwestern		Big Ten Elite		Northwestern		Soccer 2011	Big Ten, Final: Northwestern vs. Penn State		Northwestern		
BOOM	109	(6:30) Scooby..	Flintstone	The Jetsons	Scooby-Doo		Scooby		Scooby	Smurfs	The Smurfs	WackyRace	Jellystone	Ben 10
BRAVO	45	In the City (N)		The Real Housewives (N)		Watch What (N)		The Valley "Balls Voyage"		Next Gen "TikTok Boom"		Housewives/OC		Housewives
CHSN		MLB Baseball Chicago White Sox at Texas Rangers (N) (Live)						White Sox (N)	Pro Football	MLB Baseball Chicago White Sox at Texas Rangers				
CNBC	47	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		American Greed		Dateline
CNN	44	Cooper 360 (N) (Live)		The Source With (N) (Live)		CNN NewsNight (N) (Live)		Laura Coates Live (N) (Live)		Story Is- Elex (N) (Live)		Story Is- Elex (N) (Live)		Cooper 360
COM	54	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Daily Show	FamilyGuy	Family Guy	Family Guy	Family Guy	South Park	South Park
COOK	158	Man Fire	Man Fire	No Reservation "Mexico"		No Reservation "Panama"		Bourdain "Croatian Coast"		Man Fire	Man Fire	No Reservation "Mexico"		Bourdain
DISC	41	Homestead Rescue "A Homestead Divided" (N)				Homestead Rescue "Brown Bear-anioa"				Homestead Rescue: Intervention "A Homestead Divided"				Homestead
DISN	58	(4:00) Big City Greens "Quiet Please; Chipwrecked"						Ladybug	Ladybug	Bluey	Bluey	Big City	Big City	Big City
DLC	153	E.R. "ER Runaround"		Stories of E.R. "Wipeout!"		Stories of E.R. "Bit by a Boa"		E.R. "Temperature Rising"		E.R. "ER Runaround"		Stories of E.R. "Wipeout!"		E.R.
E!	53	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	Very Cavallari		Very Cavallari		Cavallari
ESPN	30	(6:15) ESPN Films		The 2026 ESPYS				SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportCtr (N)
ESPN2	29	SEC Now		2026 WSOP (N)		2026 WSOP (N) (Live)		NFL Live		NFL Live		Football	Pardon	2026 WSOP
FDWI	31	NBA Basketball				Postgame (N)		Badgers (N)	Basketball	Wild on 7th	Pregame	NBA Basketball		
FNC	48	Jesse Watters (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News at Night (N) (Live)		The Five		Jesse Watters Primetime		Hannity
FOOD	67	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby
FREE	17	*** Mrs. Doubtfire (93)	Sally Field, Pierce Brosnan, Robin Williams.					The 700 Club		Jim	Jim	Jim	Jim	Paid Prog.
FX	35	(5:00) *** Guardians of the Gal..	*** Guardians of the Galaxy Vol. 3 (23)	Zoe Saldana, Dave Bautista, Chris Pratt.						*** Alien 3 (92)	Charles S. Dutton, Sigourney Weaver.			
GOLF	28	PGA Golf Corales Puntacana Championship, Final Round				PGA Golf Corales Puntacana Championship, Final Round		Golf Central				Lessons	PGA	Range Reme
HALL	71	*** Christmas by Starlight (20)	Kimberley Sustad.			Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	The Waltons
HALLMY	117	Aurora Teagarden Mysteries "Reap What You Sew"		Murder ... "The Committee"		Murder, She Wrote		Murder ... "Danse Diabolique"		Murder, She Wrote		Murder, She Wrote		Murder ...
HGTV	37	Love It or List It (N)		Extreme Buyers Club (N) (P)	(.05) House	HouseHunt	HouseHunt	HouseHunt	HouseHunt	Extreme Buyers Club	(.05) House	HouseHunt	HouseHunt	HouseHunt
HIST	39	Skinwalker "Up in Smoke"		Skinwalker Ranch (N)		Skinwalker	The Proof "Bizarre Finds" (N)	(.35) Proof		(.05) Skinwalker Ranch		(.05) Skinwalker Ranch		Skinwalker
LIFE	36	Castle "Last Call"		Castle "Nikki Heat"		(.05) Castle	(.05) Castle "Knockdown"			Castle "Last Call"		Castle "Nikki Heat"		(.05) Castle
LIFEMOV	65	*** Stolen by My Mother: The Kamiyah Mobley Story (20)		*** Abducted at an HBCU: A Black Girl Missing Movie (24)		*** Stolen by My Mother: The Kamiyah Mobley Story (20)		*** Stolen by My Mother: The Kamiyah Mobley Story (20)		*** Twi. Zone	(.05) Hitchcock	(.35) Hitchcock	(.05) Mannix	
METV	19	Andy Griffith	Andy Griffith	Raymond	Raymond	Golden Girls	Golden Girls	C. Burnett	Perry Mason		(.35) Twi. Zone	(.05) Hitchcock	(.35) Hitchcock	(.05) Mannix
MLB	326	(6:00) MLB Big Inning (N) (Live)		MLB Baseball		Cincinnati Reds at Seattle Mariners From T-Mobile Park in Seattle. (N) (Live)		Quick Pitch (N)		Quick Pitch (N)		Quick Pitch		Quick Pitch
MSNBC	46	All in With Chr. (N) (Live)		The Briefing (N) (Live)		Last Word (N) (Live)		The 11th (N) (Live)		The Briefing With Jen Psaki		Last Word With Lawrence		The 11th
MTV	52	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	Ridiculous	Ridiculous	Ridiculous
NATGEO	38	(6:30) David	David "SE Asia"		David Blaine	Do Not "India"	(.25) David	(.15) David "South Africa"		(.10) David "Japan"		Ice "Better Together" (N)		Primal
NBA	325	(6:00) NBA G League		NBA Special				NBA Special				Game of the Day		
NFL NET	346	NFL Team	NFL Team	NFL Team	NFL Team	NFL Football	2025 NFC Wild Card: Green Bay Packers vs. Chicago Bears					The Insiders		NFL Team
NICK	56	(6:30) Friends	Friends	Friends	Friends	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Friends	Friends	Friends	Friends
NICK JR.	107	PAW Patrol	PAW Patrol	Mr. Crocodile	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Mr. Crocodile	Bubble	Bubble	Bubble	TeamUmiz.	PAWPatrol
PARMT	51	(5:00) *** My Cousin Vinny		To Be Announced						To Be Announced				Movie
PBS CREATE	977	(6:00) Milwaukee PBS Weather				Milwaukee PBS Weather						Milwaukee PBS Weather		
PBS WORLD	976	Milk Street	Indian	Old House	Old House	R. Steves	Rosendo	Darley	Joy/Painting	Indian	Milk Street	Kitchen	Moveable	Old House
SUND	281	Law & Order "Burden"		Law & Order "Bad Girl"		Law & Order "Damaged"		*** The Blues Brothers (80)	Dan Aykroyd, James Brown, John Belushi.					*** Stripes
SVFY	55	(6:30) *** Red (10)	Morgan Freeman, Bruce Willis.			*** Red 2 (13)	John Malkovich, Mary-Louise Parker, Bruce Willis.			*** The Strangers: Chapter 1 (24)	Madeline Petsch.			
TBS	3	(5:30) MLB Baseball		MLB Close		Big Bang	Big Bang	The Office	The Office	The Office	The Office	The Office	The Office	The Office
TCM	60	*** A Woman Under the Influence (74)	Peter Falk, Gena Rowlands.			*** Stranger Than Paradise (84)		(.15) *** Killer of Sheep (77)		(.45) *** Daughters of the Dust				
THIS	983	Perfect	Perfect	48 Hours		CBS 58 News (N)		Seinfeld		Big Bang	Law-SVU "Countdown"		Chicago P.D.	
