

MONDAY EVENING

MARCH 30, 2026

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
3	3 3 News (N)	ET (N)	St. Denis (N)	The Fall (N)	The Voice "The Knockouts Premiere" (N)				3News at (N)	(:35) J. Fallon	
5	5 News (N)	Hollywood	American Idol "Songs of Faith" (N) (Live)			The Rookie "The Thinker" (N)			News 5 (N)	(:35) J. Kimmel	
8	8 Fox 8 News	Family Feud	Extracted "Banishment" (N)		Memory of a Killer (N)		Fox 8 News at 10:00pm (N)		Big Bang	Two Half Men	
19	11 Wheel (N)	Jeopardy! (N)	Neighbor (N)	DMV (N)	FBI "3 Up, 3 Down" (N)		CIA "Pledge of Allegiance" (N)		19 News at	(:35) Colbert	
21	4 Inside (N)	Family Feud	St. Denis (N)	The Fall (N)	The Voice "The Knockouts Premiere" (N)				News (N)	(:35) J. Fallon	
27	6 Wheel (N)	Jeopardy! (N)	Neighbor (N)	DMV (N)	FBI "3 Up, 3 Down" (N)		CIA "Pledge of Allegiance" (N)		First News	(:35) Colbert	
33	7 33 at 7 (N)	ET (N)	American Idol "Songs of Faith" (N) (Live)			The Rookie "The Thinker" (N)		News Chan.	(:35) J. Kimmel		
43	9 19 News at	19 News First	Law & Order: SVU		19 News at 9 PM		News	(:45) Sports	Law & Order: SVU		
45	2 PBS News Hour (N)		Antiques Roadshow		Henry "Who Are We?" (N) (P)		Henry "Being Alive" (N)		Amanpour and Company (N)		
62	10 Big Bang	Big Bang	Extracted "Banishment" (N)		Memory of a Killer (N)		First News on Fox (N)		Seinfeld	Seinfeld	
A&E	Live PD: Great. "Episode 3"		Live PD: Great. "Episode 2"		Live PD "Episode 4" (N)		Live PD "Episode 5" (N)		(:05) K9 PD-Jim	(:35) K9 PD-Jim	
AMC	(5:30) 7 Raiders of the Lost Ark		7 Indiana Jones and the Temple of Doom '84 Harrison Ford.				7 Raiders of the Lost Ark '84				
ANPI	Finding Bigfoot		Alaskan Bush People (N)		Alaskan Bush People (N)		Alaskan Bush People (N)		Alaskan Bush People (N)		
BET	Payne	Payne	As. Living	As. Living	As. Living	As. Living	Payne	Payne	Payne		
BRAVO	Below Deck Down Under		Below Deck "Till Chaos Do Us Part" (N)			Top Chef (N)		(:45) Below Deck Down	(:45) Southern		
CBSSN	Course Record (N)		Golf (N)	Club Life (N)	My World (N)	Poker (N)	Athletes Unlimited Pro Softball				
CMT	Mama's	Mama's	Reba	Reba	Reba	Reba	Reba	Reba	Golden Girls	Golden Girls	
CNBC	Shark Tank		Shark Tank		Shark Tank		Shark Tank		Shark Tank		
CNN	E. B. OutFront (N) (Live)		Cooper 360 (N) (Live)		The Source With (N) (Live)		CNN NewsNight (N) (Live)		Laura Coates Live (N) (Live)		
COM	The Office	(:35) Office	(:10) Office	(:45) Office	(:20) The Office		(:55) Office	The Office	The Daily Show (N)		
DISC	Contraband "#NoFilter"		Contraband: Seized (N)		Body Cam "Danger Zone" (N)		120 Hours Behind Bars		Contraband: Seized		
E!	Movie	7 Harry Potter and the Order of the Phoenix '07 Rupert Grint, Daniel Radcliffe.				7 Harry Potter and the Prisoner of Azkaban					
ESPN	NCAA W. Basketball Regional Final: Teams TBA (N) (Live)				NCAA W. Basketball Regional Final: Teams TBA (N) (Live)				SportsCenter (N) (Live)		
ESPN2	(6:30) NFL Live	The Draft	The Draft	Game On: Journey		HS Basketball Jamfest (N) (Live)			30 for 30 Elway to Marino		
FDOH	Bensinger	Full Court Cleveland		Pregame (N)	NBA Basketball Cleveland Cavaliers at Utah Jazz (N) (Live)					Cavaliers (N)	
FNC	Ingraham (N) (Live)		Jesse Watters (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News at Night (N) (Live)		
FOOD	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	The Ultimate Baking (N)		Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	
FREE	(5:00) 7 The Little Mermaid		7 Beauty and the Beast '17 Dan Stevens, Luke Evans, Emma Watson.					The 700 Club (N)			
FX	7 The Matrix Reloaded '03 Laurence Fishburne, Carrie-Anne Moss, Keanu Reeves.				7 The Matrix Revolutions '03 Keanu Reeves.						
GOLF	PGA (N)	PGA TOUR	PGA Tour Golf Texas Children's Houston Open, Final Round From Memorial Park in Houston.								
HALL	(6:00) 7 Pearl in Paradise		7 Lost in Paradise '26 Ian Harding, Lacey Chabert.				Golden Girls	Golden Girls	Golden Girls	Golden Girls	
