STL TV Program Guide OCTOBER 2026

*Boxes filled in orange are regular air times that show is not airing this week.

Programs	MON	TUE	WED	THU	FRI	SAT	SUN
The Block	8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM
	2:00 PM	2:00 PM	2:00 PM	2:00 PM	2:00 PM	2:00 PM	2:00 PM
	7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM
Board of Aldermen Meeting (Orange, NOT IN SESSION)	2:00 AM	2:00 AM	2:00 AM	2:00 AM	2:00 AM	2:00 AM	2:00 AM
	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
	4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM
	10:00 PM	10:00 PM	10:00 PM	10:00 PM	10:00 PM	10:00 PM	10:00 PM
BOA Committee Meetings (Orange, NOT AIRING)	3:00 AM	3:00 AM	3:00 AM	3:00 AM	3:00 AM	3:00 AM	3:00 AM
	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM
	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM
CITY CORNER							
Valor & Vision-Conversations w/ Change-Makers (Young)	8:00 AM	5:30 PM			8:00 AM	5:30 PM	8:30 PM
Team Tech Boy (Bernard)	5:30 PM	8:30 PM	8:30 PM		5:30 PM	8:30 PM	
The Moon and Archaeolgy (Blackstock)	8:30 PM		8:00 AM	5:30 PM	8:30 PM		8:00 AM
Hispanic Festival + BailaMe Academy (Thompson)		8:00 AM	5:30 PM	8:00 AM		8:00 AM	5:30 PM
COMMUNITY CALENDAR	12:00 AM	12:00 AM	12:00 AM	12:00 AM	12:00 AM	12:00 AM	12:00 AM
	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM
	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
THE DAILY MIX	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
	2:30 PM	2:30 PM	2:30 PM	2:30 PM	2:30 PM	2:30 PM	2:30 PM
	9:30 PM	9:30 PM	9:30 PM	9:30 PM	9:30 PM	9:30 PM	9:30 PM
GET FIT STL	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM
IN THE KITCHEN: ***Flip & Sip Cafe***	11:30 AM	5:30 AM	11:30 AM	5:30 AM	11:30 AM	5:30 AM	11:30 AM
	8:00 PM	9:00 AM	8:00 PM	9:00 AM	8:00 PM	9:00 AM	8:00 PM
		3:00 PM		3:00 PM		3:00 PM	
IN YOUR WARD: ***Shane Cohn, 3rd Ward***	5:30 AM	1:00 PM	5:30 AM	5:30 AM	5:30 AM	1:00 PM	5:30 AM
	10:30 AM	4:00 PM	10:30 AM	4:00 PM	10:30 AM		10:30 AM
	6:30 PM		4:00 PM		6:30 PM		
INSIDE SPORTS: ***Mike Rains and Chris Blair***	7:00 AM	3:30 PM	7:00 AM	3:30 PM	7:00 AM	11:30 AM	7:00 AM
	7:00 PM		7:00 PM		7:00 PM	3:30 PM	11:30 AM
	11:00 PM		11:00 PM		11:00 PM	6:00 PM	6:00 PM
							11:00 PM
THE ISSUES: ***The Future of A.I.***	7:30 AM	5:00 AM	7:30 AM	5:00 AM	7:30 AM	4:30 PM	7:30 AM
	3:30 PM	4:30 PM	3:30 PM	4:30 PM	3:30 PM	8:00 PM	3:30 PM
		8:00 PM		8:00 PM			
LET'S TALK: ***Episode 75: Rhonda Hamm-Niebruegge***	5:00 AM	9:30 AM	5:00 AM	9:30 AM	5:00 AM	9:30 AM	3:00 PM
	3:00 PM	7:00 PM	3:00 PM	9:00 PM	3:00 PM	4:00 PM	9:00 PM
		9:00 PM					
What's the 314? ***Episode 13, St. Louis Fashion Week***	1:00 PM	11:30 AM	1:00 PM	11:30 AM	1:00 PM	5:00 AM	5:00 AM
	9:00 PM	11:00 PM	9:00 PM	11:00 PM	9:00 PM	1:30 PM	9:00 PM
						11:00 PM	
	SPECIAL COMMUNITY COVERAGE						
	Mon	*Tue*	*Wed*	*Thu*	*Fri*	*SAT*	*SUN*
Board of Police Commissioners (120)		12:00 PM					6:30 PM
City Commons Groundbreaking (30)	3:30 PM	7:30 AM	5:00 PM	7:00 AM		11:00 PM	12:30 PM
			11:30 PM	12:30 PM			
I Bear Witness (60)	4:00 AM	4:00 AM	4:00 AM	4:00 AM	4:00 AM	4:00 AM	4:00 AM
Tommy Davidson Interview (30)	11:30 PM	3:30 PM		12:30 PM	11:30 PM	3:30 PM	12:30 PM
		11:30 PM		7:00 PM		7:00 PM	11:30 PM
The Power of United Impact - Podcast (30)	3:30 AM	3:30 AM	3:30 AM	3:30 AM	3:30 AM	3:30 AM	3:30 AM
	12:30 PM	12:30 PM	12:30 PM	5:00 PM	8:00 PM	3:00 PM	7:30 AM
SLATE: The Force Behind the Workforce (30)	11:30 AM	4:30 AM	9:00 PM	7:30 AM	12:30 PM	7:30 AM	9:00 PM
		7:00 AM		3:00 PM		5:00 PM	
Press Conferences: Mayor Spencer Signs Board Bill 49/ Launch of Contractor Fraud Legal Task Force	1:30 PM	3:00 AM	1:30 PM	3:00 AM		11:00 PM	12:00 PM
			11:00 PM				