TLC	40	Baylen Out Loud (N)		Baylen Out Loud (N)		Jay & Pamela (N)		Little Singles		Baylen Out Loud		Baylen Out Loud		Jay & Pamela
TNT	33	Dunkman Group Stage A		*** Godzilla x Kong: The New Empire (24)	Rebecca Hall.			*** Meg 2: The Trench (23)	Jing Wu, Shuya Sophia Cai, Jason Statham.					Cold Case
TOON	57	Burgers	Family Guy	Family Guy		Family Guy	Family Guy	Rick Morty	Rick Morty	Rick Morty	Metal/ Metal	Chicken	(.35) American	(.05) American
TRAVEL	72	Haunted Hospitals		Haunted Hospitals		Haunted Hospitals		Haunted Hospitals		Haunted Hospitals		Haunted Hospitals		Haunted
TRUTV	74	(5:30) MLB Baseball		MLB Close		*** Semi-Pro (08)	Woody Harrelson, Will Ferrell.			Dunkman Group Stage A (N)		Inside Jokes	Inside Jokes	Inside Jokes
TV LAND	61	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King	King	King	King	Seinfeld
USA	34	Law & Order: SVU "Mama"		Law-SVU "Remember Me"		Law & Order: SVU		Law-SVU "Revenge"		Law & Order: SVU		Law-SVU "Decaying Morality"		Law-SVU
VH1	50	Basketball Wives		Basketball Wives		Basketball Wives		Basketball Wives		Basketball Wives		Wild 'n Out	Wild 'n Out	Wild 'n Out
WE	26	Criminal Minds		Criminal Minds "Haunted"		Criminal Minds "Reckoner"		Criminal Minds "Hopeless"		Criminal "Cradle to Grave"		S.W.A.T. "Shaky Town"		S.W.A.T.

WEDNESDAY EVENING JULY 22, 2026

B'CAST	SPECTRUM	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM	
2	2	Big Brother "Episode 7" (N)			Georgie & M.	Elisbeth "Bunker Down"		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) News	(.10) Comics	
4	83	Chicago "Altered States"		Chicago Fire "Exit Point"		Chicago P.D. "On the Way"		TMJ4 News	(.35) Tonight Show (N)	(35) Seth Meyers (N)		TMJ4News		(.05) Morning	
5	5	Chicago "Altered States"		Chicago Fire "Exit Point"		Chicago P.D. "On the Way"		NBC 5 News	(.35) Tonight Show (N)	(35) Seth Meyers (N)		NBC 5 News		(.05) NBCNews	
6	6	MasterChef (N)		Nation's Dumbest (N)		FOX 6 News at 9 (N)		FOX 6 News	FOX 6 News	TMZ	Dateline "Deadly Trust"		Extra (N)	FOX 6 News	
7	7	Who Wants to Be (N) (SP)		Shifting	Shifting	Shifting	Shifting	ABC7 (N)	(.35) J. Kimmel (N)	(35) Nightline		WorldNews		(.35) Kelly and Mark (N)	
9	9	Police 24/7 "Busted"		Police "Grand Theft Auto"		WGN News at Nine (N) (Live)		News (N)	GN Sports	Sheldon	Big Bang	Two Half Men	Last Man	Goldbergs	
9.2	986	One Day	One Day	Jeffersons	Jeffersons	Sanford	Sanford	Johnny Carson		Becker	Becker	Wings	Wings	Mad About	
10	10	Nature		NOVA "Chasing Pluto"		Once "The Russian Thing"		NOVA "The Planets: Mars"		Roots "Caribbean Roots"		R. Steves		Amanpour (N)	
11		Nature		NOVA "Chasing Pluto"		Bugs That Rule "Lifegivers"		Chicago	BBC News	Amanpour (N)		Roots "Caribbean Roots"		Once Upon a	
12	12	Who Wants to Be (N) (SP)		Shifting	Shifting	Shifting	Shifting	News	(.35) J. Kimmel (N)	(35) Nightline		(.05) Hollywood	(.35) News	Suits	
18	18	Police 24/7 "Busted"		Police "Grand Theft Auto"		National (N)	National (N)	National (N)	National (N)	iCRIME	iCRIME	Crime	Crime	Chicago Fire	
24	24	Dateline "Noises in the Night"		Dateline		Bob Heart	Bob Heart	Two Half Men	Two Half Men	Last Man	Last Man	Family Feud	Comics	Access (N)	
26		(6:00) WNBA Basketball		Chicago P.D.		Modern Fam. Modern Fam.		Seinfeld	Seinfeld	The Conners	The Conners	Chicago "That Kind of Heat"		Flip Side	
32	13	MasterChef (N)		Nation's Dumbest (N)		Fox 32 News at Nine (N)		The Report	TMZ (N)	Family Feud	Family Feud	Fox 32 News at Nine		Sherri	
36	974	BBC World		Context		Creatures "Comfort and Joy"		Tricki & Friends		BBC News	PBS News Hour (N)		History Detectives	John	
38		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU	
50		Family Feud		Family Feud		ISO Bar (N)		News (N)		Law-SVU "Runaway"		48 Hours (N)		Dateline "Noises in the Night"	
55	15	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU	
58	8	Big Brother "Episode 7" (N)			Georgie & M.	Elisbeth "Bunker Down"		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) Jeopardy!	(.05) Barrymore	
A&E	42	Arrest	Arrest	Arrest (N)	Arrest (N)	Swamp (N)	Swamp (N)	(.05) Swamp	(.35) Swamp	(.05) Arrest	(.35) Arrest	(.05) Arrest	(.35) Arrest	(.05) Swamp	
AMC	59	(6:00) ★★ Pearl Harbor (01) Josh Hartnett, Ben Affleck.				★★★★ Troy (04) Eric Bana, Orlando Bloom, Brad Pitt.								Walking "Old Acquaintances"	
AP	43	Naked and Afraid "Kalahari Cold Front"				Naked and Afraid "Legends and Rookies" (N)				Naked and Afraid "Kalahari Cold Front"				Afraid	
BIG10	63	BIG Today		Minnesota Football Classic		Minnesota Football Classic		BIG Today		College Hockey		BIG Today		College Baseball	
BOOM	109	(6:30) Scooby..		Flintstone		The Jetsons		Scooby-Doo		Scooby		Scooby		Ben 10	
BRAVO	45	The Valley (N)		Next Gen NYC "Brooklyn Horror Story" (N)				★★★★ Bad Moms (16) Kristen Bell, Mila Kunis.				★★★★ Bad Moms (16) Kristen Bell, Mila Kunis.			
CHSN		MLB Baseball Chicago White Sox at Texas Rangers (N) (Live)				White Sox (N) Pro Football				Minor League Baseball Norfolk Tides at Charlotte Knights (N)					
CNBC	47	Shark Tank		Shark Tank		WNBA Basketball Dallas Wings at Portland Fire (N) (Live)				American Greed		Greed	Dateline		
CNN	44	Cooper 360 (N) (Live)		The Source With (N) (Live)		CNN NewsNight (N) (Live)		Laura Coates Live (N) (Live)		Story Is- Elex (N) (Live)		Story Is- Elex (N) (Live)		Cooper 360	
COM	54	Family Guy		Family Guy		Family Guy		Family Guy		Daily Show		FamilyGuy		Family Guy	
COM	54	Family Guy		Family Guy		Family Guy		Family Guy		Daily Show		FamilyGuy		Family Guy	
COM	54	Family Guy		Family Guy		Family Guy		Family Guy		Daily Show		FamilyGuy		Family Guy	
COM	54	Family Guy		Family Guy		Family Guy		Family Guy		Daily Show		FamilyGuy		Family Guy	
COOK	158	Kids Baking "Pie a la Mode"		Baking "Eclairs Gone Wild"		Kids Baking "Hot Chocolate"		Baking "Macaron Stackaron"		Kids Baking "Pie a la Mode"		Baking "Eclairs Gone Wild"		Kids Baking	
DISC	41	Expedition Unknown			Expedition Unknown (N)			Expedition Unknown			Expedition Unknown			Expedition Unknown	
DISN	58	(4:00) Big City Greens "Mages and Mazes; Okay Karaoke"				Ladybug				Ladybug	Bluey	Bluey	Big City	Big City	
DLC	153	My 600-Lb. Life "William's Journey"				My 600-Lb. Life "Charles' Journey"				My 600-Lb. Life "William's Journey"				My 600-Lb	
EI	53	How I Met	How I Met	How I Met	How I Met	★★★★ Easy A (10) Penn Badgley, Emma Stone.				♀ Why Can't My Life Be a Rom-Com? (23) Em Haine.				Movie	
ESPN	30	MLB Baseball (N) (Live)				SportsCenter (N) (Live)				SportsCenter (N) (Live)				SportCtr (N)	
ESPN2	29	(6:00) Softball (.45) Softball West Region, Game 9: Teams TBA (N) (Live)				Football (N)				Football (N)				NFL Live	
FDWI	31	(6:00) Basket.		Pregame		NBA Basketball				Postgame		Postgame		NBA Basketball	
FNC	48	Jesse Watters (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News at Night (N) (Live)		The Five		Jesse Watters Primetime		Hannity	
FOOD	67	Grocery "Masters of Cheese"		Guy's Grocery Games (N)		Kitchen (N)		Guy's Grocery Games		Guy's Grocery Games		Kitchen		Grocery	
FREE	17	(5:30) ★★ The Proposal		Million "The King of Ibiza" (N)		Dollar Nannies (N) (SF)		The 700 Club		Jim		Jim	Jim	Paid Prog.	
