



a little forward

FREEFORM

Jan. 19, 2020

**FREEFORM GIVES YOU ALL THE FEELS THIS FEBRUARY WITH
THE SEASON 3 PREMIERE OF 'GOOD TROUBLE,' NEW EPISODES OF 'GROWN-ISH'
AND THE LOVE WEEK PROGRAMMING EVENT**



"grown-ish" Season 3B

Photos Available [Here](#)

Screener Available [Here](#)

Feb. 4 (8:00-8:30 p.m. EST) – Episode #3011 – “Alright”

Aaron is offered an opportunity to be featured in a nationally televised interview but struggles to keep his message targeted. Zoey navigates her feelings for Aaron while helping him devise a new strategy. Meanwhile, Ana struggles with whether to tell Javi about her past with Aaron, and Jillian interviews Sky and Jazz for a documentary about their journey as athletes.

**Feb. 11 (8:00-8:30 p.m. EST) – Episode #3012 –
“Water on Water on Water”**

Ana gets baptized as she and Javi are tested for the first time in their relationship. Meanwhile, Zoey struggles at work under the mixed messages from her new client, Indigo.

Feb. 18 (8:00-8:30 p.m. EST) – Episode #3013 – “NO HALO”

Zoey returns home for a long weekend but is surprised to find things around the house and Cal U has seemed to move on without her. Meanwhile, Jazz and Doug’s relationship continues to get more complicated when Jazz returns from the NCAA track finals with some very surprising news.

Feb. 25 (8:00-8:30 p.m. EST) – Episode #3014 – “Know Yourself”

Vivek has a new experience with Heidi, and Aaron and Doug struggle to adjust their views on sexuality and masculinity. Nomi and her new baby, Luna, return to Cal U. Junior shows up to fight for Sky.



"Good Trouble" Season 3

Photos Available [Here](#)

Screener Available [Here](#)

Feb. 17 (10:00-11:00 p.m. EST) – Episode #3001 – "Capoeira" – SEASON PREMIERE

With Jerod's case on the line, Callie takes a job with a high profile defense lawyer. After sleeping with Evan, Mariana has to make a decision regarding her relationship with Raj. Meanwhile, Malika's future is on the line with her impending trial.

Feb. 24 (10:00-11:00 p.m. EST) – Episode #3002 – "Arraignment Day"

Callie receives some big news. Meanwhile, Mariana's app becomes popular with the wrong crowd. The Coterie members join BLM in taking a stand to free Malika.

For the second year in a row, Freeform celebrates Valentine's Day with "Love Week," a week-long programming event celebrating all things love. The seven day event will kick off on **MONDAY, FEB. 8**, and feature the Freeform premieres of "Girls Trip," "Trainwreck" and "Love, Simon," among other movies we adore.

DATE	TIME	PROGRAM
FEBRUARY 8	6p/5c 8:30p/7:30c	THE PROPOSAL I FEEL PRETTY (FREEFORM PREMIERE)
FEBRUARY 9	6p/5c 8:30p/7:30c	I FEEL PRETTY TRAINWRECK (FREEFORM PREMIERE)
FEBRUARY 10	6p/5c 8:30p/7:30c	TRAINWRECK GIRLS TRIP (FREEFORM PREMIERE)
FEBRUARY 11	5:30p/4:30c 8p/7c 8:30p/7:30c	GIRLS TRIP GROWN-ISH COMING TO AMERICA
FEBRUARY 12	6:30p/5:30c 8:30p/7:30c	10 THINGS I HATE ABOUT YOU LOVE, SIMON (FREEFORM PREMIERE)
FEBRUARY 13	5:35p/4:35c 7:40p/6:40c	DISNEY'S THE PRINCESS AND THE FROG DISNEY'S BEAUTY AND THE BEAST (1991)
FEBRUARY 14	7:20p/6:20c 9:20p/8:20c	DISNEY'S THE LITTLE MERMAID (1989) DISNEY'S TANGLED

FIND THE FULL SCHEDULE AT [FREEFORM.COM](#)
Schedule subject to change. Please check freeform.com or your local listings.
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LOVE WEEK:

Monday, Feb. 8

- 11:00 a.m. EST/PST – "Bride Wars"
- 1:00 p.m. EST/PST – "The Best Man"
- 3:30 p.m. EST/PST – "Pretty Woman"
- 6:00 p.m. EST/PST – "The Proposal"
- 8:30 p.m. EST/PST – "I Feel Pretty" – **Freeform Premiere**

Tuesday, Feb. 9

- 10:30 a.m. EST/PST – "Pretty Woman"
- 1:00 p.m. EST/PST – "How to Be Single"
- 3:30 p.m. EST/PST – "The Proposal"
- 6:00 p.m. EST/PST – "I Feel Pretty"
- 8:30 p.m. EST/PST – "Trainwreck" – **Freeform Premiere**

Wednesday, Feb. 10

- 10:30 a.m. EST/PST – "How to Be Single"
- 1:00 p.m. EST/PST – "While You Were Sleeping"

3:30 p.m. EST/PST – “There’s Something About Mary”
6:00 p.m. EST/PST – “Trainwreck”
8:30 p.m. EST/PST – “Girls Trip” – **Freeform Premiere**

Thursday, Feb. 11

12:30 p.m. EST/PST – “Waiting to Exhale”
3:00 p.m. EST/PST – “Coming to America”
5:30 p.m. EST/PST – “Girls Trip”
8:00 p.m. EST/PST – “grown-ish” 3012 “Water on Water on Water” – **NEW EPISODE**
8:30 p.m. EST/PST – “Coming to America”

Friday, Feb. 12

11:30 a.m. EST/PST – “Forever My Girl” – **Freeform Premiere**
2:00 p.m. EST/PST – “The Last Song”
4:00 p.m. EST/PST – “Roll Bounce” – **Freeform Premiere**
6:30 p.m. EST/PST – “10 Things I Hate About You”
8:30 p.m. EST/PST – “Love, Simon” – **Freeform Premiere**

Saturday, Feb. 13

7:00 a.m. EST/PST – “Forever My Girl”
9:35 a.m. EST/PST – “Love, Simon”
12:15 p.m. EST/PST – “The Princess Diaries”
2:55 p.m. EST/PST – “The Princess Diaries 2: Royal Engagement”
5:35 p.m. EST/PST – “The Princess and the Frog” (Disney Animated)
7:40 p.m. EST/PST – “Beauty and the Beast” (1991) (Disney Animated)
9:45 p.m. EST/PST – “Brave” (1991) (Disney Animated)
11:50 p.m. EST/PST – “The Hunchback of Notre Dame” (1996) (Disney Animated)

Sunday, Feb. 14

8:00 a.m. EST/PST – “Gnomeo & Juliet” (2011)
10:00 a.m. EST/PST – “Tarzan” (Disney Animated)
12:05 p.m. EST/PST – “Hercules” (Disney Animated)
2:10 p.m. EST/PST – “Pocahontas” (Disney Animated)
4:10 p.m. EST/PST – “The Parent Trap” (1998)
7:20 p.m. EST/PST – “The Little Mermaid” (1989) (Disney Animated)
9:20 p.m. EST/PST – “Tangled” (Disney Animated)
11:30 p.m. EST/PST – “Night at the Museum: Secret of the Tomb”
1:30 a.m. EST/PST – “Madly Madagascar” – **Freeform Premiere**

Programming subject to change

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