**Sunday, January 17, 2016**

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| 06:00 AM | **TBA:** Details TBC. | ++ |

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| 06:30 AM | **Hook Line And Sinker: Luring Snapper (R)** Join the team for a brand new episode and a brand new approach to catching the ever popular snapper. Plus breathing new life into some of Australia's most clapped out boats. | **PG** +HOLS2-011+ |

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| 07:00 AM | **Hook Line And Sinker: Lord Of The Rods** Join the boys for a trip into the wilds the top end and spectacular Arnhem Land, plus lessons in DIY rod design and the quest to come up with one fishing rod to rule them all. | **PG** +HOLS2-012+ |

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| 07:30 AM | **TBA:** Details TBC. | ++ |

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| 08:00 AM | **Zoom TV (R)** Exploring everything that flies, drives and floats. Zoom TV invites you along for the experience and will help you to make an empowered purchasing decision. | **PG** +ZOOM5-018+ |

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| 08:30 AM | **NFL 2015: AFC Divisional Playoffs: TBC at Patriots LIVE** Details TBC. | +NFLI15-064+ |

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| 11:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-056+ |

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| 12:00 PM | **NFL 2015: NFC Divisional Playoffs: TBC at Arizona LIVE** Details TBC. | +NFLI15-065+ |

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| 03:00 PM | **Fishing Western Australia: Bottom Plastics NEW EPISODE**For the first time in a few years, Harry and Ryan head to Port Hedland. This week they target a few different bottom species on soft plastics. | **PG** +FHWA16-006+ |

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| 03:30 PM | **Hillbilly Handfishin': Chilaxin' With Jackson (R)** A group of Baltimore housewives are anxious for a different experience and Chicago fishmongers try something new by catching catfish with their hands. | **PG** +HIHA-007+ |

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| 04:30 PM | **Turtleman: Special - Viva Live Action PREMIERE**Turtleman goes to Mexico to help farmers whose livestock are being attacked by an unknown critter that the locals think is a mythological creature. | **PG** +CWLM2-021+ |

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| 05:30 PM | **Wipeout USA: Celebrity Style (R) ’CC’** Insane contestants struggle through a gruelling obstacle course for a big cash prize, with hilarious results! Raging Rapids and Fender Bender are the new obstacles included this week. | **PG** +WIPE2-006+ |

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| 06:30 PM | **Mythbusters: Idioms Special (R) ’CC’** On this scatological episode of Mythbusters, we test the literal truth of three very different proverbs, "You Can't Polish Poop", "Hit the Ground Running" and "It's Better to End with a Bang". | **PG** +MYTH5-012+ |

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| 07:30 PM | **The Big Bang Theory: The Parking Spot Escalation (R) ’CC’** When the University reassigns Sheldon's (unused) parking spot to Howard, the ensuing turf battle affects the whole gang. | **PG** +BBTH06-009+ |

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| 08:00 PM | **The Big Bang Theory: The Bakersfield Expedition (R) ’CC’** Leonard's car is stolen when the guys take a road trip to a comic book convention in Bakersfield, dressed as Star Trek characters. | **PG** +BBTH06-013+ |

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| 08:30 PM | **7mate Sunday Night Movie: The Kingdom (R) ’CC’** When a terrorist bomb detonates inside a Western housing compound in Riyadh, Saudi Arabia, an international incident is ignited. Starring:ALI SULIMAN,ASHRAF BARHOM,CHRIS COOPER,DANNY HUSTON,JASON BATEMAN,JAMIE FOXX,FRANCES FISHER,KYLE CHANDLER,JEREMY PIVEN,KELLY AUCOIN,JENNIFER GARNER,RICHARD JENKINS,TIM MCGRAW | **M (A,V,L)**+NBCR5-023+ |

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| 10:40 PM | **7mate Sunday Night Movie: Terminal Velocity (R) (1994)** A maverick skydiver and a former KGB agent team up to stop the Russian mafia from stealing gold.  | **M (V,L)**+WDFR17-012+ |

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| 12:50 AM | **7mate Late Movie: Butter (R) (1997)** When a talented singer's career takes off, she decides to change record companies - a decision that will change her life forever. Starring:DONNIE WAHLBERG,ERNIE HUDSON,SALLI RICHARDSON,NIA LONG,YONY TODD,TERRENCE HOWARD,SHEMAR MOORE | **MA (V,L)**+WILF-024+ |

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| 03:00 AM | **Hillbilly Handfishin': Chilaxin' With Jackson (R)** A group of Baltimore housewives are anxious for a different experience and Chicago fishmongers try something new by catching catfish with their hands. | **PG** +HIHA-007+ |

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| 04:00 AM | **Married With Children: You Gotta Know When To Fold 'Em (R)** Al and the kids make it to Las Vegas, only to find Peg and Marcy have already lost all but $8 of his money.  | **PG** +MAWC4-017+ |

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| 04:30 AM | **Married With Children: What Goes Around Comes Around (R)** Al gets an invitation from Polk High to introduce the football team's MVP at the homecoming dance, and intends to use the opportunity to warn the kids about the perils of marriage. | **PG** +MAWC4-018+ |

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| 05:00 AM | **NFL 2015: NFC Divisional Playoffs: TBC at Carolina LIVE** Details TBC. | +NFLI15-066+ |

 **Monday, January 18, 2016**

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| 06:00 AM | **NFL 2015: NFC Divisional Playoffs: TBC at Carolina LIVE** Details TBC. | +NFLI15-066+ |

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| 08:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-057+ |

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| 08:30 AM | **NFL 2015: AFC Divisional Playoffs: TBC at Denver LIVE** Details TBC. | +NFLI15-067+ |

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| 11:30 AM | **Sound FX: Best Of: Clay Matthews (R)** Don't be confused by this Fabio looking dude, Clay Matthews is all monster. Listen up as one of the NFL's zaniest and brutal linebackers goes under the mic. | +SFXB-040+ |

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| 12:00 PM | **The Amazing Race: Go Big or Go Home (R) ’CC’** In the premiere of a new US season, which marks the 25th race around the world, eleven teams will compete for a chance to win $1 million. The teams include surfers, firemen, wrestlers and more! | **PG** +AMRC25-001+ |

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| 01:00 PM | **Once Upon A Time: The Evil Queen (R) ’CC’** Regina attempts to transport herself and Henry back to Fairytale land - which includes a fail-safe that could wipe out Storybrooke. Starring:ALEKS PAUNOVIC,ETHAN EMBRY,MICHAEL TEIGEN,SONEQUA MARTIN-GREEN | **PG (A,V)**+ONCE2-020+ |