FX	35	(5:00) ♀ National Treasure		★★★★ National Treasure: Book of Secrets (07) Jon Voight, Harvey Keitel, Nicolas Cage.				★★★★ Alien Resurrection (97) Sigourney Weaver.						Movie	
GOLF	28	Highlights	Highlights	Highlights	Highlights	The Smylie Show		Vanity Index Podcast		Highlights	Highlights	Highlights	Highlights	Golf's Gre	
HALL	71	♀ Snowbound for the Holidays (26) Vanessa Lengies.				Golden Girls Golden Girls		Golden Girls Golden Girls		Golden Girls Golden Girls		Golden Girls Golden Girls		The Waltons	
HALLMY	117	Aurora Teagarden Mysteries "A Game of Cat and Mouse"				Murder, She Wrote		Murder ... "Ever After"		Murder, She Wrote		Murder, She Wrote		Murder ...	
HGTV	37	Ugliest House in America		Renovation Resort (N)		Worst (N)		Worst (N)		Hunters		Hunters		Hunters	
HIST	39	Alone "Thin Margins"		Alone "Balancing Act" (N)		(35) Forged in Fire (N)		(35) Alone		(05) Alone "Balancing Act"		(35) Forged in Fire			
LIFE	36	Rizzoli & Isles "In Plain View"		Rizzoli "Bite out of Crime"		(05) Rizzoli "Family Matters"		(05) Rizzoli "The Platform"		Rizzoli & Isles "In Plain View"		Rizzoli "Bite out of Crime"		(05) Rizzoli	
LIFEMOV	65	♀ A Husband to Die For: The Lisa Aguilar Story (25)				♀ Yoga Teacher Killer: The Kaitlin Armstrong Story (24)				♀ A Husband to Die For: The Lisa Aguilar Story (25)				Movie	
METV	19	Andy Griffith	Andy Griffith	Raymond	Raymond	Golden Girls	Golden Girls	C. Burnett	Perry Mason	(35) Twi. Zone		(05) Hitchcock	(35) Hitchcock	(05) Mannix	
MLB	326	(6:00) MLB Tonight		MLB Big Inning (N) (Live)				Quick Pitch (N) (Live)		Quick Pitch		Quick Pitch		Quick Pitch	
MSNBC	46	All in With Chr. (N) (Live)		The Briefing (N) (Live)		Last Word (N) (Live)		The 11th (N) (Live)		The Briefing With Jen Psaki		Last Word With Lawrence		The 11th	
MTV	52	The Office		The Office		The Office		The Office		The Office		The Office		Ridiculous	
NATGEO	38	Pompeii: O "Tremors" (N)		Pompeii: O "Eruption" (N)		Pompeii: O "Survival" (N)		Pompeii: O "Survival" (N)		Pompeii: O "Tremors"		Pompeii: O "Eruption"		Lost	
NBA	325	(4:00) Game of the Day													
NFL NET	346	NFL Team		NFL Team		NFL Team		NFL Team		NFL Football 2025 Week 1: Dallas Cowboys vs. Philadelphia Eagles From Sept. 4, 2025.				The Insiders	
NICK	56	Friends		Friends		Friends		Friends		Big Bang		Big Bang		Friends	
NICK JR.	107	PAW Patrol		PAW Patrol		Mr. Crocodile		Peppa Pig		Peppa Pig		Peppa Pig		PAWPatrol	
PARMT	51	Movie		★★★★ Top Gun: Maverick (22) Miles Teller, Jennifer Connelly, Tom Cruise.				★★★★ Top Gun (86) Kelly McGillis, Anthony Edwards, Tom Cruise.				TBA			
PBS CREATE	977	(6:00) Milwaukee PBS Weather				Milwaukee PBS Weather				Milwaukee PBS Weather					
PBS WORLD	976	Simply Ming		Indian		Old House		Old House		R. Steves	Samantha	Islands	Joy/Painting	Indian	
SUND	281	Law & Order "Flight"		Law & Order "Agony"		Law & Order "Scrambled"		Law & Order "Venom"		Law & Order "Punk"		Law & Order "True North"		Law & Order	
SYFY	55	(6:30) ★★ The Ministry of Ungentlemanly Warfare (24)				The Ark				The Ark				The Ark "Fortunate"	
TBS	3	All Elite Wrestling: Dynamite (N) (Live)				The Office		The Office		The Office		The Office		The Office	
TCM	60	★★★★ The Thomas Crown Affair (68) Steve McQueen.				★★★★ In the Heat of the Night (67) Sidney Poitier.				★★★★ A Soldier's Story (84) Howard E. Rollins Jr..				Movie	
THIS	983	Perfect	Perfect	48 Hours (N)		CBS 58 News (N)		Seinfeld	Seinfeld	Big Bang	Law-SVU "Runaway"	Chicago P.D.			
TLC	40	Most Extreme Humans			Most Ext. "Episode 109" (N)		Save My Skin (N)		Save My Skin		Most Extreme Humans		Most Ext. "Episode 109"		
TNT	33	★★★★ Furiosa: A Mad Max Saga (24) Chris Hemsworth, Tom Burke, Anya Taylor-Joy.				★★★★ Aquaman (18) Amber Heard, Willem Dafoe, Jason Momoa.								Cold Case	
TOON	57	Burgers		Family Guy		Family Guy		Family Guy		Rick Morty		Rick Morty		Chicken	
TRAVEL	72	Paranormal Caught on Cam.		Paranormal Caught on Cam.		Paranormal Caught on Cam.		Paranormal Caught on Cam.		Paranormal Caught on Cam.		Paranormal Caught on Cam.		Paranormal	
TRUTV	74	(6:00) ★★ Semi-Pro (08)		Dunkman Group Stage A		★★★★ Moneyball (11) Jonah Hill, Philip Seymour Hoffman, Brad Pitt.				Inside Jokes		Inside Jokes		Inside Jokes	
TV LAND	61	Raymond		Raymond		Raymond		Raymond		King		King		Seinfeld	
USA	34	Basketball Connecticut Sun at Indiana Fever (N) (Live)				WNBA Basketball Dallas Wings at Portland Fire (N) (Live)				How I Met		How I Met		How I Met	
VH1	50	Wild 'n Out		Wild 'n Out		Wild 'n Out		Wild 'n Out		★★★★ Colombiana (11) Jordí Mollà, Lennie James, Zoe Saldana.		Wild 'n Out		Wild 'n Out	
WE	26	NCIS "Iceman"		NCIS "Grace Period"		NCIS "Cover Story"		NCIS "Brothers in Arms"		NCIS "In the Dark"		S.W.A.T. "Saving Face"		S.W.A.T.	

