

MARCH 2019



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|--|
| | | | | | 1 | 2 |
| <i>All times ET</i> | | | | | ANIMAL CRIBS 9pm on Animal Planet (Ch. 184) | THE KILLER DOWNSTAIRS 8pm on Lifetime (Ch. 108) |
| | | | | | AMERICAN MASTERS: HOLLY NEAR: SINGING FOR OUR LIVES 9pm on PBS | HEART OF DARKNESS 9pm on ID (Ch. 192) |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| AMERICAN IDOL 8pm on ABC | AMERICAN HIDDEN STORIES 8pm on Smithsonian (Ch. 367) | DEADLY RECALL 10pm on ID (Ch. 192) | IN PURSUIT WITH JOHN WALSH 10pm on ID (Ch. 192) | A.P. BIO 8:30pm on NBC | GOLD RUSH 9pm on Discovery (Ch. 182) | DRAG ME DOWN THE AISLE 9pm on TLC (Ch. 183) |
| VERY CAVALLARI 10pm on E! (Ch. 114) | SUMMER HOUSE 10pm on Bravo (Ch. 129) | GARAGE REHAB 8pm on Discovery (Ch. 182) | THE REAL HOUSEWIVES OF NYC 9pm on Bravo (Ch. 129) | STATION 19 9pm on ABC | VH1 TRAILBLAZER HONORS 9pm on VH1 (Ch. 162) | ALASKAN BUSH PEOPLE 9pm on Discovery (Ch. 182) |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| BUDDY VS. DUFF 9pm on Food Network (Ch. 110) | BIOGRAPHY: JOHN & TOYKO: ABOVE US ONLY SKY 9pm on A&E (Ch. 129) | MASTERCHEF JUNIOR 8pm on FOX | EMPIRE 8pm on FOX | 2019 IHEARTRADIO MUSIC AWARDS 8pm on FOX | I AM RICHARD POOR 10pm on Paramount (Ch. 241) | TRADING SPACES 8pm on TLC (Ch. 183) |
| EPIC YELLOWSTONE 9pm on Smithsonian (Ch. 367) | PUNK 10pm on EPIX (Ch. 380) | VIDEOS AFTER DARK 10pm on ABC | STAR 9pm on FOX | PROJECT RUNWAY 8pm on Bravo (Ch. 129) | BRIDEZILLAS 10pm on WE (Ch. 128) | NOTORIOUS 10pm on Reelz (Ch. 299) |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| BILLIONS 9pm on Showtime (Ch. 318) | 9-1-1 9pm on FOX | MENTAL SAMURAI 9pm on FOX | PRETTY LITTLE LIARS: THE PERFECTIONISTS 8pm on Freeform (Ch. 180) | CHOPPED 7pm on Food Network (Ch. 110) | HUNT FOR THE GIANT SQUID 10pm on NatGeo Wild (Ch. 190) | THE ATLANTA CHILD MURDERS 9pm on Discovery (Ch. 182) |
| | THE FIX 10pm on ABC | THE VILLAGE 10pm on NBC | PROPERTY BROTHERS 8pm on HGTV (Ch. 112) | KINDRED SPIRITS 10pm on ID (Ch. 192) | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| INTO THE BADLANDS 10pm on AMC (Ch. 131) | WOMEN, WAR & PEACE II 9pm on PBS | WINDY CITY REHAB 8pm on HGTV (Ch. 112) | HAPPY! 10pm on SYFY (Ch. 122) | ABBY'S 9:30pm on NBC | MY LOTTERY DREAM HOME 8pm on HGTV (Ch. 112) | ANIMAL ER LIVE 9pm on NatGeo Wild (Ch. 190) |
| MISSION DECLASSIFIED 10pm on Travel (Ch. 196) | KNIGHTFALL 10pm on History (Ch. 120) | LEGENDARY LOCATIONS 10pm on Travel (Ch. 196) | MILLION DOLLAR MILE 9pm on CBS | IMPRACTICAL JOKERS 10pm on TruTV (Ch. 242) | CAKE WARS 5pm Cooking (Ch. 113) | |

| |
|---|
| 31 |
| CALL THE MIDWIFE 8pm on PBS |
| KEEPING UP WITH THE KARDASHIANS 9pm on E! (Ch. 114) |



2019 IHEARTRADIO MUSIC AWARDS
Now in its sixth year, the iHeartRadio Music Awards is a star-studded event celebrating the most-played artists and songs on iHeartRadio stations and app throughout 2018.
Special Event March 14 at 8pm on FOX (local)



BAR RESCUE
Nightlife expert Jon Taffer helps struggling bar owners overcome health hazards, mediocre staffing and branding issues in order to become profitable establishments.
New episodes every Sunday at 10pm on Paramount (Ch. 241)