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| 02:00 PM | **Once Upon A Time: Second Star To The Right (R) ’CC’** Emma believes that Tamara has something to do with Regina's disappearance, and a young Bae finds himself in old London and is taken in by the Darling family. Starring:ANDREW AIRLIE,BENJAMIN COOK,CHRISTOPHER GAUTHIER,FREYA TINGLEY,DYLAN SCHMID,ETHAN EMBRY,KARIN INGHAMMAR,WILLIAM AINSCHOUGH,SONEQUA MARTIN-GREEN | **PG (A,H,V)**+ONCE2-021+ |

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| 03:00 PM | **Canadian Pickers: Win Some, Lose Some (R)** Excited to arrive in Vancouver for some great picks, Scott and Sheldon waste no time on the ferry when they meet an Aboriginal artist carrying a huge bag of exquisite carvings. | **PG** +COWB3-002+ |

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| 04:00 PM | **Auction Kings: Signed Drumstick Collection/ Trans Am GTA (R)** The Gallery 63 crew take in an autographed drumstick collection that drummer Cindy is loathed to part with. Paul takes in a 1967 C10 Chevy pick up and a 1988 Trans Am GTA on a reserve. | **PG** +AUCK3-011+ |

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| 04:30 PM | **Swamp People: Cursed (R)** A team of hunters catches a "yellow gator" which is said to be cursed and from that point on, bizarre circumstances fall upon the swamp. | **PG** +SWMP4-010+ |

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| 05:30 PM | **Seinfeld: The Susie (R) ’CC’** While Elaine suffers in a case of mistaken identity and an ex-friend fears Jerry's retribution, George avoids a girlfriend looking to break up. | **PG** +SEIN8-015+ |

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| 06:00 PM | **2016 Australian Open Tennis: Night 1 ’CC’ LIVE**The first Grand Slam of 2016, the Australian Open serves up all the big stars of the tennis world, including Federer, Djokovic, Nadal, Williams, Stosur, Kyrgios and Tomic. | +AUOT16-004+ |

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| 07:00 PM | **Border Security: International (R) ’CC’** Suitcases of undeclared food may cost some Chinese students a lot more than it's worth. Meanwhile, a criminal past threatens to keep an Australian tourist from the woman he loves. | **PG** +BORC-001+ |

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| 07:30 PM | **Mythbusters: Viral Videos (R) ’CC’** On this infectious episode we give internet viral videos a timely check-up. They're exciting, funny and sometimes barely credible. Can we truly believe everything we see? | **PG** +MYTH5-006+ |

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| 08:30 PM | **7mate Monday Night Movie: Monty Python's The Meaning Of Life (R) ’CC’ (1983)** Those six pandemonium-mad Pythons star in their craziest adventure ever as they take a look at life in all its stages in their own uniquely silly way. Starring:ANDREW MACLACHLAN,CAROL CLEVELAND,GRAHAM CHAPMAN,ERIC IDLE,MARK HOLMES,JOHN CLEESE,JUDY LOE,MICHAEL PALIN,PATRICIA QUINN,VALERIE WHITTINGTON,TERRY GILLIAM,TERRY JONES,SIMON JONES | **M (L,S,V)**+NBCR4-027+ |

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| 10:50 PM | **Travel Unravelled: Pilot (R) ’CC’** Tonight, meet a man who goes one-on-one with a shark, witness a gang of monkeys pull off the ultimate heist and see bikini-clad go-go girls in compromising - and possibly painful - positions. | **M** +TRUR-001+ |

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| 11:20 PM | **Travel Unravelled: Walk With The Wildlife (R) ’CC’** A skydive that goes terribly wrong, find out why Jeep is nothing like a boat, and a monkey attack that bears a close resemblance to the Rise of the Planet of the Apes. | **M** +TRUR-002+ |

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| 11:50 PM | **Canadian Pickers: Win Some, Lose Some (R)** Excited to arrive in Vancouver for some great picks, Scott and Sheldon waste no time on the ferry when they meet an Aboriginal artist carrying a huge bag of exquisite carvings. | **PG** +COWB3-002+ |

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| 12:50 AM | **Swamp People: Cursed (R)** A team of hunters catches a "yellow gator" which is said to be cursed and from that point on, bizarre circumstances fall upon the swamp. | **PG** +SWMP4-010+ |

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| 02:00 AM | **Lizard Lick Towing (R)** With Ron not yet up to full strength, he and Amy enlist some new help, but it's going to take a miracle for the Lick to continue on without Bobby. | **M (V)**+LIZL3-001+ |

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| 02:30 AM | **Lizard Lick Towing (R)** Tensions at The Lick are high in response to Bobby's surprise return, when Ron is forced to go on some jobs with his former best friend. | **M** +LIZL3-002+ |

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| 03:00 AM | **Combat Dealers: The Country Fair (R)** Military equipment collector Bruce Compton travels the world to view vehicles and memorabilia worth buying and restoring. | **PG** +COMD-001+ |

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| 04:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-057+ |

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| 04:30 AM | **Auction Kings: Signed Drumstick Collection/ Trans Am GTA (R)** The Gallery 63 crew take in an autographed drumstick collection that drummer Cindy is loathed to part with. Paul takes in a 1967 C10 Chevy pick up and a 1988 Trans Am GTA on a reserve. | **PG** +AUCK3-011+ |

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| 05:00 AM | **Fish Hooks: Merry Fishmas, Milo / Just One Of The Fish (R) ’CC’** Milo and Oscar throw a Christmas party and send a special holiday request to their favorite magical dude, Fish Santa. Later, Coach needs a temporary quarterback, Bea volunteers but he turns her down. | **G** +FISH2-007+ |

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| 05:30 AM | **Fish Hooks: Send Me An Angel Fish / Little Fish Sunshine (R) ’CC’** After Oscar meets the head of the rival debate team, Angela, he falls head over heels in love and they start hanging out. | **G** +FISH2-008+ |

 **Tuesday, January 19, 2016**

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| 06:00 AM | **TBA:** Details TBC. | ++ |

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| 06:30 AM | **TBA:** Details TBC. | ++ |

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| 07:00 AM | **Art Attack: Rain Stick / Lion King (R) ’CC’** Anyone can have an "art attack" and create works of art from everyday materials. | **G** +ARTA2-014+ |

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| 07:30 AM | **Henry Hugglemonster: Astrobrix / The Sore Roar (R)** Henry wants to play with Cobby's new spaceship model. | **G** +HEHU-002+ |

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| 08:00 AM | **Doc McStuffins: Arcade Escapade/ Starry, Starry Night (R)** While on a trip with her dad and Donny to the arcade, Doc discovers a stuffed giraffe with a ripped seam in the claw crane game. | **G** +DSTU-006+ |

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| 08:30 AM | **Sofia The First: Carol Of The Arrow ’CC’** A young girl starts out with a regular life. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty, pomp and new step-siblings. | **G** +SOFF2-029+ |