THURSDAY EVENING JULY 23, 2026

B*CAST	SPECTRUM	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM
2	2	Big Brother (N)		Georgie & M. Ghosts		Georgie & M. Ghosts		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) News	(.10) Comics
4	83	Surviving Earth (N)		The Americas (N)		Law & Order: SVU "Thirsty"		TMJ4 News	(.35) Tonight Show (N)	(.35) Seth Meyers (N)		TMJ4News	(.05) Morning	
5	5	Surviving Earth (N)		The Americas (N)		Law & Order: SVU "Thirsty"		NBC 5 News	(.35) Tonight Show (N)	(.35) Seth Meyers (N)		NBC 5 News	(.05) NBCNews	
6	6	The 1% Club		Best Medicine		FOX 6 News at 9 (N)		FOX 6 News	FOX 6 News	TMZ	Dateline "Stealing Paradise"	Extra (N)	FOX 6 News	
7	7	Celebrity Family Feud (N)		Press Your Luck (N)		Greatest "Armchair Legend!"		ABC7 (N)	(.35) J. Kimmel (N)	(.35) Nightline	WorldNews	(.35) Kelly and Mark (N)		
9	9	Trivial Pursuit "Pop Quiz"		Scrabble		WGN News at Nine (N) (Live)		News (N)	GN Sports	Sheldon	Big Bang	Two Half Men	Last Man	Goldbergs
9.2	986	One Day	One Day	Jeffersons	Jeffersons	Sanford	Sanford	Johnny Carson		Becker	Becker	Wings	Wings	Mad About
10	10	John	Adelante	Old House	Old House	Outdoor	Arts Page	Survivorman	MotorWeek	NOVA "Chasing Pluto"	R. Steves	Amanpour (N)		
11		George Gently	"Gently Among Friends"	Brokenwood	Mysteries "The Scarecrow"	Chicago	BBC News	Amanpour (N)		Nature		NOVA		
12	12	Celebrity Family Feud (N)		Press Your Luck (N)		Greatest "Armchair Legend!"		News (N)	(.35) J. Kimmel (N)	(.35) Nightline	(.05) Hollywood	(.35) News	(.05) Suits	
18	18	Trivial Pursuit "Pop Quiz"		Scrabble		National (N)	National (N)	National (N)	National (N)	iCRIME	iCRIME	Crime	Crime	Chicago Fire
24	24	Dateline "A Murder in Aspen"		Dateline "A Brother's Secret"		Bob Heart	Bob Heart	Two Half Men	Two Half Men	Last Man	Last Man	Family Feud	Comics	Access (N)
26		Flip Side	Perfect	Chicago P.D.		Modern Fam.	Modern Fam.	Seinfeld	Seinfeld	The Conners	The Conners	Chicago "Smash Therapy"	Flip Side	
32	13	The 1% Club		Best Medicine		Fox 32 News at Nine (N)		The Report	TMZ (N)	Family Feud	Family Feud	Fox 32 News at Nine	Sherri	
36	974	BBC World	Context	Grantchester		Grantchester		BBC News	PBS News Hour (N)	Celebrity Trip		Arts Page	Test Kitchen	
38		FBI "Broken Promises"		FBI "American Dreams"		FBI "Emotional Rescue"		FBI "Never Trust a Stranger"		FBI "Unreasonable Doubt"		FBI "Liar's Poker"		FBI
50		Family Feud	Family Feud	ISO Bar (N)	News (N)	Law & Order: SVU "Folly"		48 Hours		Dateline "A Murder in Aspen"		Dateline "A Brother's Secret"		Paid Prog.
55	15	FBI "Broken Promises"		FBI "American Dreams"		FBI "Emotional Rescue"		FBI "Never Trust a Stranger"		FBI "Unreasonable Doubt"		FBI "Liar's Poker"		FBI
58	8	Big Brother (N)		Georgie & M. Ghosts		Georgie & M. Ghosts		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) Jeopardy!	(.05) Barrymore
A&E	42	First 48 "Shared Blood" (N)		Behind Bars (N) (P)		Behind Bars (N)		(.05) The First 48		(.05) First 48 "Shared Blood"		(.05) Behind Bars		(.05) BehindBa.
AMC	59	(6:00) 🌟🌟🌟 Rocky IV (85)		TNA IMPACT! (N) (Live)				🌟🌟🌟 Lone Survivor (13)	Taylor Kitsch, Eric Bana, Mark Wahlberg.		Walking Dead			
AP	43	Monsters "Asian Slayer"		Monsters "Killer Snakehead"		Monsters "Demon Fish"		Monsters "Alaskan Horror"		Monsters "Asian Slayer"		Monsters "Killer Snakehead"		Monsters
BIG10	63	Washington		BIG Dettlef Schrempf		Washington		Washington		Washington		Washington Soccer Classic		BIG Plus
BOOM	109	(6:30) Scooby.. Flintstone		The Jetsons	Scooby-Doo	Scooby	Scooby	Scooby	Scooby	Smurfs	Smurfs	WackyRace	Jellystone	Ben 10
BRAVO	45	Housewives/OC (N)		The Real Housewives		Housewives/OC		The Valley "Guilt Tripping"		The McBee Dynasty		Next Gen NYC		
CHSN		(6:00) Baseball Norfolk Tides at Charlotte Knights (N) (Live)		Prospects		Kash & Matty		Golf Scene		Pro Football		Minor League Baseball Norfolk Tides at Charlotte Knights		
CNBC	47	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Dateline
CNN	44	Cooper 360 (N) (Live)		The Source With (N) (Live)		CNN NewsNight (N) (Live)		Laura Coates Live (N) (Live)		Story Is- Elex (N) (Live)		Story Is- Elex (N) (Live)		Cooper 360
COM	54	(.10) Office	(.45) Office	(.20) The Office		(.55) Office	The Office	Daily Show	FamilyGuy	Family Guy	Family Guy	Family Guy	South Park	South Park
COOK	158	Food Par. "Howdy, Texas!"		Food Par. "Crunch Time"		Carnival Eats	Carnival Eats	Zimmern	Zimmern	Food Par. "Howdy, Texas!"		Food Par. "Crunch Time"		Carnival Eats
DISC	41	In the Eye of the Storm		In the Eye of the Storm		In the Eye of the Storm		In the Eye of the Storm		In the Eye of the Storm		In the Eye of the Storm		In the Eye
DISN	58	(4:00) Big City Greens "Ding Dongs; Animation Abomination"						Ladybug	Ladybug	Bluey	Bluey	Big City	Big City	Big City
DLC	153	Long Lost Family		Long Lost Family		Long Lost "An Adult Orphan"		Long Lost Family		Long Lost Family		Long Lost Family		Long Lost
E!	53	🌟🌟🌟 Easy A (10) Penn Badgley, Emma Stone.		🌟🌟🌟 The House Bunny (08)		Colin Hanks, Anna Faris.		Ice-Coco	Ice-Coco	Ice-Coco	Ice-Coco	Ice-Coco	Ice-Coco	Ice-Coco
ESPN	30	(6:00) Banana Ball		AUSL Championship Series Play-In Game: Teams TBA (N)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportCtr (N)
ESPN2	29	ESPN Films		30 for 30 The Minister of Defense				NFL Live		30 for 30 The '85 Bears				NFL Live
FDWI	31	NHL Hockey				Postgame		Basketball	Badgers	World Poker Tour		Women's College Basketball		
FNC	48	Jesse Watters (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News at Night (N) (Live)		The Five		Jesse Watters Primetime		Hannity
FOOD	67	Restaurant Im. (N)		Gordon R. "Parthenon" (N)		Nightmares "Love Bites"		Kitchen Nightmares		Secret Service "Parthenon"		Nightmares "Love Bites"		Kitchen
FREE	17	(6:20) 🌟🌟🌟 Incredibles 2 (18) Craig T. Nelson.		Runway "In It to Win It" (N)		The 700 Club		Jim	Jim	Jim	Jim	Jim	Jim	Paid Prog.
FX	35	(5:00) 🌟 Independence Day		The Bear (N) 🌟🌟 Bad Boys (95) Will Smith, Tea Leoni, Martin Lawrence.				🌟🌟 Bad Boys II (03) Will Smith, Jordi Mollà, Martin Lawrence.						
GOLF	28	PGA Tour Golf 3M Open, First Round From TPC Twin Cities in Blaine, Minn.				PGA Tour Golf 3M Open, First Round From TPC Twin Cities in Blaine, Minn.								Senior Open
HALL	71	🌟 A Merry Scottish Christmas (23) Lacey Chabert.		Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	The Waltons
HALLMY	117	Aurora Teagarden Mysteries "A Very Foul Play"		Murder ... "Badge of Honor"		Murder, She Wrote		Murder ... "Murder in Milan"		Murder ... "Family Secrets"		Murder ...		Murder ...
