

WEDNESDAY EVENING						JULY 8, 2026				
	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
3	3 News (N)	ET (N)	Chicago "Spill Your Guts"	Chicago Fire "Sway"	Chicago P.D. "Heroes"	3News at (N)	(:35) J. Fallon			
5	News (N)	Hollywood	Celebrity Wheel of Fortune	Shifting	Shifting	Shifting	Shifting	News 5 (N)	(:35) J. Kimmel	
8	Fox 8 News	Family Feud	MasterChef "Team Pitch to Plate; World Cup Cookoff"	Fox 8 News at 10:00pm (N)	Big Bang	Two Half Men				
19	Wheel	Jeopardy! (N)	Harlan "Shot in the Dark"	NCIS "Page-Turner"	NCIS: Sydney "Death Card"	19 News at	(:35) Comics			
21	Inside (N)	Family Feud	Chicago "Spill Your Guts"	Chicago Fire "Sway"	Chicago P.D. "Heroes"	News (N)	(:35) J. Fallon			
27	Wheel	Jeopardy! (N)	Harlan "Shot in the Dark"	NCIS "Page-Turner"	NCIS: Sydney "Death Card"	First News	(:35) Comics			
33	33 at 7 (N)	ET (N)	Celebrity Wheel of Fortune	Shifting	Shifting	Shifting	Shifting	News Chan.	(:35) J. Kimmel	
43	19 News at	19 News First	Dateline "Dangerous Secret"	19 News at 9 PM	News	(:45) Sports	Dateline			
45	PBS News Hour (N)	Nature "Niagara Falls"	NOVA	☞ The American Southwest	Amanpour and Company (N)					
62	Big Bang	Big Bang	MasterChef "Team Pitch to Plate; World Cup Cookoff"	First News on Fox (N)	Seinfeld	Seinfeld				
A&E	Arrest	Arrest	Arrest	Arrest	Arrest (N)	Arrest (N)	Swamp (N)	Swamp (N)	(:05) Swamp	(:35) Swamp
AMC	(5:00) ☞ Live Free or Die Hard ☞☞☞ Die Hard (88) Alan Rickman, Bonnie Bedelia, Bruce Willis. ☞☞☞ Die Hard 2 (90)									
ANPL	Naked and Afraid									
BET	Celebrity Family Feud		The Oval "The Enemy Within"		Tyler Perry's The Oval (N)		American Gangster (N)		OG Stories	(:35) The Oval
BRAVO	The Valley "Hips Don't Lie"		The Valley (N)		(:15) Next Gen NYC (N)		WatchWhat		(:45) The Valley	
CBSSN	2026 SBD W Part 4 (N)									
CMT	Mama's	Mama's	Reba	Reba	Reba	Reba	Reba	Reba	Golden Girls	Golden Girls
CNBC	Shark Tank		Shark Tank		Shark Tank		Basketball Indiana Fever at Los Angeles Sparks (N) (Live)			
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	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Daily Show	(:35) FamilyGuy
DISC	Expedition Unknown		Expedition Unknown		Expedition Unknown (N)		(:10) Blind Frog Ran. (N)		(:10) Expedition Unknown	
E!	How I Met	How I Met	How I Met	How I Met	How I Met	How I Met	☞☞☞ Elf (03) James Caan, Bob Newhart, Will Ferrell.			
ESPN	MLB Baseball Philadelphia Phillies at Cincinnati Reds (N) (Live)						Baseball Arizona Diamondbacks at San Diego Padres (N)			
ESPN2	NFL Live		ESPN Films		ESPN Films				SportsCenter (N) (Live)	
FDH	Coaches Corner		AAPB Sioux City Explorers at Sioux Falls Canaries (N)		Simms		SEC State		Coaches Corner	
FNC	Ingraham (N) (Live)		Jesse Watters (N) (Live)		Hannity (N) (Live)		Gutfeld!		Fox News at Night (N) (Live)	
FOOD	Guy's Grocery Games		Grocery "Dessert Deception"		Guy's Grocery Games (N)		Kitchen (N)	Kitchen (N)	Guy's Grocery Games	
FREE	Movie	☞☞☞ The Princess Diaries 2: Royal Engagement (04) Anne Hathaway.					Million Dollar Nannies (N)		The 700 Club	
FX	☞☞☞ Avengers: Endgame (19) Chris Evans, Mark Ruffalo, Robert Downey Jr..								☞☞ Fantastic Four (15)	
GOLF	Golf's Greatest Rounds The Open - 2014 Rory McIlroy at Royal Liverpool.						The Smylie Show		Vanity Index Podcast	
HALL	(6:00) ☞ Everything Christmas ☞ Christmas Under Construction (24) Jessica Lowndes.									