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| 09:00 AM | **Crash & Bernstein: Crash Jacked (R) ’CC’** Wyatt finds himself in the cross hairs of school bully "The Slapper" after he stands up to him and refuses to give the bully his bike. Not one to give up, The Slapper captures Crash. | **G** +CRAB-015+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-058+ |

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| 10:00 AM | **Fishing The Wild: Honey Island (R)** Garrthalala is a small aboriginal community on the banks of Caledon Bay. Morgs and Simmo meet up with a few local mates who take them spear fishing and later treated with a traditional meal. | **PG** +FITW-001+ |

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| 10:30 AM | **Fishing The Wild: Gangan Night Barra (R)** Heading deep into the inland billabong country, Morgs and Simmo are in search of the most iconic Australian sport fish, the barramundi. | **PG** +FITW-002+ |

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| 11:00 AM | **Lights Out: Tornado Call-Out (R) ’CC’** Tornados hit Arkansas knocking out power to thousands. Scott Davis, Cory Culp and Dave Mason are all "called out" for storm restoration work. | **PG** +LIGT-001+ |

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| 11:30 AM | **Plane Xtreme: Pilot In Peril (R) ’CC’** Wings of Eagles owner Steve Hall breaks the news to Dave that the route to Namibia will go through the Gulf of Guinea carwash, an area dreaded by ferry pilots for its unrelenting storms. | **PG** +PLAX-001+ |

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| 12:00 PM | **The Amazing Race: When You Gotta Go, You Gotta Go (R) ’CC’** The Race continues through London, England, where the Express Pass is on the line, but several teams' hopes of a first-place finish are capsized while boating in a punt in Oxford. | **PG** +AMRC25-002+ |

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| 01:00 PM | **Once Upon A Time: And Straight On 'Til Morning (R) ’CC’** The inhabitants of Storybrooke brace for the end when the annihilation of the town becomes imminent. Starring:CHRISTOPHER GAUTHIER,DAVID-PAUL GROVE,GABE KHOUTH,DYLAN SCHMID,ETHAN EMBRY,FAUSTINO DI BAUDA,JEFFREY KAISER,MICHAEL COLEMAN,PARKER CROFT,MIG MACARIO,SONEQUA MARTIN-GREEN | **PG** +ONCE2-022+ |

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| 02:00 PM | **Once Upon A Time: Once Upon A Time: Journey to Neverland (R) ’CC’** Take a look at the backstories of your favourite characters, with secrets of some to be revealed. Plus, take a glimpse inside the upcoming characters and plot for season three | **PG (H,V)**+ONCE3-701+ |

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| 03:00 PM | **Canadian Pickers: Eye Spy (R)** The Pickers head to cottage country in Southern Ontario while keeping close tabs on Keenan, their newbie warehouse manager back home. | **PG** +COWB3-009+ |

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| 04:00 PM | **Auction Kings: Pop Culture Pick/ Footloose Race Car (R)** The Gallery 63 crew auction off a 1945 NFL program, a Star Trek USS Enterprise model kit, and a vintage Barbie. Paul travels out to a dirt track to test drive a car used in the 2011 movie remake Footloose. | **PG** +AUCK3-012+ |

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| 04:30 PM | **Swamp People: Ride Or Die (R)** Halfway through the toughest alligator season in decades, the battle-weary veterans need their deckhands to step up like never before. | **PG** +SWMP4-011+ |

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| 05:30 PM | **Seinfeld: The Pothole (R) ’CC’** George loses a prized keychain in a pothole and Kramer adopts a section of highway. | **PG** +SEIN8-016+ |

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| 06:00 PM | **2016 Australian Open Tennis: Night 2 ’CC’ LIVE**The first Grand Slam of 2016, the Australian Open serves up all the big stars of the tennis world, including Federer, Djokovic, Nadal, Williams, Stosur, Kyrgios and Tomic. | +AUOT16-010+ |

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| 07:00 PM | **Border Security: International (R) ’CC’** An oil rig worker is drilled on his shady past. A man arrives from Hong Kong with a suitcase full of meat and more. A British traveller with an expired work permit may not get to see his girlfriend. | **PG** +BORC-004+ |

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| 07:30 PM | **Highway Patrol: Drug Family (R) ’CC’** When an unlicensed driver is questioned, the situation gets tense and a scuffle breaks out. And a driver is clocked doing 151kmph. | **PG** +HWYP-002+ |

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| 08:00 PM | **Motorway Patrol (R) ’CC’** An un-licenced driver's caught on a dodgy scooter, emergency services scramble when a car flips in rush hour traffic and a slow learner gets rumbled when his car stops for a rest. | **PG** +MOTP3-008+ |

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| 08:30 PM | **Ice Road Truckers: Edge Of The Earth FIRST TIME ON 7MATE**This year, four ice road truckers, Hugh, Alex, Rick and Drew, return from last season to join Arctic veterans as they venture 200 miles north of the Arctic Circle. | **M** +ICER02-002+ |

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| 09:30 PM | **Counting Cars: Satanic Mechanic NEW EPISODE**Danny is visited by legendary Mistress of the Dark, Elvira, whose famous Thunderbird is in need of some mechanical magic. | **M** +CCAR01-007+ |

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| 10:00 PM | **Car Chasers: Fast Deals, Furious Wheels / Texas Capital Gains NEW EPISODE**Roundman is the new owner of a tribute Richard Petty race car and Jeff is anxious to make a deal. Then, Jeff's local finder Matt takes him down to Austin to chase some interesting leads. | **M** +CACH2-706+ |

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| 11:00 PM | **Inside West Coast Customs: Spy Optics - Not Your Grandparents RV (R)** Looking good and doing it in style is what West Coast Customs and Spy Optics are known for, now Ryan and his team turn an RV fit for a grandma into a VIP lounge fit for pro snowboarder Louie Vito. | **PG** +IWCC-006+ |

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| 12:00 AM | **Canadian Pickers: Eye Spy (R)** The Pickers head to cottage country in Southern Ontario while keeping close tabs on Keenan, their newbie warehouse manager back home. | **PG** +COWB3-009+ |

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| 01:00 AM | **Swamp People: Ride Or Die (R)** Halfway through the toughest alligator season in decades, the battle-weary veterans need their deckhands to step up like never before. | **PG** +SWMP4-011+ |

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| 02:00 AM | **Lights Out: Tornado Call-Out (R) ’CC’** Tornados hit Arkansas knocking out power to thousands. Scott Davis, Cory Culp and Dave Mason are all "called out" for storm restoration work. | **PG** +LIGT-001+ |

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| 02:30 AM | **Lights Out: Rainy Day Repairs (R) ’CC’** A seemingly slow rainy day turns into two call outs involving broken poles. Cory, Dave, and Scott work long nights to turn the lights back on. | **PG** +LIGT-002+ |