HGTV	37	Extreme Buyers Club		House	House	House (N)	House	House	House	House	House	House	House	House
HIST	39	Secrets "Dark Deals"		Secrets "Hidden Bases" (N)		(.05) Ancient Aliens (N)		(.05) Ancient Aliens		(.05) Secrets "Hidden Bases"		(.05) Secrets "Dark Deals"		(.05) Aliens
LIFE	36	NCIS "About Face"		NCIS "Judgment Day"		(.05) NCIS "Judgment Day"		(.05) NCIS		NCIS "About Face"		NCIS "Judgment Day"		(.05) NCIS
LIFEMOV	65	🌟 Behind Closed Doors (26) Jennifer Pudavick.		🌟 Everyone Has Something to Hide (26) Emily Alatalo.		🌟 Behind Closed Doors (26) Jennifer Pudavick.								Movie
METV	19	Andy Griffith	Andy Griffith	Raymond	Raymond	Golden Girls	Golden Girls	C. Burnett	Perry Mason	(.35) Twi. Zone	(.05) Hitchcock	(.35) Hitchcock	(.05) Mannix	
MLB	326	(5:30) MLB Baseball		Quick Pitch (N) (Live)		Quick Pitch		Quick Pitch		Quick Pitch		Quick Pitch		Quick Pitch
MSNBC	46	All in With Chr. (N) (Live)		The Briefing (N) (Live)		Last Word (N) (Live)		The 11th (N) (Live)		The Briefing With Jen Psaki		Last Word With Lawrence		The 11th
MTV	52	Jersey Shore (N)		Jersey Shore		🌟🌟 Fantastic Beasts: The Secrets of Dumbledore (22) Jude Law, Eddie Redmayne. (P)						Ridiculous		Ridiculous
NATGEO	38	Lost of Ancient		Lost Treasures (N)		Lost Treasures (N)		The Lost Tomb		Lost Treasures		Lost Treasures		Lost of
NBA	325	(6:30) NBA Basketball				NBA TV Postgame Show		GameTime	GameTime	GameTime	GameTime	GameTime	GameTime	GameTime
NFL NET	346	NFL Team	NFL Team	NFL Team	NFL Team	NFL Football 2025: Los Angeles Rams vs. Seattle Seahawks - Week 16						The Insiders		NFL Team
NICK	56	(6:00) 🌟🌟🌟 Sonic the Hedgehog (20)		Friends		Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Friends	Friends	Friends	Friends
NICK JR.	107	PAW Patrol	PAW Patrol	Mr. Crocodile	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Mr. Crocodile	Bubble	Bubble	TeamUmiz.	PAWPatrol	
PARMT	51	(5:00) 🌟 Top Gun: Maverick		🌟🌟🌟 Jack Reacher (12) Rosamund Pike, Robert Duvall, Tom Cruise.										
PBS CREATE	977	(6:00) Milwaukee PBS Weather				Milwaukee PBS Weather								
PBS WORLD	976	Milk Street	Indian	Old House	Old House	R. Steves	Rosendo	Crossing	Joy/Painting	Indian	Milk Street	Project	Mexican	Old House
SUND	281	Law & Order "Shield"		Law & Order "Juvenile"		Law & Order "Tabula Rasa"		Law & Order "Empire"		Law & Order "Ambitious"		Law & Order "Admissions"		Law & Order
SYFY	55	(6:30) 🌟🌟🌟 Jurassic World: Fallen Kingdom (18) Chris Pratt.		🌟🌟🌟 Jurassic World: Fallen Kingdom (18) Bryce Dallas Howard, Chris Pratt.		🌟🌟 The Exorcist: Believer								
TBS	3	Big Bang	Big Bang	Big Bang	Big Bang	Jokers (59)	Inside Jokes	Imp. Jokers	Imp. Jokers	Foul Play	Foul Play	The Office	The Office	The Office
TCM	60	🌟🌟🌟 The Curse of Frankenstein (57)		🌟🌟 The Mummy (95) Peter Cushing.		(.15) 🌟🌟🌟 Curse of the Demon (57) Dana Andrews.		🌟🌟🌟 Cat People (42)		Movie				
THIS	983	Perfect	Perfect	48 Hours		CBS 58 News (N)		Seinfeld	Seinfeld	Big Bang	Law & Order: SVU "Folly"		Chicago P.D.	
TLC	40	90 Day: The Last Resort (N)		Little Singles (N)		Jay & Pamela (N)		Baylen Out Loud		90 Day: The Last Resort		Little Singles		Jay & Pamela
TNT	33	(.05) 🌟🌟🌟 Black Adam (22) Aldis Hodge, Dwayne Johnson.		(.50) 🌟🌟 Deep Blue Sea (99) Saffron Burrows, Thomas Jane.		(.55) FBI "Pride & Prejudice"		(.55) FBI						
TOON	57	Burgers	Family Guy	Family Guy "It's a Trap"		Family Guy	Family Guy	Rick Morty	Rick Morty	Rick Morty	Metal/ Metal	Chicken	(.35) American	(.05) American
TRAVEL	72	Aliens in Alaska		Aliens in Alaska "Captured"		Aliens "The Mother Ship"		Aliens in Alaska		Aliens in Alaska		Aliens in Alaska "Captured"		Aliens
TRUTV	74	(6:00) 🌟🌟🌟 Moneyball (11) Jonah Hill, Brad Pitt.		🌟🌟 Victory (81) Michael Caine, Pelé, Sylvester Stallone.				Dunkman Group Stage A		Imp. Jokers		Inside Jokes		
TV LAND	61	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	King	King	King	King	Seinfeld
USA	34	🌟🌟🌟🌟 Forrest Gump (94) Robin Wright, Gary Sinise, Tom Hanks.		🌟🌟🌟🌟 Forrest Gump (94) Robin Wright, Gary Sinise, Tom Hanks.										Law-SVU
VH1	50	🌟🌟🌟 Colombiana (11) Jordi Mollà, Lennie James, Zoe Saldana.		🌟🌟 Breaking In (18) Billy Burke, Richard Cabral, Gabrielle Union.										Wild 'n Out
WE	26	NCIS "Chimera"		NCIS "Requiem"		NCIS "Designated Target"		NCIS "Lost & Found"		NCIS "Corporal Punishment"		Blue Bloods		Blue Bloods

FRIDAY EVENING JULY 24, 2026

B'CAST	SPECTRUM	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM
2	2	Big Brother "Episode 9" (N)		Sheriff "Exit Interview"		Boston Blue "Hard Truths"		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) News	(.10) Comics
4	83	America's Got Talent "Auditions 7"				Dateline NBC (N)		TMJ4 News	(.35) Tonight Show (N)	(35) Seth Meyers		TMJ4News		(.05) Morning
5	5	America's Got Talent "Auditions 7"				Dateline NBC (N)		NBC 5 News	(.35) Tonight Show	(35) Seth Meyers		NBC 5 News		(.05) NBCNews
6	6	MasterChef		Nation's "Airhead-to-Head"		FOX 6 News at 9 (N)		FOX 6 News	FOX 6 News	TMZ	Dateline "Spy Games"		Extra (N)	FOX 6 News
7	7	Celebrity Jeopardy!		20/20 (N)				ABC7 (N)	(.35) Jimmy Kimmel Live!	(35) Nightline		WorldNews	(.35) Kelly and Mark (N)	
9	9	Penn & Teller: Fool Us		Animals (N)		Animals (N)	WGN News at Nine (N) (Live)	News (N)	GN Sports	Sheldon	Big Bang	Two Half Men	Last Man	Goldbergs
9.2	986	One Day		One Day		Jeffersons	Jeffersons	Sanford	Sanford	Johnny Carson Jack Benny, Joe Namath		Becker	Wings	Mad About
10	10	Week (N)	Hoover (N)	Midsomer Murders "Sauce for the Goose"		(35) The Brokenwood Mysteries		(10) Astrid "Guilty?"		R. Steves		Amanpour (N)		
11		Review	Week (N)	10 Monuments		Experience Edwin "Buzz" Aldrin, Bill Anders, Frank Borman		BBC News		Amanpour (N)		Inspector George Gently		
12	12	Celebrity Jeopardy!		20/20 (N)				News (N)	(.35) Jimmy Kimmel Live!	(35) Nightline		(.05) Hollywood	(.35) News	(.05) Suits
18	18	Penn & Teller: Fool Us		Animals (N)		Animals (N)	National (N)	National (N)	National (N)	iCRIME	iCRIME	Crime	Crime	Chicago Fire
24	24	Chicago Fire		Chicago Fire "2112"		Bob Heart		Bob Heart	Two Half Men	Two Half Men	Last Man	Last Man	Family Feud	Comics
26		Flip Side	Perfect	Chicago P.D. "You Wish"		Fox 32 News, Modern Fam.		Seinfeld	Seinfeld	The Conners	The Conners	Chicago Fire	Chicago Fire	Flip Side
32	13	MasterChef (N)		Nation's "Airhead-to-Head"		Fox 32 News at Nine (N)		The Report	TMZ (N)	Family Feud	Family Feud	Fox 32 News at Nine	Sherri	
36	974	BBC World		Context		Experience Edwin "Buzz" Aldrin, Bill Anders, Frank Borman		BBC News		PBS News Hour (N)		NOVA "Chasing Pluto"	Outdoor	Test Kitchen
38		S.W.A.T. "Forget Shorty"		S.W.A.T. "Legacy"		S.W.A.T. "The Promise"		S.W.A.T. "Peace Talks"		S.W.A.T. "Good for Nothing"		S.W.A.T. "Spare Parts"		S.W.A.T.