HGTV	Hunters	Hunters	Hunters	Hunters	Renovation Resort (N)	Hunters (N)	Hunters	Hunters	Hunters	Hunters
HIST	(6:00) Alone									
HN	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic	Forensic
ION	Law & Order: SVU		Law & Order: SVU "Intent"		Law-SVU "Gone Baby Gone"		Law-SVU "Pathological"		Law-SVU "Flight Risk"	
LIFE	Rizzoli "Too Good to Be True"		Rizzoli & Isles "Doomsday"		Rizzoli "The Best Laid Plans"		(:05) Rizzoli "Knockout"		(:05) Rizzoli "Boston Celtic"	
MSNBC	The Weeknight (N) (Live)		All in With Chr. (N) (Live)		The Briefing (N) (Live)		Last Word (N) (Live)		The 11th Hour With (N) (Live)	
MTV	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office
NGEO	Bull Shark vs. Hammerhead		Great White vs Tiger Shark		Sharks: Reef Rivals (N)		Great White Gauntlet (N)		When Sharks Attack	
NICK	Friends	Friends	Friends	Friends	Friends	Friends	Big Bang	Big Bang	Big Bang	Big Bang
OXY	(6:00) Dateline: Secrets									
PARMT	(6:00) ☞☞☞ The Goonies (85) Sean Astin.		☞☞☞☞ Raiders of the Lost Ark (81) Karen Allen, Harrison Ford.		☞ Indiana Jones & the Temple...					
SYFY	☞☞ Angels & Demons (09) Ewan McGregor, Ayelet Zurer, Tom Hanks.						The Ark "The Other You"		The Ark "A Museum of Death"	
TBS	Big Bang	Big Bang	All Elite Wrestling: Dynamite (N) (Live)				The Office	The Office	The Office	The Office
TCM	(6:45) ☞☞☞ Voltaire (33)		☞☞☞ Two Mules for Sister Sara (70) Shirley MacLaine.		(:15) ☞☞☞☞ Heaven Knows, Mr. Allison (57) Deborah Kerr.					
TLC	Most Extreme Humans									
TNT	(:15) ☞☞☞ Furiosa: A Mad Max Saga (24) Chris Hemsworth, Tom Burke, Anya Taylor-Joy.									
TOON	Burgers	Burgers	Burgers	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Rick Morty	Rick Morty
TRAV	Paranormal Caught on Cam.									
TRU	☞☞☞ For Love of the Game (99) Kelly Preston, John C. Reilly, Kevin Costner.						Foul Play	Foul Play	Wipeout "Betting Battle"	
TVL	Raymond	(:35) Raymond	(:10) Raymond	(:45) Raymond	(:20) Raymond	"Neighbors"	(:55) Raymond	Raymond	King	King
USA	WNBA Pre.	WNBA Basketball Minnesota Lynx at Connecticut Sun (N) (Live)	Basketball Wives				Basketball Indiana Fever at Los Angeles Sparks (N) (Live)		Basketball Wives	
VH1	My Wife	My Wife	Basketball Wives	Basketball Wives	Basketball Wives	Basketball Wives	Basketball Wives	Basketball Wives	Basketball Wives	Basketball Wives
WE	NCIS "Sub Rosa"									
DISN	(5:00) Big City Greens "Locked In; City Wayne" Identity crises abound; Wayne wants city excitement.								Ladybug	Ladybug
FLXX	(5:45) ☞ Terms of Endearment		☞☞☞ An Officer and a Gentleman (82) Richard Gere.		(:05) ☞☞☞☞ Witness (85) Kelly McGillis, Harrison Ford.					
HBO	(:55) House of the Dragon		House of the Dragon		☞☞☞ Lee Cronin's The Mummy (26) Jack Reynor.		(:15) ☞☞☞☞ Evil Dead Rise			
HBO2	Life	☞ Lurker (25)	Théodore Pellerin.		(:15) ☞☞☞☞ Hereditary (18) Gabriel Byrne, Toni Collette.		(:20) Life, Larry and			
HBO3	(:20) True Blood		(:15) True Blood		(:15) True Blood		(:10) True Blood "Scratches"		(:10) True Blood	
MAX	(6:35) ☞ Halloween: Resurrecti...		(:05) ☞☞☞☞ Bad Santa (03)		(:40) ☞☞☞☞ Bad Santa 2 (16)		(:10) ☞☞☞☞ Wonder Woman			
PARSHO	(5:45) ☞ Hunt for Red October		☞☞☞ Clear and Present Danger (94) Willem Dafoe, Harrison Ford.		(:25) ☞☞☞☞ The Sum of All Fears (02)					
SHOW2	(6:15) ☞ Lara Croft: Tomb Raider ☞☞ Lara Croft Tomb Raider: The Cradle of Life (03)									
STARZ	(6:35) ☞☞☞☞ Avengers: Age of Ultron (15)				☞ Turbulence (25) Hera Hilmar.		(:40) ☞☞☞ Evolution (01) David Duchovny.			
STZENC	(6:30) ☞☞☞☞ Red Eye (05)		☞☞☞ Good Burger (97) Kel Mitchell.		(:40) ☞☞☞☞ 2012 (09) Chiwetel Ejiofor, Amanda Peet, John Cusack.					