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| 03:00 AM | **Plane Xtreme: Pilot In Peril (R) ’CC’** Wings of Eagles owner Steve Hall breaks the news to Dave that the route to Namibia will go through the Gulf of Guinea carwash, an area dreaded by ferry pilots for its unrelenting storms. | **PG** +PLAX-001+ |

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| 03:30 AM | **Plane Xtreme: Wing And A Prayer (R) ’CC’** Steve Hall sends two of his pilots, Dave Doble and Mike Tidwell, to pick up a pair of used airplanes on the island of Curacao. | **PG** +PLAX-002+ |

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| 04:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-058+ |

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| 04:30 AM | **Auction Kings: Pop Culture Pick/ Footloose Race Car (R)** The Gallery 63 crew auction off a 1945 NFL program, a Star Trek USS Enterprise model kit, and a vintage Barbie. Paul travels out to a dirt track to test drive a car used in the 2011 movie remake Footloose. | **PG** +AUCK3-012+ |

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| 05:00 AM | **Fish Hooks: Bea Sneaks Out / Unfinished Doll Business (R) ’CC’** Bea and the girls get invited to a super cool ferret party, but when her parents tell her she's not allowed to go, she sneaks out. | **G** +FISH2-009+ |

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| 05:30 AM | **Fish Hooks: Koi Story / Super Extreme Grandma Games To The Max (R) ’CC’** When Koi feels pressure to fit in, she ends up letting the girls believe that she did some daring, dangerous and unbelievable feat. The news spreads and she welcomes the new found popularity. | **G** +FISH2-020+ |

 **Wednesday, January 20, 2016**

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| 06:00 AM | **TBA:** Details TBC. | ++ |

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| 06:30 AM | **TBA:** Details TBC. | ++ |

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| 07:00 AM | **Art Attack: OSO (R) ’CC’** Anyone can have an "art attack" and create works of art from everyday materials. | **G** +ARTA2-015+ |

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| 07:30 AM | **Henry Hugglemonster: Runaway Dough / The Copymonster (R)** Henry makes a dough ball that's so big it rolls through Roarsville. | **G** +HEHU-003+ |

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| 08:00 AM | **Doc McStuffins: Ben/ Anna Split/ That's Just Clawful (R)** When Doc's huggy monkey doll Ben loses the velcro patch that attaches him to his sister Anna, Doc glues it back on and tells him that he will have to stay in the clinic overnight while it dries. | **G** +DSTU-007+ |

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| 08:30 AM | **Sofia The First: Sideclick Clio ’CC’** A young girl starts out with a regular life. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty, pomp and new step-siblings. | **G** +SOFF2-030+ |

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| 09:00 AM | **Crash & Bernstein: Crash vs. Flex (R) ’CC’** Crash loses control and lets his jealousy get the better of him after Wyatt finds his old "Flex Fletcher" action figure. Cleo turns a tag sale into a money making business venture. | **G** +CRAB-016+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-059+ |

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| 10:00 AM | **Fishing The Wild: Blue Beach Of Dhanaya (R)** Morgs and Simmo are in search of a special beach that Giant Trevally use to hunt baitfish in shallow clear water. | **PG** +FITW-003+ |

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| 10:30 AM | **Fishing The Wild: Secrets Of Arnhem Bay (R)** Simmo and Morgs head into Arnhem Bay this week to catch up with some old friends. They are taken spearfishing for stingray and then given directions to a very remote and wild small island. | **PG** +FITW-004+ |

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| 11:00 AM | **Lights Out: Rainy Day Repairs (R) ’CC’** A seemingly slow rainy day turns into two call outs involving broken poles. Cory, Dave, and Scott work long nights to turn the lights back on. | **PG** +LIGT-002+ |

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| 11:30 AM | **Plane Xtreme: Wing And A Prayer (R) ’CC’** Steve Hall sends two of his pilots, Dave Doble and Mike Tidwell, to pick up a pair of used airplanes on the island of Curacao. | **PG** +PLAX-002+ |

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| 12:00 PM | **The Amazing Race: Get Your Sheep Together (R) ’CC’** The race continues in Scotland's Shetland Islands, where the teams tackle an obstacle course while attempting to corral a flock of sheep. Hosted by Phil Keoghan | **PG** +AMRC25-003+ |

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| 01:00 PM | **Once Upon A Time: The Heart Of The Truest Believer (R) ’CC’** Emma Swan and the characters of Storybrooke, travel through a portal on the Jolly Roger in an effort to reach Neverland and save Henry. | **PG (A,H,V)**+ONCE3-001+ |

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| 02:00 PM | **Once Upon A Time: Lost Girl (R) ’CC’** Peter Pan offers Emma a map that may reveal Henry's whereabouts, while the Evil Queen offers Snow White the chance to live her life in peace with Prince Charming - at a price. Starring:CAINAN WIEBE,GIANCARLO ESPOSITO,DAVID-PAUL GROVE,GABE KHOUTH,FAUSTINO DI BAUDA,LEE ARENBERG,JEFFREY KAISER,ROBERT MANN,ROBBIE KAY,MICHAEL COLEMAN,PARKER CROFT,MIG MACARIO | **PG (V)**+ONCE3-002+ |

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| 03:00 PM | **Canadian Pickers: Diggin Deep (R)** The Pickers travel to Quebec and uncover come hidden treasures. The guys pick at an old friend's bar, and are surprised when some uninvited pickers come calling. | **PG** +COWB3-012+ |

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| 04:00 PM | **Auction Kings: Plank Cannon/ Calliope (R)** The crew auctions off a plank cannon from the French & Indian War and a 20-ft Gibson guitar owned by country legend Travis Tritt. A custom calliope needs Delfino's magic touch. | **PG** +AUCK3-013+ |

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| 04:30 PM | **Swamp People: Devoured (R)** A massive sinkhole consumes part of Troy Landry's hunting grounds and he and his sons must race to his remaining lines in the same area before they are swallowed up. | **PG** +SWMP4-012+ |

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| 05:30 PM | **Seinfeld: The English Patient (R) ’CC’** Elaine's opinion of a film lands her in hot water and Kramer gets stuck with a trio of Cubans cigar rollers while George is obsessed with a beautiful woman's boyfriend. | **PG** +SEIN8-017+ |

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| 06:00 PM | **2016 Australian Open Tennis: Night 3 ’CC’ LIVE**The first Grand Slam of 2016, the Australian Open serves up all the big stars of the tennis world, including Federer, Djokovic, Nadal, Williams, Stosur, Kyrgios and Tomic. | +AUOT16-016+ |

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| 07:00 PM | **Border Security: International (R) ’CC’** A Korean bride-to-be tries to enter Canada as a tourist. The Marine Enforcement Team tackles a Japanese freighter with an illegal passenger. Crack pipes in a borrowed car mean trouble for a man on his way to a wedding. | **PG** +BORC-007+ |

