

Table with columns for channel, time, and program details for Wednesday Morning/Afternoon. Includes channels like KTTU, KVOA, KUAT, KWBA, KGUN, KMSB, KOLD, KUAT-DT3, DISC, ESPN, ESPN2, FS1, USA, TNT, TBS, CNN, FOXN, MSNBC, CNBC, HIST, HGTV, FOOD, LIFE, A&E, AMC, TRAV, BRAVO, E!, TVLND, COM, PARM, BET, MTV, VH1, TRUTV, NWSNTN, TLC, SYFY, DIS, TOON, FREE, NICK, ANPL, GOLF, TCM, NGO, INSP, CSPAN, and NBA.

Dish and DirecTV air Eastern feeds for * channels

March 6, 2026

WEDNESDAY PRIME TIME

MARCH 11, 2026 C-Cox CD-Cox Douglas S-Sparklight D*-Dish DTV*-DirecTV

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tonight's PICKS
Body Bizarre
TLC 8 p.m.
Season 8 continues with two back-to-back episodes, sharing stories of people who suffer with some of the rarest and most mysterious medical conditions known to doctors. First, viewers are introduced to a man with incurable neurofibromatosis.
Hollywood Squares
KOLD 9:30 p.m.
Nate Burleson hosts this latest incarnation of the classic television game show where contestants play tic-tac-toe via celebrity squares. Special guests for this episode include Ariana DeBose, Ron Funches, Tiffany Haddish, Pete Holmes and more.

select TV 7

6 x 2" ad