NHL Tuesday Dec. 1, 2026 Watch Sheet

All 9 games with Eastern, Central, Mountain and Pacific start times and TV

DATE (ET)	ET	CT	MT	PT	EVENT	WATCH ON	MY PICK
Tue., Dec. 1	**7 p.m.**	6 p.m.	5 p.m.	4 p.m.	**Flames at Red Wings** Little Caesars Arena, Detroit	Detroit SportsNet, Sportsnet West	
Tue., Dec. 1	**7 p.m.**	6 p.m.	5 p.m.	4 p.m.	**Panthers at Islanders** UBS Arena, Elmont, N.Y.	Scripps Sports	
Tue., Dec. 1	**7 p.m.**	6 p.m.	5 p.m.	4 p.m.	**Canucks at Capitals** Capital One Arena, Washington	Monumental Sports Network, Sportsnet Pacific	
Tue., Dec. 1	**7:30 p.m.**	6:30 p.m.	5:30 p.m.	4:30 p.m.	**Sharks at Devils** Prudential Center, Newark	ESPN+, Hulu, Disney+, Sportsnet+	
Tue., Dec. 1	**8 p.m.**	7 p.m.	6 p.m.	5 p.m.	**Avalanche at Bruins** TD Garden, Boston	TNT, truTV, HBO Max, NESN, TVA Sports	
Tue., Dec. 1	**8 p.m.**	7 p.m.	6 p.m.	5 p.m.	**Sabres at Oilers** Rogers Place, Edmonton	Sportsnet, Sportsnet ONE, TVA Sports 2	
Tue., Dec. 1	**9:40 p.m.**	8:40 p.m.	7:40 p.m.	6:40 p.m.	**Stars at Kraken** Climate Pledge Arena, Seattle	Prime Video (regional)	
Tue., Dec. 1	**10 p.m.**	9 p.m.	8 p.m.	7 p.m.	**Wild at Ducks** Honda Center, Anaheim	Wild+, Prime Video (regional), TVA Sports	
Tue., Dec. 1	**10 p.m.**	9 p.m.	8 p.m.	7 p.m.	**Golden Knights at Kings** Crypto.com Arena, Los Angeles	Scripps Sports, Sportsnet, TVA Sports 2	

Eastern Time (ET), Central Time (CT), Mountain Time (MT, Denver; most of Arizona keeps standard time), Pacific Time (PT). Times are converted from the start time the source gives.

Not yet confirmed

Regional TV listings: NHL listings as of Nov. 29, 2026 and can change

My notes

Source: NHL schedule for Dec. 1, 2026 (nhl.com/schedule/2026-12-01), checked Nov. 29, 2026. Central, Mountain and Pacific times are computed from the Eastern start. Listings can change.