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| 07:30 PM | **Cajun Pawn Stars: Gimme Some Skin / Some Pig (R)** The Cajun Pawn Stars as they check out a pristine 1918 Browning Automatic Rifle (BAR). Then, pigs fly at Silver Dollar when shop regular "Shoe Shine" Mike rolls in with his champion show pig. | **PG** +CPAW02-701+ |

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| 08:30 PM | **Pawn Stars: The Eagle Has Landed / Hello Nurse (R) ’CC’** The Pawn Stars go off-roading as they look to buy a 1973 Jeep CJ5. And later, the team set their sights on a sharpshooter's Kentucky Long Rifle from the Civil War. | **PG** +PWNS4-724+ |

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| 09:30 PM | **Hardcore Pawn: Melted Gold / I Quit! (R)** Hardcore Pawn takes viewers behind the scenes at American pawn shop located in Detroit. As customers bring in everything from alligators to prosthetic limbs, each pawn ticket has a story. | **M** +HPWN3-725+ |

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| 10:30 PM | **Hardcore Pawn: Les' Revenge (R)** Les exacts revenge when Seth spends company money on an impulse purchase. Then, a customer pushes Rich too far and gets kicked to the curb. | **M** +HPWN3-007+ |

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| 11:00 PM | **Beverly Hills Pawn: Masks And The Matrix / McQueen And Masquerades (R)** Dominique and Cory are presented with the original jacket worn by Keanu Reeves in the Matrix: Revolutions. Actor Patrick Muldoon brings in a truck previously owned by Steven McQueen. | **PG** +BEHP-713+ |

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| 12:00 AM | **Lights Out: Rainy Day Repairs (R) ’CC’** A seemingly slow rainy day turns into two call outs involving broken poles. Cory, Dave, and Scott work long nights to turn the lights back on. | **PG** +LIGT-002+ |

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| 12:30 AM | **Bizarre ER (R)** Tonight's episode features an agricultural lecturer who's been poked in the eye by a knife covered in cow dung. | **M** +BZER2-009+ |

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| 01:00 AM | **Swamp People: Devoured (R)** A massive sinkhole consumes part of Troy Landry's hunting grounds and he and his sons must race to his remaining lines in the same area before they are swallowed up. | **PG** +SWMP4-012+ |

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| 04:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-059+ |

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| 04:30 AM | **Auction Kings: Plank Cannon/ Calliope (R)** The crew auctions off a plank cannon from the French & Indian War and a 20-ft Gibson guitar owned by country legend Travis Tritt. A custom calliope needs Delfino's magic touch. | **PG** +AUCK3-013+ |

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| 05:00 AM | **Fish Hooks: Fish Prom (R) ’CC’** Follow three friends from Freshwater High, a school submerged in a giant fish tank in a pet store. W | **G** +FISH2-021+ |

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| 05:30 AM | **Fish Hooks: Sea Bea Ski / Night At The Loxbury (R) ’CC’** It's her first ski adventure outside of the tanks and Bea is excited to learn how to ski, until she finds herself faced with a difficult challenge as her first vacation obstacle. | **G** +FISH2-022+ |

 **Thursday, January 21, 2016**

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| 06:30 AM | **TBA:** Details TBC. | ++ |

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| 07:00 AM | **Art Attack: Halloween (R) ’CC’** Anyone can have an "art attack" and create works of art from everyday materials. | **G** +ARTA2-016+ |

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| 07:30 AM | **Henry Hugglemonster: The Henry Show / Megabouncers (R)** Henry wants to put on a spectacular show like his sister Summer. | **G** +HEHU-004+ |

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| 08:00 AM | **Doc McStuffins: A Good Case Of The Hiccups/ Stuck Up (R)** When Emmie's toy microphone, Millie, starts to skip and repeat, Doc diagnoses her with "Repeatitis," a toy version of the hiccups. | **G** +DSTU-008+ |

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| 08:30 AM | **Sofia The First: Lord Of The Rink ’CC’** A young girl starts out with a regular life. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty, pomp and new step-siblings. | **G** +SOFF2-031+ |

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| 09:00 AM | **Crash & Bernstein: Crashus Maximus (R) ’CC’** Wyatt and Crash are prepping for a big presentation for history class when Crash is suddenly struck by lightning, leaving him with multiple personalities. | **G** +CRAB-017+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-060+ |

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| 10:00 AM | **Fishing The Wild: Wild Buck Bay (R)** This week morgs and Simmo take their small tinny into Buckingham bay, a remote and inhospitable place, where just keeping the tinny afloat is there main goal. | **PG** +FITW-005+ |

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| 10:30 AM | **Fishing The Wild: Spaniyards Of Cape Wessel (R)** The Wessel Islands are considered one of the most remote and wild places in Australia. And it's because of this reputation that Morgs and Simmo have to get there. | **PG** +FITW-006+ |

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| 11:00 AM | **Lights Out: All-Nighter (R) ’CC’** Thunderstorms knock out power in a rural part of Arkansas that leads to an "all-nighter" for senior lineman Cory Culp. Eric faces a number of customers who need to pay their bills or risk losing power. | **PG** +LIGT-003+ |

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| 11:30 AM | **Plane Xtreme: Double Delivery (R) ’CC’** Steve is contracted to deliver a pair of Cessna Caravans to Kenya but the lucrative mission is fraught with dangerous weather, where a minor pilot error could lead to tragedy. | **PG** +PLAX-003+ |

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| 12:00 PM | **The Amazing Race: Thinly Sliced Anchovies (R) ’CC’** When tasked with a painstaking Detour, the Dentists face the realization that they may need to use "The Save." Meanwhile, one team's lack of communication leads to a meltdown. Hosted by PHIL KEOGHAN. | **PG** +AMRC25-004+ |

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| 01:00 PM | **Once Upon A Time: Quite A Common Fairy (R) ’CC’** Hook suggests tracking down Tinker Bell to help locate Pan, Neal devises a plan that could transport him to Emma and Tinker Bell offers to help Regina improve her life. Starring:JASON BURKART,JAMIE CHUNG,DOMINIC DOWER,KEEGAN CONNOR TRACY,SARAH BOLGER,ROSE MCIVER,RAPHAEL ALEJANDRO,ROBBIE KAY,PARKER CROFT,SEAN MAGUIRE | **PG (H,V)**+ONCE3-003+ |

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| 02:00 PM | **Once Upon A Time: Nasty Habits (R) ’CC’** Mr Gold makes a decision to confront Pan, David struggles for his life as the poison begins to take its toll on him, and Rumplestiltskin goes in search of Bae. Starring:GIACOMO BAESSATO,JACK DI BLASIO,DOUG ABRAHAMS,DYLAN SCHMID,ROSE MCIVER,ROBBIE KAY,PARKER CROFT | **PG (V)**+ONCE3-004+ |