HGTV	Dream Home	Dream Home	Bachelor Mansion (N)		Neighbor. (N)	Neighbor. (N)	Hunters	Hunters	Hunters	Hunters	
HIST	History's Deadliest		History's "Battles" (N)		History's "Criminals" (N) (SF)		(:05) History's (N) (P)	(:05) History's "Missions"			
HN	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	
TON	Chicago P.D. "Escape"		Chicago P.D. "Split Second"		Chicago P.D. "Survival"		Chicago P.D.		Chicago P.D. "On Paper"		
LIFE	NCIS "The Tell"		NCIS "The Good Son"		NCIS		(:05) NCIS "Rekindled"	(:05) NCIS "Playing With Fire"			
MSNBC	The Weeknight (N) (Live)				The Rachel (N) (Live)		Last Word (N) (Live)		The 11th Hour With (N) (Live)		
MTV	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	
NGEO	(:05) Pole to	(:40) Pole to Pole	(:40) Pole to "The Himalayas"		(:45) Pole to Pole		(:45) Pole to Pole		(:35) Pole to		
NICK	Friends	Friends	Friends	Friends	Friends	Friends	Big Bang	Big Bang	Big Bang	Big Bang	
OXY	Snapped "Julie Harper"		Buried in the Backyard		Buried "To Catch a Thief"		Snapped "Mindy Dodd"		Snapped "Social Media"		
PARMT	(6:00) 7 A Few Good Men '92 Tom Cruise.				7 Top Gun '86 Kelly McGillis, Anthony Edwards, Tom Cruise.					Movie	
SYFY	(6:00) 7 Troy '04 Eric Bana, Orlando Bloom, Brad Pitt.				7 Spider-Man: Homecoming '17 Michael Keaton, Robert Downey, Tom Holland.						
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	
TCM	(6:00) 7 Reflections in a Golden...		7 Once Upon a Time in the West '68 Claudia Cardinale, Henry Fonda.					7 Fitzcarraldo '82			
TLC	90 Day: The Single Life		90 Day: The Single Life		(:05) Unexpected (N)	(:05) The Single Life (N)		(:05) 7 Little Johnstons			
TNT	7 Jurassic World: Fallen Kingdom '18 Chris Pratt.				(:45) 7 Furiosa: A Mad Max Saga '24 Anya Taylor-Joy.						
TOON	Burgers	Burgers	Burgers	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Rick Morty	Rick Morty	
TRAV	(6:00) Mysteries- Unk.		Mysteries "La Bell Shipwreck, Sgt. Stubby and Polio Vaccine"			Mysteries "The Yeti, the Ghost of Abraham Lincoln and How..					
TRU	NCAA M. Basketball (N)				NCAA M. Basketball (N)		4.7 Seconds		2026 NCAA Men's Basketball Tournament		
TVL	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King	
USA	Law & Order: SVU "Snitch"		Law-SVU "Streetwise"		Law-SVU "Signature"		Law-SVU "Unorthodox"		Law-SVU "Inconceivable"		
VH1	Hip Hop "Secret's Out"		Hip Hop "Firing Squad"		Hip Hop "Coo Coo for Koko"		Love & Hip Hop		7 F9 The Fast Saga '21		
WE	Criminal Minds "No Way Out"		Criminal "The Big Game"		Criminal Minds "Revelations"		Criminal "Fear and Loathing"				
DISN	Big City	Big City	7 ZOMBIES '18 Milo Manheim.			(:45) Descendants/Zombies			ZOMBIES	Ladybug	
FLIX	(6:00) 7 Beautiful Girls		7 Flashdance '83 Jennifer Beals.			(:35) 7 Indecent Proposal '93 Robert Redford.			Movie		
HBO	(:05) 7 If I Had Legs I'd Kick You '25 Rose Byrne.				Born (N)	Born to Bowl	DTF St. Louis	(:50) Born	(:20) Rooster		
HBO2	(:10) DTF St. Louis		Born to Bowl	Born to Bowl	7 The Spectacular Now '13			(:35) Rooster	(:10) Comeback	(:45) St. Louis	
HBO3	7 Moonlight '16 Mahershala Ali.			(:50) 7 Weapons '25 Julia Garner, Alden Ehrenreich, Josh Brolin.			7 Eddington '25				
MAX	(6:00) 7 Hitman's Bodyguard		7 The Hitman's Wife's Bodyguard '21			(:40) 7 Man of Steel '13 Amy Adams, Michael Shannon, Henry Cavill.					
PARSHO	(6:00) 7 The Godfather '72 Marlon Brando.				7 The Godfather, Part II '74 Robert Duval, Diane Keaton, Al Pacino.						
SHOW2	(6:00) 7 Not Without Hope				7 Bridget Jones: The Edge of Reason '04		7 Bridget Jones's Baby '16 Renée Zellweger.				
STARZ	7 How to Lose a Guy in 10 Days '03 Kate Hudson.				Outlander		7 Titanic '97 Kate Winslet, Leonardo DiCaprio.				
STZENC	(:15) 7 Zookeeper '11 Rosario Dawson, Kevin James.				7 Anaconda '97 Ice Cube, Jennifer Lopez.		(:35) 7 Gangs of New York '02				