50		NWSL Soccer Chicago Stars		FC at Orlando Pride (N) (Live)		Family Feud		Family Feud	48 Hours (N)	Chicago Fire		Chicago Fire "2112"		Paid Prog.
55	15	S.W.A.T. "Forget Shorty"		S.W.A.T. "Legacy"		S.W.A.T. "The Promise"		S.W.A.T. "Peace Talks"		S.W.A.T. "Good for Nothing"		S.W.A.T. "Spare Parts"		S.W.A.T.
58	8	Big Brother "Episode 9" (N)		Sheriff "Exit Interview"		Boston Blue "Hard Truths"		News (N)	(.35) Comics	(.05) Comics	(.35) FunnyYou	(.05) FunnyYou	(.35) Jeopardy!	(.05) Barrymore
A&E	42	Swamp	Swamp	Swamp	Swamp	Swamp	Swamp	(.05) Swamp	(.35) Swamp	(.05) Swamp	(.35) Swamp	(.05) Swamp	(.35) Swamp	(.05) Swamp
AMC	59	(5:00) ***** Jaws (75)		***** Jaws 2 (78) Lorraine Gary, Murray Hamilton, Roy Scheider.				***** Jaws (75) Robert Shaw, Richard Dreyfuss, Roy Scheider.						
AP	43	Treehouse Masters		Treehouse Masters		Treehouse "Treehouse Z"		Treehouse Masters		Treehouse Masters		Treehouse Masters		Treehouse
BIG10	63	B1G Today	The B1G Story	Nebraska Volleyball Classic		B1G Today		USC Volleyball Classic		USC Volleyball Classic		B1G Today	UCLA Volleyball Classic	
BOOM	109	(6:30) Scooby..	Flintstone	The Jetsons	Scooby-Doo	Scooby	Scooby	Scooby	Scooby	The Smurfs	The Smurfs	WackyRace	Jellystone	Jonny Quest
BRAVO	45	***** Forrest Gump (94)		Robin Wright, Gary Sinise, Tom Hanks.				***** Forrest Gump (94)		Robin Wright, Gary Sinise, Tom Hanks.				Movie
CHSN		(6:30) MLB Baseball Houston Astros at Chicago White Sox (N) (Live)		White Sox (N)		Pro Football		Pro Football		MLB Baseball Houston Astros at Chicago White Sox				
CNBC	47	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		Dateline
CNN	44	Cooper 360 (N) (Live)		The Source With (N) (Live)		CNN NewsNight (N) (Live)		Laura Coates Live (N) (Live)		Story Is- Elex (N) (Live)		Story Is- Elex (N) (Live)		Cooper 360
COM	54	The Office		The Office		The Office		The Office		***** Dodgeball: A True Underdog Story (04)		South Park		South Park
COOK	158	Baker's "Geometric Tart"		Baker's "Breakfast Dessert"		Delicious		Delicious		Baker's "Geometric Tart"		Baker's "Breakfast Dessert"		Delicious
DISC	41	Deadliest Catch (N)		Deadliest Catch "New Blood, Primal Fears"				Deadliest Catch		Deadliest Catch		Deadliest Catch "New Blood, Primal Fears"		
DISN	58	***** Coco (17) Voices of Gael Garcia Bernal, Benjamin Bratt, Anthony Gonzalez.						(05) Ladybug		Ladybug	Big City	Big City	Big City	Big City
DLC	153	My 600-Lb. Life "Shakyla's Journey"				My 600-Lb. Life "Krystal's Journey"				My 600-Lb. Life "Shakyla's Journey"				My 600-Lb
E!	53	Two Half Men		Two Half Men		Two Half Men		***** Big (88) Elizabeth Perkins, Tom Hanks.		***** Holes		(03) Jon Voight, Patricia Arquette, Sigourney Weaver. (P)		Movie
ESPN	30	WNBA Skills (N) (Live)		X Games New Orleans 2026 (N) (Live)						SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportCtr (N)
ESPN2	29	Banana Ball Firefighters vs. Savannah Bananas (N) (Live)		Women's Sports Now		SummerSlam 2026 Kickoff		E60				The 2026 ESPYS		
FDWI	31	NBA Basketball				Postgame		Due North		Backroads	Water	Postgame	NBA Basketball	
FNC	48	Jesse Watters (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News at Night (N) (Live)		The Five		Jesse Watters Primetime		Hannity
FOOD	67	Diners, Drive		Diners, Drive		Diners (N)		Kitchen	Kitchen	Diners, Drive	Diners, Drive	Kitchen	Diners, Drive	Diners, Drive
FREE	17	(5:55) ***** Beauty & the Beast		(55) ***** Tangled (10) Mandy Moore.				The 700 Club		Jim		Jim	Jim	Paid Prog.
FX	35	(6:00) ***** Thor: The Dark World (13)		***** Thor: Love and Thunder (22) Natalie Portman, Chris Hemsworth.				***** Deadpool (16) Morena Baccarin, Ed Skrein, Ryan Reynolds.						
GOLF	28	Golf 2026 U.S. Junior Amateur, Semifinals (N)				PGA Tour Golf 3M Open, Second Round From TPC Twin Cities in Blaine, Minn.						Golf Central		Senior Open
HALL	71	***** Miracle in Bethlehem, PA (23) Laura Vandervoort.		***** The More the Merrier (25) Rachel Boston.				Golden Girls		Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls
HALLMY	117	Aurora Teagarden Mysteries "Til Death Do Us Part"		Murder ... "Dead Eye"		Murder ... "Killer Radio"		Murder, She Wrote		Murder ... "Threshold of Fear"		Murder ...		
HGTV	37	Dream Home		Dream Home		Dream Home		Zillow (N)	Roast My (P)	Hunters (N)	Hunters	Hunters	Dream Home	Zillow
HIST	39	The UnXplained		The UnXplained (N)		(05) Mysteries (N)		(05) Mysteries From Above		(05) The UnXplained		(05) The UnXplained		(05) Mysteries
LIFE	36	NCIS "Love & War"		NCIS "Deliverance"		(05) NCIS "Bounce"		(05) NCIS		NCIS "Love & War"		NCIS "Deliverance"		(05) NCIS
LIFEMOV	65	***** Nowhere Left to Hide (26) Ashley Brinkman. (P)		***** Her Husband's Double Life (26)				***** Nowhere Left to Hide (26) Ashley Brinkman.						Movie
METV	19	Andy Griffith		Andy Griffith		Raymond		Raymond	Golden Girls	Golden Girls	C. Burnett	Perry Mason	(.35) Twi. Zone	(.05) Hitchcock
MLB	326	(6:00) Baseball Cleveland Guardians at Tampa Bay Rays (N)		MLB Big Inning (N) (Live)				Quick Pitch (N) (Live)		Quick Pitch		Quick Pitch		
MSNBC	46	All in With Chr. (N) (Live)		The Briefing (N) (Live)		Last Word (N) (Live)		The 11th (N) (Live)		The Briefing With Jen Psaki		Last Word With Lawrence		The 11th
MTV	52	(6:00) MTV Special		***** Bring It On Eliza Dushku, Kirsten Dunst.				MTV Special						***** Bring It On
NATGEO	38	Catch a Smuggler: Madrid		Smuggler "Sneaker Slash"		Catch a Smuggler: Madrid		Smuggler "Sneaky Seniors"		Inside Airport Lost & Found		Inside Airport Lost & Found		Inside A
NBA	325	(6:30) NBA Basketball				NBA TV Postgame Show		NBA GameTime				GameTime		GameTime
NFL NET	346	NFL Flag				NFL Flag		NFL Flag		NFL Flag		NFL Flag		NFL Flag
NICK	56	(6:00) ***** Movie				Friends		Friends	Friends	Friends	Friends	Friends	Friends	Mom
NICK JR.	107	PAW Patrol		PAW Patrol		Mr. Crocodile		Peppa Pig	Peppa Pig	Peppa Pig	Mr. Crocodile	Bubble	Bubble	TeamUmiz.
PARMT	51	(5:00) ***** Jack Reacher (12) Tom Cruise.		***** Gladiator Joaquin Phoenix, Connie Nielsen, Russell Crowe.								***** Shooter (07) Mark Wahlberg.		
PBS CREATE	977	(6:00) Milwaukee PBS Weather				Milwaukee PBS Weather						Milwaukee PBS Weather		
PBS WORLD	976	Test Kitchen		Indian		Milk Street		Milk Street	Milk Street	Milk Street	Milk Street	Milk Street	Milk Street	Test Kitchen
SUND	281	(6:30) ***** Rambo: First Blood Part II (85)		***** Rambo III (88) Richard Crenna, Marc de Jonge, Sylvester Stallone.				***** First Blood (82) Richard Crenna, Sylvester Stallone.						Movie
SYFY	55	***** Puss in Boots: The Last Wish (22)		***** Ruby Gillman, Teenage Kraken (23) Jane Fonda.				***** Please Don't Destroy: The Treasure of Foggy Mountain						Movie
TBS	3	***** Deep Blue Sea (99) Thomas Jane.		(55) ***** Godzilla x Kong: The New Empire (24) Brian Tyree Henry, Rebecca Hall.				(25) TBA		***** Blue Beetle (23) Xolo Maridueña.				
TCM	60	***** Sunset Boulevard (50) William Holden.		***** The Prowler (51) Evelyn Keyes, Van Heflin.				***** The Killing (56) Sterling Hayden.		***** Tequila Sunrise (88)				
THIS	983	Perfect	Perfect	48 Hours (N)		CBS 58 News (N)		Seinfeld	Seinfeld	Big Bang	Law-SVU "Manhunt"	Chicago P.D. "You Wish"		
TLC	40	90 Day Fiancé "More to Love: Meeting the Family" (N)		90 Day (N)		90 Day: The Last Resort		90 Day		90 Day Fiancé "More to Love: Meeting the Family"				90 Day
TNT	33	(4:00) ***** Lord of the Rings: The Two Towers (02) Ian McKellen, Liv Tyler, Elijah Wood.										FBI "Ready or Not"		FBI
TOON	57	Burgers		Family Guy		Family Guy		Family Guy	Family Guy	Rick Morty	Rick Morty	Rick Morty	Rick Morty	Metal/ Metal
TRAVEL	72	Dead Files "Driven to Kill"		The Dead Files		Dead Files "The Gateway"		Dead Files "Puppet Master"		Dead Files "Driven to Kill"		The Dead Files		Dead Files
TRUTV	74	(5:30) ***** Victory (81)		***** Rudy (93) Ned Beatty, Charles S. Dutton, Sean Astin.				Dunkman Group Stage A		Imp. Jokers		Imp. Jokers	Imp. Jokers	Imp. Jokers
TV LAND	61	Raymond		Raymond		Raymond		Raymond	Raymond	King	King	King	King	Seinfeld
USA	34	WWE Friday Night SmackDown (N) (Live)				Everything		Everything		Two Half Men		Two Half Men	Two Half Men	Everything
VH1	50	***** Gridiron Gang (06) Xzibit, Jade Yorker, Dwayne Johnson.						***** Like Mike (02) Morris Chestnut, Shad "Bow Wow" Moss.				Wild 'n Out		Wild 'n Out
WE	26	Love After "The Math Ain't Mathin" (N)		Love After Lockup "The Math Ain't Mathin"				Love After "Skating Around the Truth"		***** Beverly Hills Cop II (87) Eddie Murphy.				

B*CAST	SPECTRUM	4 AM	4:30	5 AM	5:30	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM
2	2	Animals	Stacyation	CBS News Chicago (N)		CBS Saturday Morning (N)				CBS News Chicago (N)		CBS News Chicago (N)		Lucky Dog	Lucky Dog:	TBA
4	83	Paid Prog.	Paid Prog.	TMJ4 News Today (N)		TMJ4 News at 6 (N)				2026 Tour de France Stage 20 (N) (Live)					Forever (N)	Senior (N)
5	5	1st Look	Black	NBC 5 News Saturday		NBC 5 News Saturday				2026 Tour de France Stage 20 (N) (Live)					Forever (N)	Senior (N)
6	6	Estate	MyDest.	Rooster Ta [Due North		Space [Nature		LIV Golf League United Kingdom, Round 3 From the JCB Golf & Country Club in Uttoxeter, United Kingdom. (N) (Live)								
7	7	Paid Prog.	Paid Prog.	News at 5am (N)		News at 6am (N)		Good Morn. (N)		ABC7 Eyewitness News at 8am (N)		Good Morn. (N)		Champion's Wrap-Up		
9	9	Bathroom?	Paid Prog.	Paid Prog.	Prostate	Paid Prog.	Adelante	Morning News (N) (Live)		Morning News (N) (Live)		Morning News (N) (Live)		Paid Prog.	Paid Programming	
10	10	(3:30) Myste...	(35) Blooms	Celebrity Trip		Curious Rosendo		Woodsmith [Woodshop		Old House [Old House		Outdoor [John		R. Steves	R. Steves	Antiques
11		PBS News Hour	Week	[Review		10 Monuments		Once Upon a		Opportun Curious		R. Steves [John		Old House	Old House	J Schwanke
12	12	Paid Prog.	Vets-Pets	WISN 12 News (N)		Good Morn. (N)		WISN 12 News This Morning Saturday 7AM (N)		Good Morn. (N)				Jack Hanna	Champion's	Wrap-Up
18	18	AgDay	Traveler	LOST IN [Raw Travel		Paid Prog. [Paid Prog.		Paid Prog. [Paid Prog.		Into Wild [Into Wild		Into Wild [Into Wild		Into Wild	Into Wild	NASCAR
24	24	Shepherd's Chapel	Real Green	Black Quiz		The [Connect		Paid Prog. [Paid Prog.		Science [Real Green		Paid Prog. [Paid Prog.		Paid Prog.	Paid Prog.	Paid Prog.
26		iCRIME	Judge Lake	Pain	Paid Prog.	Jack Hanna [Jack Hanna		Hearts of [oh baby!]		N. Halsted [Paid Prog.		Paid Prog. [Paid Prog.		She's	World's [Movie	
32	13	Paid Prog.	Paid Prog.	Morgan [Coffee (N)		Planet [Space		LIV Golf League United Kingdom, Round 3 From the JCB Golf & Country Club in Uttoxeter, United Kingdom. (N) (Live)								
36	974	(3:30) Experience Edwin	"Buzz" Aldrin	Americas		Wild Kratts [Weather		Lyla [Carl		Tiger [Phoebe		Eric [Painting		Joy	Blooms	Garden
38		Paid Prog.	Paid Prog.	NCIS: N.O. "Outlaws"		NCIS: New Orleans		NCIS: N.O. "Overdrive"		NCIS: New Orleans		Law & Order: SVU		Law & Order: SVU		Law-SVU
50		Paid Prog.	Paid Prog.	NCIS: Pro. "Taste Buds"		Church [Missing (N)		Science [Biz Kids]		DIY Sci [Nature		Rescue [Paid Prog.		Paid Prog. [Paid Prog.		Paid Prog.
55	15	Paid Prog.	Paid Prog.	NCIS: N.O. "Outlaws"		NCIS: New Orleans		NCIS: N.O. "Overdrive"		NCIS: Sci New Orleans		Law & Order: SVU		Law & Order: SVU		Law-SVU
58	8	Forensic	Pawn Stars	Innovation [Advocates		News (N)		CBS Saturday Morning (N)				Lucky Dog [Lucky Dog:		Mission (N) [Visioneers		Friends
A&E	42	Paid Prog.	Paid Prog.	Paid Prog. [Paid Prog.		Rachael [Rachael		Zombie House Flipping [Zombie House Flipping		Zombie Filp (N)		Zombie House (N)		Million (N)		
AMC	59	(3:45) ★★★★★ A League of Their Own	(92) Tom Hanks.	(45) ★★★★★ Jaws 2 (78) Lorraine Gary, Roy Scheider.		(15) ★★★★★ Point Break		(91) Keanu Reeves, Patrick Swayze.								
COM	54	South Park	South Park	South Park	South Park	South Park	South Park	Parks	Parks	Parks	(35) Parks	(10) Parks	(50) Parks	(25) Parks	The Office	
DISC	41	Hunter (N)	Jeff	Contraband: Seized		Major League Fishing		Deadliest Catch		Expedition X		Expedition X		Expedition X		Expedition
DISN	58	Bluey	Bluey	Mickey [Kitties		Spidey [Iron Man and His Awesome Friends		Swarm Visits the Pier; Ultron Says"				Ladybug [★ Descendants: Wicked ...				
ESPN	30	SportsCenter (N)	SportsCenter (N)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		NFL Flag	
FREE	17	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Jim	★★★★ The Aristocats	(70) Phil Harris.		★★★★ Air Bud		(97) Kevin Zegers, Michael Jeter.		★ Air Bud: Golden Reel...		
FX	35	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Jim	★★★★ Bringing Down the House (03) Steve Martin.		★★★★ The Heat		(13) Melissa McCarthy, Sandra Bullock.				Movie	
HIST	39	(3:00) CSN Mint	CSN Mint		Alone		Alone "Cold Omen"		Alone "Thin Margins"				Alone "Balancing Act"		World War	
LIFE	36	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	★ Girl in the Box (16) Zane Holtz.		
MTV	52	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous
NICK	56	Mike	Mike	SpongeBob [SpongeBob		PAW Patrol				SpongeBob [SpongeBob		SpongeBob [SpongeBob		SpongeBob [SpongeBob		SpongeBob
PARMT	51	Bar Rescue	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Movie	
SYFY	55	The Twilight Zone	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Twi. Zone	The Twilight Zone	Twi. Zone		★★★★ Darklight		(04) Richard Burgi, Shiri Appleby.		★ Parker
TBS	3	(2:30) ★★★★★ Shazam!	Foul Play [Foul Play		Imp. Jokers [TBA		Friends [Friends		Friends [Friends		Friends [Friends		Friends [Friends		Friends	
TCM	60	(														

B/CAST	SPECTRUM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	6 PM	6:30	
2	2	(11:00) TBA	Ripken National Ch. (N)			Korn Ferry	PGA Tour Golf 3M Open, Third Round (N) (Live)			TBA			CBS-News	Ent. Tonight (N)			
4	83	(11:00) Senior Third Round (N) (Live)	Track and Field USATF Outdoor Championships, Day 1 from Icahn Stadium in New York. (N) (Live)						TMJ4 News			NBC News	TMJ4 News Paid Prog.				
5	5	(11:00) Senior Third Round (N) (Live)	Track and Field USATF Outdoor Championships, Day 1 From Icahn Stadium in New York. (N) (Live)						NBC 5 News			NBC News	Forever (N) Wild King				
6	6	(7:00) LIVG..	Paid Prog.			Paid Prog.			Gospel Music (N)			Horse Racing Saratoga Saturday (N) (Live)			Short Films (N)		
7	7	(11:00) Wra..	AUSL Championship Series, Game 1: Teams TBA			X Games New Orleans 2026 (N) (Live)			NFL Flag			ABC7 (N)			World News		
9	9	(10:30) Paid..	AVP Beach Volleyball League, Week 7 (N) (Live)			NASCAR (N) (Live)			NASCAR NASCAR O'Reilly Auto Parts Series Race at Indianapolis (N) (Live)			Paid Prog.			Paid Prog		
10	10	(11:00) Antl..	Weekends			Christina			Mexican			Dook Chase			Kevin		
11	11	Pépin	Cook			Cook			Lidia			Project Fire			Kitchen		
12	12	(11:00) Wra..	AUSL Championship Series, Game 1: Teams TBA			X Games New Orleans 2026 (N) (Live)			NFL Flag			News			World News		
18	18	(11:00) NAS..	AVP Beach Volleyball League, Week 7 (N) (Live)			NASCAR (N) (Live)			NASCAR NASCAR O'Reilly Auto Parts Series Race at Indianapolis (N) (Live)			Family			Family		
24	24	Paid Prog.	Popstar!			Nashville			Music (N) Athlete			On Water's Your Life			The Iconic		
26		(11:00) ★★	Swamp Thing '82) Louis Jourdan.			I'll Always Know What You Did Last Summer			Pawn Stars			Pawn Stars			Pawn Stars		
32	13	(7:00) LIVG..	DIY Sci			Nature			Super Ani			Pets			Horse Racing Saratoga Saturday (N) (Live)		
36	974	Quilt Art	Sewing			Quilting			Fit 2 Stitch			J Schwanke			Nature		
38		(11:00) Law..	Law & Order: SVU			Law & Order: SVU			Law & Order: SVU			Law & Order: SVU			NWSL Kansas City Current at Boston Legacy (N)		
50		Paid Prog.	Paid Prog.			Paid Prog.			Paid Prog.			The Iconic			Invincible		
55	15	(11:00) Law..	Law & Order: SVU			Law & Order: SVU			Law & Order: SVU			Law & Order: SVU			NWSL Kansas City Current at Boston Legacy (N)		
58	8	Friends	Friends			Ripken National Ch. (N)			Korn Ferry			PGA Tour Golf 3M Open, Third Round (N) (Live)			News		
A&E	42	Million (N)	Storage Wars			Storage Wars			Storage Wars			Storage Wars			Storage Wars		
AMC	59	Movie	★★★★ The Green Mile			(99) David Morse, Michael Clarke Duncan, Tom Hanks.			★★★★★ The Shawshank Redemption			(94) Morgan Freeman, Tim Robbins.					
COM	54	The Office	The Office			The Office			The Office			The Office			The Office		
DISC	41	(11:00) Exp..	Expedition X			Expedition X			Expedition X			Expedition Unknown			Expedition Unknown		
DISN	58	Movie	(15) ★★★★★ Toy Story			(95) Voices of Tim Allen, Don Rickles, Tom Hanks.						Big City			BigCity		
ESPN	30	(11:00) NFL..	NFL Flag			NFL Flag			NFL Flag			NFL Flag			Banana Ball Firefighters vs. Savannah Bananas (N)		
FREE	17	(10:35) ★ Air Bud: Golden...	(40) ★★			Peter Rabbit 2: The Runaway (21)			(45) ★★			Hercules (97) Tate Donovan.			(150) ★★		
FX	35	(11:00) ★★	Old School (03)			★★★★ Spider-Man: Homecoming (17)			Michael Keaton, Tom Holland.			★★★★ Spider-Man: Far From Home (19)			Samuel L. Jackson, Tom Holland.		
HIST	39	(11:00) Worl..	World War II			World War II			World War II "Stalingrad"			World War II "Italy"			World War II		
LIFE	36	★ Girl in the Closet (23)	Remy Ma.			★ Girl in the Attic (25)			Sophia Carriere.			★ Girl in the Cellar (25)			Kyla Pratt.		
MTV	52	Ridiculous	Ridiculous			Ridiculous			Ridiculous			Big Bang			Big Bang		
NICK	56	SpongeBob	SpongeBob			SpongeBob			★ Movie						★ Movie		
PARMT	51	(11:00) ★★★★★	The Godfather (72)			Al Pacino, James Caan, Marlon Brando.			★★★★★ Goodfellas (90)			Ray Liotta, Joe Pesci, Robert De Niro.					
SYFY	55	(11:00) ★★	Parker (13)			Jason Statham.			★★★★ Seven (95)			Morgan Freeman, Gwyneth Paltrow, Brad Pitt.			★★★ Stealth (05)		
TBS	3	Friends	★★★ Godzilla: King of the Monsters			(19) Kyle Chandler.			★★★ Godzilla vs. Kong (21)			Alexander Skarsgård.			(55) ★★		
TNT	60	(11:00) ★★★★★	Summer Stock (50)			(15) ★★			The Mating Game (59)			★★★★ The Defiant Ones (58)			(45) ★★		
TCM	33	(10:45) ★★★★★	The Lord of the Rings: The Two Towers (02)			Elijah Wood.			★★★★ The Lord of the Rings: The Return of the King (03)			Ian McKellen, Liv Ullmann, Elijah Wood.					
TOON	57	Gumball	Jellystone			(45) Tom			(15) Be Cool (45) Be Cool			(15) ★ Scooby-Doo: Return to Zombie Island (19)			Burgers		
USA	34	(11:00) 9-1-1	9-1-1			"Buck Begins"			9-1-1 "Jinx"			9-1-1			9-1-1 "Breaking Point"		
VH1	50	Wild 'n Out	Wild 'n Out			Wild 'n Out			Wild 'n Out			Wild 'n Out			Wild 'n Out		