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| 03:00 PM | **Canadian Pickers: Yokon Bound (R)** Taking advantage of 24-hour sunlight, they make come tough deals. In Whitehorse, Gold Nuggy Dougie waves a gold plated knife when Scott reaches for the three-ounce nugget on his necklace. | **PG** +COWB3-013+ |

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| 04:00 PM | **Auction Kings: Motorized Bar Stool/ Confederate Sword (R)** Gallery 63 is auctioning off a sword, motorised bar stool, and a rare thousand dollar bill. The Garrett Brothers have high hopes for their motorised stool, but will the crowd be as excited as they are? | **PG** +AUCK3-014+ |

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| 04:30 PM | **Swamp People: Young Blood (R)** With big gators getting harder to catch, the next generation of swampers steps up and helps their families get through some of the deadliest challenges yet. | **PG** +SWMP4-013+ |

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| 05:30 PM | **Seinfeld: The Nap (R) ’CC’** As George builds a bed underneath his desk, Elaine gets a mattress from her back-conscious boyfriend and Jerry struggles with an indecisive carpenter. Meanwhile, Kramer takes extreme measures to swim. | **PG** +SEIN8-018+ |

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| 06:00 PM | **2016 Australian Open Tennis: Night 4 ’CC’ LIVE**The first Grand Slam of 2016, the Australian Open serves up all the big stars of the tennis world, including Federer, Djokovic, Nadal, Williams, Stosur, Kyrgios and Tomic. | +AUOT16-022+ |

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| 07:00 PM | **Border Security: International (R) ’CC’** The Inland Enforcement Team tracks down an alleged German sex offender. The detector dog proves that what smells in Vegas doesn't stay in Vegas. A woman says she's on a holiday, but her emails suggest otherwise. | **PG** +BORC-008+ |

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| 07:30 PM | **The Big Bang Theory: The Gothowitz Deviation (R) ’CC’** Howard and Raj visit a Goth nightclub to pick up women, while Sheldon attempts to build a better Penny using chocolate-based behavior modification. | **PG** +BBTH03-003+ |

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| 08:00 PM | **The Big Bang Theory: The Pirate Solution (R) ’CC’** Raj must find a new job or be sent back to India. Sheldon, however, has a solution -- which leaves Leonard and Penny dealing with Howard as third wheel. | **PG** +BBTH03-004+ |

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| 08:30 PM | **Storage Wars: Bowling For Dollars / All Guns To Port NEW EPISODE**Storage unit auctions are the newest and biggest untapped source for hidden treasures, and opportunistic individuals bid on unclaimed properties hoping to strike gold. | **M** +STOW02-707+ |

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| 09:30 PM | **Baggage Battles: Breaking The Bank (R)** Billy, Mark and the Martins head down to the freight capitol of the East Coast to compete for prized cargo. | **PG** +BAGB2-002+ |

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| 10:00 PM | **Hardcore Pawn: Behind the Deal: Rematch: Ashley Vs Tressa / Gold AT Gunpoint SEASON FINAL**Go behind the scenes with the Golds as they remember Tressa. Then, get close and personal with the Golds as the family visits Les' grandfather's closed down pawn shop. | **M** +HPBD-706+ |

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| 11:00 PM | **Barter Kings: Not So Easy Rider (R)** Steve's wife Cindy is going let him get a motorcycle, but he has to trade up to get it. Antonio wants a way to relax at work, so he decides to barter up for a hot tub! | **PG** +BAKI01-006+ |

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| 11:30 PM | **Bizarre ER NEW EPISODE**A clubber crushed by a nightclub speaker, a teenager with a bulbous boil caused by a rubbing bra-strap and a schoolgirl with a piece of toy train track trapped on her finger. | **M** +BZER3-005+ |

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| 12:00 AM | **Canadian Pickers: Yokon Bound (R)** Taking advantage of 24-hour sunlight, they make come tough deals. In Whitehorse, Gold Nuggy Dougie waves a gold plated knife when Scott reaches for the three-ounce nugget on his necklace. | **PG** +COWB3-013+ |

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| 01:00 AM | **Swamp People: Young Blood (R)** With big gators getting harder to catch, the next generation of swampers steps up and helps their families get through some of the deadliest challenges yet. | **PG** +SWMP4-013+ |

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| 02:00 AM | **Lights Out: All-Nighter (R) ’CC’** Thunderstorms knock out power in a rural part of Arkansas that leads to an "all-nighter" for senior lineman Cory Culp. Eric faces a number of customers who need to pay their bills or risk losing power. | **PG** +LIGT-003+ |

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| 02:30 AM | **Lights Out: Linemen Dangers (R) ’CC’** Scott is called out to lead Dave and Cory in a power restoration mess in town. Cory goes beyond the call of duty after restoring power to a remote retreat. | **PG** +LIGT-004+ |

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| 03:00 AM | **Plane Xtreme: Double Delivery (R) ’CC’** Steve is contracted to deliver a pair of Cessna Caravans to Kenya but the lucrative mission is fraught with dangerous weather, where a minor pilot error could lead to tragedy. | **PG** +PLAX-003+ |

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| 03:30 AM | **Plane Xtreme: Emergency Landing (R) ’CC’** Pilot Dave Doble is called to deliver a Cessna Caravan to a customer in Nairobi, Kenya; he must do an emergency landing and have a local mechanic identify the problems. | **PG** +PLAX-004+ |

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| 04:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-060+ |

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| 04:30 AM | **Auction Kings: Motorized Bar Stool/ Confederate Sword (R)** Gallery 63 is auctioning off a sword, motorised bar stool, and a rare thousand dollar bill. The Garrett Brothers have high hopes for their motorised stool, but will the crowd be as excited as they are? | **PG** +AUCK3-014+ |

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| 05:00 AM | **Zoom TV (R)** Exploring everything that flies, drives and floats. Zoom TV invites you along for the experience and will help you to make an empowered purchasing decision. | **PG** +ZOOM5-020+ |

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 **Friday, January 22, 2016**

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| 06:00 AM | **TBA:** Details TBC. | ++ |

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| 06:30 AM | **TBA:** Details TBC. | ++ |

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| 07:00 AM | **Art Attack: Action (R) ’CC’** Anyone can have an "art attack" and create works of art from everyday materials. | **G** +ARTA2-017+ |

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| 07:30 AM | **Henry Hugglemonster: Bye Bye Beckett / Pet Party (R)** The Hugglemonsters are going camping at Rainbow Falls! | **G** +HEHU-005+ |

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| 08:00 AM | **Doc McStuffins: Rescue Ronda, Ready For Takeoff/ All Washed Up (R)** Doc extracts a twig from a toy helicopter's propellers. Emmy Award-winning actress Camryn Manheim guest stars in the recurring role of toy helicopter Rescue Ronda. | **G** +DSTU-009+ |

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| 08:30 AM | **Sheriff Callie's Wild West: Horseshoe Peck / Callie's Gold Nugget (R) ’CC’** Callie teaches Peck a lesson about good sportsmanship. And when Peck and Toby accidentally lose Sheriff Callie's gold nugget, Peck makes up lies, but eventually learns that honesty is the best policy. | **G** +SHCA-001+ |

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| 09:00 AM | **Crash & Bernstein: Crashlemania (R) ’CC’** With a shared love of TV style pro-wrestling, Wyatt, Crash and Pesto join the middle school wrestling team. Wyatt discovers he actually has a talent for real wrestling, but Crash just gets in the way. | **G** +CRAB-018+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-061+ |

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| 10:00 AM | **Iceberg Hunters: The Third Man (R) ’CC’** The Richards family must deal with mechanical issues on the boat before they can hunt icebergs, but Travis's bad attitude gets him kicked off the crew. | **PG** +ICEH-003+ |

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| 10:30 AM | **Iceberg Hunters: Bring Out The Big Guns (R) ’CC’** Travis surprises Whyman and Dale with a plan during their downtime: he wants to build a catapult to launch rocks at the icebergs, reasoning that rocks are cheaper than bullets. | **PG** +ICEH-004+ |

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| 11:00 AM | **Lights Out: Linemen Dangers (R) ’CC’** Scott is called out to lead Dave and Cory in a power restoration mess in town. Cory goes beyond the call of duty after restoring power to a remote retreat. | **PG** +LIGT-004+ |

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| 11:30 AM | **Plane Xtreme: Emergency Landing (R) ’CC’** Pilot Dave Doble is called to deliver a Cessna Caravan to a customer in Nairobi, Kenya; he must do an emergency landing and have a local mechanic identify the problems. | **PG** +PLAX-004+ |

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| 12:00 PM | **The Amazing Race: Morocc' and Roll (R) ’CC’** The racers face a double U-turn in Morocco. Meanwhile, two teams accuse each other of playing dirty. Hosted by Phil Keoghan. | **PG** +AMRC25-005+ |

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| 01:00 PM | **Once Upon A Time: Good Form (R) ’CC’** Hook takes a dying David to find a map that could lead them off Neverland and in the fairy tale land of the past, Hook and his brother sail to an uncharted land to find a healing plant. Starring:BERNARD CURRY,JORDAN SHARTNER,ROBBIE KAY,PARKER CROFT,SKYLER GISONDO | **PG (H,V)**+ONCE3-005+ |

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| 02:00 PM | **Once Upon A Time: Ariel (R) ’CC’** After being saved by Ariel, Snow White helps her new friend get acquainted with Prince Eric while Emma, Mary Margaret, David and hook attempt to rescue Neal from Pan's encampment. Starring:ADAM LOLACHER,ARPAD BALOGH,GIL MCKINNEY,JOSH KALENDER,JOANNA GARCIA,ROBBIE KAY,PARKER CROFT | **PG (V)**+ONCE3-006+ |

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| 03:00 PM | **Turtleman: Lured In Danger (R)** Team Turtle is taking some time off and heading to the lake. But their break is short lived when they receive a call about a mysterious critter lurking around a property. Starring:ERNIE BROWN JR | **PG** +CWLM2-018+ |

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| 03:30 PM | **Swamp Men: Restroom Rattler (R)** Safari founder James Billie is running for Chairman of the Seminole Tribe after a ten-year absence from politics. Billie and his son face a fiercely protective mother gator during a handling lesson. | **PG** +SWAM3-007+ |

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| 04:30 PM | **Swamp People: Deadly Duo (R)** Just as teams have found their rhythm, partnerships are broken up, leaving veteran hunters to overcome the challenges of changing deckhands midstream. | **PG** +SWMP4-014+ |

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| 05:30 PM | **Seinfeld: The Yada Yada (R) ’CC’** Jerry doubts his dentist's religious conversion, Kramer and Mickey fight over a double date and Elaine undermines a couple's chances at adoption. | **PG** +SEIN8-019+ |

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| 06:00 PM | **2016 Australian Open Tennis: Night 5 ’CC’ LIVE**The first Grand Slam of 2016, the Australian Open serves up all the big stars of the tennis world, including Federer, Djokovic, Nadal, Williams, Stosur, Kyrgios and Tomic.  | +AUOT16-028+ |

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| 07:00 PM | **7mate Friday Night Movie: Smokey And The Bandit 3 ’CC’ (1983)** Big & Little Enos are opening a restaurant. They bet Sheriff Justice he cannot drive from Miami to their Texas ranch in a given amount of time. If he loses, he has to give up his badge. Starring:BURT REYNOLDS,COLLEN CAMP,JACKIE GLEASON,JERRY REED,MIKE HENRY,PAUL WILLIAMS,PAT MCCORMICK | **PG (N,L,S,V)**+NBCR8-014+ |

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| 08:45 PM | **7mate Friday Night Movie: Anaconda (R) ’CC’ (1997)** A "National Geographic" film crew is taken hostage by an insane hunter, who takes them along on his quest to capture the world's largest - and deadliest - snake. Starring:DANNY TREJO,ICE CUBE,FRANK WELLER,ERIC STOLTZ,JON VOIGHT,KARI WUHRER,JONATHAN HYDE,JENNIFER LOPEZ,OWEN WILSON,VINCENT CASTELLANOS | **M (V,L)**+SPF7-008+ |

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| 10:35 PM | **7mate Friday Night Movie: John Carpenter's Ghost Of Mars (R) (2001)** A story of human colonists on Mars who must be rescued after becoming possessed by vengeful Martian ghosts. Starring:CLEA DUVALL,ICE CUBE,JASON STATHAM,JOANNA CASSIDY,NATASHA HENSTRIDGE,PAM GREIER | **MA (V,L)**+SPF7-002+ |

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| 12:35 AM | **Jail** Get unprecedented access to life inside the walls of America's jails. | **M** +JAIL5-002+ |

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| 01:00 AM | **Swamp People: Deadly Duo (R)** Just as teams have found their rhythm, partnerships are broken up, leaving veteran hunters to overcome the challenges of changing deckhands midstream. | **PG** +SWMP4-014+ |

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| 02:00 AM | **Swamp Men: Restroom Rattler (R)** Safari founder James Billie is running for Chairman of the Seminole Tribe after a ten-year absence from politics. Billie and his son face a fiercely protective mother gator during a handling lesson. | **PG** +SWAM3-007+ |

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| 03:00 AM | **TBA:** Details TBC. | ++ |

 **Saturday, January 23, 2016**

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| 06:00 AM | **A Football Life: Ray Lewis (R)** Two-time Super Bowl Champion Ray Lewis was the cornerstone of the Ravens' defense for 17 seasons. Take a look into Lewis' life as a player, father, and inspirational leader to teammates and fans. | **PG** +FOLI-010+ |

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| 07:00 AM | **America's Game: The Super Bowl Champions: 1971 Dallas Cowboys (R)** In Duane Thomas, Walt Garrison and Calvin Hill, Dallas had the horses to defeat Miami in the Super Bowl. And they all ran wild, leaving the Dolphins floundering in a cloud of dust.  | +AGSB-006+ |

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| 08:00 AM | **TBA:** Details TBC. | ++ |

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| 08:30 AM | **TBA:** Details TBC. | ++ |

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| 09:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-062+ |

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| 09:30 AM | **Harley Davidson TV NEW EPISODE**A lifestyle series focused on the Harley Davidson. | **PG** +HDTV01-003+ |

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| 10:30 AM | **Just 2 Wheelz: Enduro X NEW EPISODE**Jump into the racing, culture and lifestyles of motorcycling with an inside look at great racing and track days, coaching, pit side moments and the personalities participating. | **PG** +JTWH01-003+ |

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| 11:00 AM | **Australian Drifting Grand Prix NEW EPISODE**The Australian Drifting Grand Prix is Australia’s Premier & Number 1 National drifting series.The 2015/16 Championship returns to the birthplace of ADGP, the Calder Park Thunder Dome. | +ADGP02-005+ |

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| 12:00 PM | **Ultimate Sprintcar NEW EPISODE**Ultimate Sprintcar follows all the drama and excitement of racing a 900 horsepower Ultimate Sprintcar as the bravest men and women compete for glory in the Ultimate Sprintcar Championship.  | +ULSP01-011+ |

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| 12:30 PM | **Fifth Gear (R)** An exciting and informative motoring magazine programme. | **PG** +FGR22-011+ |

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| 01:30 PM | **Hawaii Air Rescue: Night Brings Danger (R) ’CC’** Tristan and Connie hurry to a remote area to evacuate a tourist who suffered a huge heart attack on a honeymoon cruise, but hit a string of thunderstorms that threaten his survival. | **PG** +HARE-002+ |

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| 02:00 PM | **Hawaii Air Rescue: Extreme Turbulence (R) ’CC’** Weather and illness align and the flight teams struggle with extreme weather and extreme pain in the race against the clock to rescue their patients. | **PG** +HARE-004+ |

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| 02:30 PM | **Hawaii Air Rescue: Hanging In The Balance (R) ’CC’** Sean and Josh evacuate a car crash victim with a potentially deadly fracture in his neck. When high winds jostle the plane, they must do all that they can to keep the patient from permanent paralysis. | **PG (A)**+HARE-005+ |

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| 03:00 PM | **Hawaii Air Rescue: Last Flight (R) ’CC’** Deadly rip currents cause a woman to have a heart attack and her rescue is thwarted by a wayward helicopter. And a flight team goes all out to save a Navy veteran near death. | **PG** +HARE-006+ |

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| 03:30 PM | **Ice Pilots: Ice Jam (R)** After taking command of an intense airlift, and dealing with the ugliest Electra load he's ever seen, Scott takes a scary fall on the icy tarmac. | **PG** +ICEP4-004+ |

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| 04:30 PM | **Construction Zone: World's Biggest Casino (R)** Follow the construction of the Venetian in Macau, which is being groomed to be Asia's capital of gambling. | **PG** +CONZ-013+ |

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| 05:00 PM | **Ultimate Factories: Eco School NEW EPISODE**Enter one of the world's greatest one-of-a-kind factories for an insider's perspective on what it takes to make an eco-school. | **G** +ULFA7-001+ |

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| 06:00 PM | **2016 Australian Open Tennis: Night 6 ’CC’ LIVE**The first Grand Slam of 2016, the Australian Open serves up all the big stars of the tennis world, including Federer, Djokovic, Nadal, Williams, Stosur, Kyrgios and Tomic.  | +AUOT16-033+ |

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| 06:30 PM | **Air Crash Investigations: Invisible Killer (R) ’CC’** Investigate how a notorious weather danger brought down a plane just outside of Dallas Fortworth Airport. | **PG** +MDAY5-001+ |

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| 07:30 PM | **Air Crash Investigations: Gimli Glider (R) ’CC’** Investigate how a brand new passenger jet lost control of two engines, forcing the pilot to use skill and luck to land safely. | **PG** +MDAY5-002+ |

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| 08:30 PM | **7mate Friday Night Movie: Backdraft (R) ’CC’ (1991)** KURT RUSSELL and WILLIAM BALDWIN star as two feuding firefighter siblings who are forced to set aside their differences to solve a series of puzzling arson attacks. Starring:CEDRIC YOUNG,DONALD SUTHERLAND,KURT RUSSELL,JENNIFER JASON LEIGH,REBECCA DE MORNAY,ROBERT DE NIRO,WILLIAM BALDWIN,SCOTT GLENN | **M (L)**+NBCR4-015+ |

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| 11:20 PM | **Louisiana Lockdown NEW EPISODE**The K9 unit goes on a manhunt in the dead of night. An inmate tries to work his way out of the disciplinary unit. And a prisoner plans a wedding behind bars. | **M** +LOUL-006+ |

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| 12:20 AM | **Ice Pilots: Ice Jam (R)** After taking command of an intense airlift, and dealing with the ugliest Electra load he's ever seen, Scott takes a scary fall on the icy tarmac. | **PG** +ICEP4-004+ |

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| 01:20 AM | **Hawaii Air Rescue: Night Brings Danger (R) ’CC’** Tristan and Connie hurry to a remote area to evacuate a tourist who suffered a huge heart attack on a honeymoon cruise, but hit a string of thunderstorms that threaten his survival. | **PG** +HARE-002+ |

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| 01:50 AM | **Hawaii Air Rescue: Extreme Turbulence (R) ’CC’** Weather and illness align and the flight teams struggle with extreme weather and extreme pain in the race against the clock to rescue their patients. | **PG** +HARE-004+ |

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| 02:30 AM | **Ultimate Factories: Eco School (R)** Enter one of the world's greatest one-of-a-kind factories for an insider's perspective on what it takes to make an eco-school. | **G** +ULFA7-001+ |

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| 03:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-062+ |

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| 04:00 AM | **Harley Davidson TV (R)** A lifestyle series focused on the Harley Davidson. | **PG** +HDTV01-003+ |

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| 05:00 AM | **Zoom TV (R)** Exploring everything that flies, drives and floats. Zoom TV invites you along for the experience and will help you to make an empowered purchasing decision. | **PG** +ZOOM5-019+ |

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| 05:30 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |