**Sunday, July 17, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **Amazing Facts: Cleansing The Sanctuary Pt 2** Religious program. | **PG** +AMFA02-017+ |

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| 07:00 AM | **Tomorrow's World: Is Christmas Christian? (R)** Religious program.  | **PG** +TOMW02-040+ |

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| 07:30 AM | **Leading The Way: Look Up!** Religious program. | **PG** +LWAY03-025+ |

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| 08:00 AM | **David Jeremiah: How Can I Get Victory Over Worry?** Religious program. | **PG** +DAJE2-048+ |

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| 08:30 AM | **It Is Written Oceania: Macchu Picchu: The Lost City Of The Inca (R)** A religious program. | **PG** +IIW7-004+ |

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| 09:00 AM | **TBA:**  | ++ |

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| 09:30 AM | **Best Houses Australia (R)** Gary Takle takes a look at some very clever renovations, a bushfire proof house built in the remnants of the Black Saturday fires and an amazing home built by a couple with no professional experience. | **G** +BHOZ04-006+ |

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| 10:00 AM | **Home And Away Catch-Up (R) ’CC’** Missed Home and Away this week? Catch up on 7TWO! | **PG (V)**+HAWC16-725+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Paul & Kate: Belgium Antiques Market (R)** Tonight, antiques experts Paul Hayes and Kate Bliss do battle at a Belgian antiques market and despite the language barrier, they are determined to cover every inch of the market to find the best buys. | **PG** +DELP2-014+ |

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| 02:00 PM | **Storage Hoarders: Sharon / Sandra NEW EPISODE**Aggie Mackenzie is on a mission to help festival fan Sharron and her hoarding dad Ron hit the right notes to clear the clutter. | **G** +STOH-017+ |

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| 03:00 PM | **Nick Knowles' Original Features: Lloyds (R)** Nick visits a mother and daughter to help them in their restoration of their early 20th century cedar house. Can Nick get to the bottom of the history of this fascinating little house for Shairon? | **G** +NKOF3-006+ |

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| 04:00 PM | **Escape To The Country: Cumbria (R)** Alistair Appleton if off to the Lake District with an outdoor loving couple looking for a lifestyle change. With retirement looming they are ready to leave their family home of 22 years behind. | **G** +ETTC12-004+ |

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| 05:00 PM | **Escape To The Country: North Yorkshire (R)** Tonight, Denise Nurse is helping a retired couple uncover their rural dream in Yorkshire. They have a moderate budget but an extensive wish-list which includes a garage big enough to build a plane in! | **G** +ETTC12-005+ |

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| 06:00 PM | **Mighty Ships: Henry Larsen (R) ’CC’** Climb aboard the CCGS Henry Larsen as she does an Ice Patrol around the sub-zero waters of the high Arctic. | **G** +MTYS-006+ |

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| 07:00 PM | **For The Love Of Dogs NEW EPISODE**With unprecedented behind the scenes access to this famous institution, For the Love of Dogs shows how sick and abused dogs are brought back to health and given a new, happier life. | **PG** +FTLD02-007+ |

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| 07:30 PM | **Border Patrol: World Cup Fake (R) ’CC’** Two suspected fraudsters land into the country, a backpacker's worst nightmares come true in Queenstown and MPI deal with a rogue cockroach and a crocodile at Auckland Airport. | **PG** +BDPT6-010+ |

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| 08:00 PM | **Motorway Patrol (R) ’CC’** Tonight, police encounter a near death experience on the motorway, a runaway pug puppy and a drunk woman with imaginary friends. | **PG (L)**+MOTP14-001+ |

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| 08:30 PM | **Escape To The Country: Kent NEW EPISODE**Prospective buyers find their dream home. | **G** +ETTC21-067+ |

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| 09:30 PM | **Escape To The Continent NEW EPISODE**Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-017+ |

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| 10:45 PM | **Mighty Ships: Henry Larsen (R) ’CC’** Climb aboard the CCGS Henry Larsen as she does an Ice Patrol around the sub-zero waters of the high Arctic. | **G** +MTYS-006+ |

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| 11:45 PM | **Best Houses Australia (R)** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-004+ |

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| 12:15 AM | **Escape To The Country: North Yorkshire (R)** Tonight, Denise Nurse is helping a retired couple uncover their rural dream in Yorkshire. They have a moderate budget but an extensive wish-list which includes a garage big enough to build a plane in! | **G** +ETTC12-005+ |

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| 01:15 AM | **Dealers Put Your Money Where Your Mouth Is: Paul & Kate: Belgium Antiques Market (R)** Tonight, antiques experts Paul Hayes and Kate Bliss do battle at a Belgian antiques market and despite the language barrier, they are determined to cover every inch of the market to find the best buys. | **PG** +DELP2-014+ |

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| 02:45 AM | **Escape To The Continent (R)** Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-017+ |

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| 04:00 AM | **Storage Hoarders: Sharon / Sandra (R)** Aggie Mackenzie is on a mission to help festival fan Sharron and her hoarding dad Ron hit the right notes to clear the clutter. | **G** +STOH-017+ |

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| 05:00 AM | **Special: Nature's Gentleman (R) (1981)** A look at the life of David Fleay, a naturalist who has dedicated his life to the preservation of and research into Australia's wildlife. Starring:EARLE BAILEY,DAVID FLEAY | **G** +AMS-147+ |

 **Monday, July 18, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **TBA:**  | ++ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-046+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-021+ |

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| 08:00 AM | **Pipsqueaks: Favourite Things & Swimming (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-041+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-112+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Donna mistakes Travis for a burglar. Shane is afraid that the new car Angel bought won't suit his 'real man' image. | **PG** +HAW2-776+ |

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| 09:30 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCS16-029+ |

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| 10:30 AM | **Best Houses Australia (R)** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-004+ |

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| 11:00 AM | **Escape To The Country: Cumbria (R)** Alistair Appleton if off to the Lake District with an outdoor loving couple looking for a lifestyle change. With retirement looming they are ready to leave their family home of 22 years behind. | **G** +ETTC12-004+ |

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| 12:00 PM | **Escape To The Country: Kent (R)** Prospective buyers find their dream home. | **G** +ETTC21-067+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** It's the five year anniversary of the store's opening, faces old and new make an appearance and though business is booming for Harry , his personal life looks much less smooth-sailing. Starring:AMY BETH HAYES,GREGORY FITOUSSI,MALCOLM RENNIE,LAUREN CRACE,KIKA MARKHAM,TRYSTAN GRAVELLE | **PG (S)**+MRSE2-001+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Kristian Digby (R)** Follow property experts as they invest in property projects of their own. Tonight, Kristian Digby attempts to make a quick profit by buying a property at auction. | **PG** +DELP-001+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-012+ |

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| 03:30 PM | **The Zoo (R) ’CC’** At Western Plains Zoo, Jasiri the lion must visit the dentist. Then, in Perth, the keepers prepare to release numbats into the wild. | **G** +ZOOT-001+ |

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| 04:00 PM | **RSPCA Animal Rescue (R) ’CC’** A cat saved by the RSPCA is reunited with its owners after being missing for two years and a Labrador puppy is rescued just in the nick of time. | **G** +ANRS-001+ |

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| 04:30 PM | **60 Minute Makeover: Harlow, Essex (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG** +SMM6-020+ |

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| 05:30 PM | **60 Minute Makeover: Hook (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-028+ |

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| 06:30 PM | **Bargain Hunt: Lincoln 17 (R)** Two married couples go head to head in Lincoln but will there be too much marital stress at the auction? | **G** +BHUN28-014+ |

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| 07:30 PM | **Cities Of The Underworld: City Of Caves: Budapest (R)** Budapest, Hungary is a burgeoning Easter European metropolis sitting on top of an ancient secret. Join host Eric Geller as explores this sealed up time capsule. | **PG** +COTW-006+ |

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| 08:30 PM | **Prime Suspect: The Final Act - Part Two (R) ’CC’** Det. Supt. Jane Tennison cracks the case, but there are some twists she didn’t see coming. | **M (A,V,L)**+PSP07-002+ |

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| 10:30 PM | **Air Crash Investigations: Speed Trap (R) ’CC’** Military investigators work to discover what happened when a Marine Corps F-4 Phantom collided with a Hughes Airwest DC-9 above the San Gabriel Mountains. | **PG** +MDAY13-002+ |

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| 11:30 PM | **Bargain Hunt: Lincoln 17 (R)** Two married couples go head to head in Lincoln but will there be too much marital stress at the auction? | **G** +BHUN28-014+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Kristian Digby (R)** Follow property experts as they invest in property projects of their own. Tonight, Kristian Digby attempts to make a quick profit by buying a property at auction. | **PG** +DELP-001+ |

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| 01:30 AM | **Air Crash Investigations: Speed Trap (R) ’CC’** Military investigators work to discover what happened when a Marine Corps F-4 Phantom collided with a Hughes Airwest DC-9 above the San Gabriel Mountains. | **PG** +MDAY13-002+ |

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| 02:30 AM | **Dr Oz: Oz Exclusive: At Home With Melissa Rivers And How She's Coping With Losing Her Mom Joan ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (A)**+DROZ06-147+ |

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| 03:30 AM | **Dr Oz: Monster-In-Law Battles For Ultimate Control ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (A)**+DROZ06-146+ |

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| 04:30 AM | **Special: Tombs In The Coral (R) (1988)** Ben Cropp searches amongst the coral reefs for sunken treasure, galleon cargos and legendary shipwrecks. Starring:BEN CROPP | **G** +AMS-353+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-111+ |

 **Tuesday, July 19, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **TBA:**  | ++ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-047+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-022+ |

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| 08:00 AM | **Pipsqueaks: Growing Things & Small (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-042+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-113+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Jack and Joe become friends. Shane and Angel prepare for the arbitration hearing. | **PG** +HAW2-777+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-143+ |

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| 12:00 PM | **Cities Of The Underworld: City Of Caves: Budapest (R)** Budapest, Hungary is a burgeoning Easter European metropolis sitting on top of an ancient secret. Join host Eric Geller as explores this sealed up time capsule. | **PG** +COTW-006+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** With the rumblings of war and social unrest unsettling his staff and the country at large, Harry throws a tango party to thank his employees for their work. | **PG (A,V)**+MRSE2-002+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Lucy Alexander (R)** Tonight, follow Lucy Alexander as she puts her reputation on the line to find a new home for her family. Lucy ends up taking a big gamble that could lose her a lot of money. Will she heed the advice that she doles out to others? | **PG** +DELP-002+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-013+ |

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| 03:30 PM | **Nabbed (R) ’CC’** A boy racer 360s his car into a booze bus checkpoint, lies, lies and more lies lead to an arrest by the Delta dog squad, and a woman admits to half a century of illegal driving. | **PG** +NABE-001+ |

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| 04:00 PM | **Crash Investigation Unit: Redfern (R) ’CC’** Working through the intricate anatomy of a car crash, we see the fascinating aspects of an accident from the initial call-out to case-closed. | **PG** +CIU-001+ |

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| 04:30 PM | **60 Minute Makeover: Portslade, East Sussex (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour.  | **PG** +SMM6-021+ |

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| 05:30 PM | **60 Minute Makeover: Windsor (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-029+ |

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| 06:30 PM | **Bargain Hunt: Shepton Mallet 8 (R)** Teams go all out for some unusual bargains, but will their quirky taste prove to be a winner at the auction? | **G** +BHUN28-015+ |

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| 07:30 PM | **Kingdom NEW EPISODE**Peter Kingdom is a compassionate solicitor whose life is overshadowed by the mysterious disappearance of his brother. | **PG** +KINM01-002+ |

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| 08:30 PM | **Inspector Morse: Inspector Morse: The Service Of All The Dead (R) ’CC’** Morse finds himself in a race against time to track the ruthless killer of a series of murders. Starring:ANGELA MORANT,CHRISSY IDDON,HAROLD INNOCENT,JAMES GRIFFITHS,KEVIN WHATELY,JOHN NORMINGTON,PETER WOODTHORPE | **M (A,V)**+INM-003+ |

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| 10:30 PM | **The Border: Million Dollar Stash NEW EPISODE**Agents pursue a truck loaded with drugs ferried from Mexico, uncover a huge stash of heroin during a routine vehicle inspection and try to rescue illegal immigrants caught in floodwaters. | **PG** +TBOR5-012+ |

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| 11:30 PM | **Bargain Hunt: Shepton Mallet 8 (R)** Teams go all out for some unusual bargains, but will their quirky taste prove to be a winner at the auction? | **G** +BHUN28-015+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Lucy Alexander (R)** Tonight, follow Lucy Alexander as she puts her reputation on the line to find a new home for her family. Lucy ends up taking a big gamble that could lose her a lot of money. Will she heed the advice that she doles out to others? | **PG** +DELP-002+ |

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| 01:30 AM | **The Border: Million Dollar Stash (R)** Agents pursue a truck loaded with drugs ferried from Mexico, uncover a huge stash of heroin during a routine vehicle inspection and try to rescue illegal immigrants caught in floodwaters. | **PG** +TBOR5-012+ |

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| 02:30 AM | **Dr Oz: Is Pegan The New Paleo ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG** +DROZ06-145+ |

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| 03:30 AM | **Dr Oz: Dr Oz Investigates: Online Scams Using His Name To Dupe You ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG** +DROZ06-144+ |

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| 04:30 AM | **Special: Hoofs, Humps And Feathers (R) (1980)** Since the arrival of the first fleet in Australia, imported animals have been introduced into the country. Three such animals are the subject of this fascinating documentary. | **G** +AMS-128+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-112+ |

 **Wednesday, July 20, 2016**

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| 06:30 AM | **TBA:**  | ++ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-048+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-023+ |

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| 08:00 AM | **Pipsqueaks: Legs & Lost And Found (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-043+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-114+ |

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| 09:00 AM | **Home And Away (R) ’CC’** The arbitrator declares that Dylan's future has been decided. Selina's test results arrive. | **PG** +HAW2-778+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-144+ |

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| 12:00 PM | **The Great War: The People's Story (R)** See the stories of ordinary British people brought to life, told through their diaries, letters and memoirs as their lives were changed forever by what they called the Great War. | **PG (A,V)**+GRAW-002+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Agnes manages to pull off a spectacular Empire Celebration in the store but the mood is soured by the big news: England has declared war on Germany. | **PG** +MRSE2-003+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Melissa Porter (R)** 'Escape to the Country' host, Melissa Porter, finds the cameras turned on her own professional life as she and her business partner undertake a major refurbishment job on a Victorian House in North London. | **PG** +DELP-003+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-014+ |

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| 03:30 PM | **Cook Me The Money: Leicester NEW EPISODE**Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG** +CMTM-001+ |

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| 04:30 PM | **60 Minute Makeover: Chorley, Lancashire (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour.  | **PG** +SMM6-022+ |

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| 05:30 PM | **60 Minute Makeover: Upper Norwood (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-030+ |

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| 06:30 PM | **Bargain Hunt: Norfolk 22 (R)** One team do some tough talking whilst bargaining for a bed. | **G** +BHUN28-016+ |

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| 07:30 PM | **Doc Martin: Gentlemen Prefer (R) ’CC’** Martin struggles to dissuade the locals from using his surgery as a drop-in centre and has to bring bad news to a bitter man. Starring:ELIZABETH WOODCOCK,DOREEN MANTLE,JIMMY GARDNER,JEFF RAWLE,JOE ABSOLOM,NICK BRIMBLE | **PG** +DOCM-002+ |

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| 08:30 PM | **Lewis: Generation Of Vipers (R)** Lewis and Hathaway are drawn into a world of virtual bullying, but very real murder, when a Professor is found dead after her dating video is leaked onto a vicious website. Starring:ALEX HANSON,CLARE HOLMAN,DANIEL LAPAINE,JASON DURR,DON WARRINGTON,FREDDIE FOX,LAURENCE FOX,KEVIN WHATELY,JULIE COX,KATE MARAVAN,REBECCA FRONT,TOBY STEPHENS | **M (A)**+LEWS6-002+ |

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| 10:30 PM | **How Britain Worked: The Railways (R)** Guy Martin celebrates the workers of the Industrial Revolution by restoring landmark engineering projects. His first project is to help overhaul a steam locomotive. | **PG** +GMIW-001+ |

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| 11:30 PM | **Bargain Hunt: Norfolk 22 (R)** One team do some tough talking whilst bargaining for a bed. | **G** +BHUN28-016+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Melissa Porter (R)** 'Escape to the Country' host, Melissa Porter, finds the cameras turned on her own professional life as she and her business partner undertake a major refurbishment job on a Victorian House in North London. | **PG** +DELP-003+ |

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| 01:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-113+ |

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| 02:00 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:30 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:00 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:30 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 04:00 AM | **How Britain Worked: The Railways (R)** Guy Martin celebrates the workers of the Industrial Revolution by restoring landmark engineering projects. His first project is to help overhaul a steam locomotive. | **PG** +GMIW-001+ |

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| 05:00 AM | **Special: White Fury - The Untamed Tibet (R) (1987)** Join white water rafters who run the freezing waters of the Rhongbuk River at 5,200 metres as it plunges off the side of Mount Everest. Starring:GREG GRAINGER | **G** +AMS-370+ |

 **Thursday, July 21, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **TBA:**  | ++ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-049+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-024+ |

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| 08:00 AM | **Pipsqueaks: Everyday Wear & Shells As Homes (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-044+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-115+ |

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| 09:00 AM | **Home And Away (R) ’CC’** The new foster child makes life difficult for the Ross family. Sally's attempts to flirt with Joe go unnoticed. | **PG** +HAW2-779+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-145+ |

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| 12:00 PM | **Doc Martin: Gentlemen Prefer (R) ’CC’** Martin struggles to dissuade the locals from using his surgery as a drop-in centre and has to bring bad news to a bitter man. Starring:ELIZABETH WOODCOCK,DOREEN MANTLE,JIMMY GARDNER,JEFF RAWLE,JOE ABSOLOM,NICK BRIMBLE | **PG** +DOCM-002+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** As news of the first horrors of war in Belgium become known, Selfridge's men clamour to sign up and Thackeray becomes suspicious of an oddly behaving Henri. | **PG (V)**+MRSE2-004+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Martin Roberts (R)** Follow Martin Roberts, presenter of 'Homes Under the Hammer,' as he travels to Italy in search of his dream holiday home. Will he let his heart rule his head and invest in a ruined farm house? | **PG** +DELP-004+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-015+ |

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| 03:30 PM | **Property Ladder: Josh & Greg (R)** Ex-frat brothers Josh & Greg have a master scheme to remodel a 4- bedroom Colonial home in California. Can Josh & Greg please themselves, their investor, and prospective buyers? Or will they be hazed? | **PG** +PROL-001+ |

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| 04:30 PM | **60 Minute Makeover: Chipping Norton, Oxon (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour.  | **PG** +SMM6-023+ |

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| 05:30 PM | **60 Minute Makeover: Reddish (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-031+ |

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| 06:30 PM | **Bargain Hunt: Anglesey 15 (R)** Teams think big at Anglesey antiques fair, testing their experts in the process. | **G** +BHUN28-017+ |

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| 07:30 PM | **The Vicar Of Dibley: The Vicar Of Dibley - The Vicar In White (R) ’CC’** Could charming, handsome Harry be Mr Right? Or is he Mr How Wrong Can You Be? When Harry asked Geraldine to marry him she couldn’t say yes quickly enough but things don’t quite go according to plan. | **PG (S,L)**+BBCS4-015+ |

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| 08:30 PM | **Murdoch Mysteries: Future Imperfect / Love And Human Remains NEW EPISODE**Murdoch’s nemesis James Pendrick attempts to lure Murdoch into his disturbing movement. Then, the discovery of mummified remains leads Murdoch on a forensic odyssey to a very old murder/love story. | **M (A,V)**+MMYS03-705+ |

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| 10:30 PM | **Suspects (R)** The London detectives investigate a brutal attack on a popular art teacher at her college. | **M (L,V)**+SUPT3-001+ |

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| 11:30 PM | **Bargain Hunt: Anglesey 15 (R)** Teams think big at Anglesey antiques fair, testing their experts in the process. | **G** +BHUN28-017+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Martin Roberts (R)** Follow Martin Roberts, presenter of 'Homes Under the Hammer,' as he travels to Italy in search of his dream holiday home. Will he let his heart rule his head and invest in a ruined farm house? | **PG** +DELP-004+ |

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| 01:30 AM | **Property Ladder: Josh & Greg (R)** Ex-frat brothers Josh & Greg have a master scheme to remodel a 4- bedroom Colonial home in California. Can Josh & Greg please themselves, their investor, and prospective buyers? Or will they be hazed? | **PG** +PROL-001+ |

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| 02:30 AM | **Suspects (R)** The London detectives investigate a brutal attack on a popular art teacher at her college. | **M (L,V)**+SUPT3-001+ |

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| 03:30 AM | **Dr Oz: The Best Cleansers For Every Health Goal ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG** +DROZ06-143+ |

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| 04:30 AM | **Special: Across The Sea Of Galilee (R) (1993)** Tour Israel as the historic peace agreement with the Palestinians is negotiated, and see the traditional fishermen on the Sea of Galilee. Starring:GREG GRAINGER | **G** +AMS-660+ |

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 **Friday, July 22, 2016**

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-050+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-025+ |

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| 08:00 AM | **Pipsqueaks: Sleepy Animals & Animal Sounds (R) ’CC’ SEASON FINAL**Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-045+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-116+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Kim causes a stir in the Ross household. Shannon continues to believe that she is destined to be with Curtis. | **PG** +HAW2-780+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-146+ |

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| 12:00 PM | **Better Homes And Gardens (R) ’CC’** Joh waltzes over to the home of Dancing With The Stars contestant Emma Freedman. Fast Ed shows three recipes that use every part of the fruit and vegetable. Demi makes a chic clock with an urban feel. | **G** +BHAG21-026+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** As Harry's male staff go off to fight, women are recruited to do the men's' jobs and Harry yearns to do more for the war effort. | **PG** +MRSE2-005+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Paul Hayes & Kate Bliss / Buying And Selling At Markets (R)** Paul Hayes and Kate Bliss get competitive as they take on the challenge to spend 1000 pounds of their own money at an antiques auction and then make as much money as they can by selling on their finds. | **PG** +DELP-009+ |

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| 03:00 PM | **Australia's Best Backyards (R) ’CC’** Join JAMIE DURIE as we take a peek over back fences across the nation in search of Australia's best backyards. | **G** +ABBY2-001+ |

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| 03:30 PM | **The Outdoor Room With Jamie Durie: UK (R) ’CC’** Jamie Durie travels to England where he seeks inspiration in transforming a young family's backyard in Melbourne into an English style garden. Starring:JOSH CLUTTERBUCK,KATE CLUTTERBUCK,TOM KIME | **G** +ORWJ-002+ |

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| 04:00 PM | **Best Houses Australia (R)** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-004+ |

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| 04:30 PM | **60 Minute Makeover: Basildon, Essex (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG** +SMM6-024+ |

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| 05:30 PM | **60 Minute Makeover: Worcester Park (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-032+ |

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| 06:30 PM | **Bargain Hunt: Kedleston 4 (R)** All-girl teams go head to head at the fair at Kedleston Hall. | **G** +BHUN28-018+ |

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| 07:30 PM | **Better Homes and Gardens (R) ’CC’** Joh visits the home of champion swimmer Giaan Rooney. Fast Ed heads to Mt Buller to cook some winter warmer recipes. Dr Harry visits a black sheep that acts very un-sheep like. | **G** +BHAG22-025+ |

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| 08:30 PM | **Escape To The Country: Shropshire NEW EPISODE**Prospective buyers find their dream home. | **G** +ETTC21-068+ |

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| 09:30 PM | **Art Of The Architect: Futuristic NEW EPISODE**Architect Mark Wassung is tasked with turning a home into a futuristic masterpiece.  | **G** +ARTO01-002+ |

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| 10:30 PM | **Best Houses Australia NEW EPISODE**Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-005+ |

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| 11:00 PM | **Cook Me The Money: Leicester (R)** Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG** +CMTM-001+ |

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| 12:00 AM | **Escape To The Country: Shropshire (R)** Prospective buyers find their dream home. | **G** +ETTC21-068+ |

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| 01:00 AM | **Australia's Best Backyards (R) ’CC’** Join JAMIE DURIE as we take a peek over back fences across the nation in search of Australia's best backyards. | **G** +ABBY2-001+ |

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| 01:30 AM | **The Outdoor Room With Jamie Durie: UK (R) ’CC’** Jamie Durie travels to England where he seeks inspiration in transforming a young family's backyard in Melbourne into an English style garden. Starring:JOSH CLUTTERBUCK,KATE CLUTTERBUCK,TOM KIME | **G** +ORWJ-002+ |

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| 02:00 AM | **Dr Oz: Tim McGraw: His Guilty Pleasure And New Missoion To Help Save Lives ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG** +DROZ06-142+ |

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| 03:00 AM | **Dr Oz: Dr Oz Faces Off With A Notorious Online Fat Shamer Bullying Women All Over The World ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **M (A)**+DROZ06-141+ |

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| 04:00 AM | **Special: Reflections In The River (R) (2000)** Discover the Hawkesbury river and its surrounding national parks and areas, investigating the lives of the people and wildlife that inhabit the area. | **G** +AMS-667+ |

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| 05:00 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-115+ |

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 **Saturday, July 23, 2016**

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| 08:00 AM | **Room For Improvement (R) ’CC’** The RFI team makeover a kids' hall with spectacular results. | **G** +RFI2-018+ |

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| 08:30 AM | **Room For Improvement (R) ’CC’** The RFI team turns a typical garage into a fantastic rumpus room. | **G** +RFI2-019+ |

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| 09:00 AM | **The Real Seachange (R) ’CC’** Follow three families who are about to change their lives forever. They quit their jobs, sell their houses and risk it all for happiness. Hosted by JOHN HOWARD. | **G** +RLSC2-001+ |

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| 09:30 AM | **The Real Seachange (R) ’CC’** Ian and Michele think they've discovered their Eden but when reality bites - have they got the right stuff to survive? | **G** +RLSC2-002+ |

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| 10:00 AM | **Travel Oz: Broome: Pearls (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-005+ |

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| 10:45 AM | **Travel Oz: Western Victoria ’CC’** Prepare for sheep, wheat and treats as Greg explores Western Victoria. Join him as he visits the amazing stick shed in Murtoa and gets a close view of the wildlife and historic towns.  | **G** +TRAV4-017+ |

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| 11:30 AM | **Best Houses Australia (R)** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ04-043+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Paul Hayes & Kate Bliss / Buying And Selling At Markets (R)** Paul Hayes and Kate Bliss get competitive as they take on the challenge to spend 1000 pounds of their own money at an antiques auction and then make as much money as they can by selling on their finds. | **PG** +DELP-009+ |

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| 01:30 PM | **The Great Australian Doorstep (R)** Spida and Sheree take a look at some of the classic country pubs that adorn Australia, from the outback to the coast. Then, Sheree showcases some of the Australia's best wineries. | **PG** +GRAD6-007+ |

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| 02:00 PM | **Home In WA ’CC’ NEW EPISODE**Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA19-010+ |

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| 02:30 PM | **Great South East ’CC’ NEW EPISODE**Explore leisure and recreation in South East Queensland. | **G** +GSTH16-024+ |

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| 03:00 PM | **Creek To Coast ’CC’ NEW EPISODE**Queensland's ultimate outdoor adventure show, featuring the very latest in camping, cruising, fishing and four-wheel-driving. | **G** +7CTC16-021+ |

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| 03:30 PM | **Queensland Weekender ’CC’** Dean Miller and his team cover the length and breadth of Queensland with great suggestions for weekends, short breaks and holidays. | **G** +7QWE16-022+ |

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| 04:00 PM | **WA Weekender ’CC’ NEW EPISODE**WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G** +WAWE03-023+ |

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| 04:30 PM | **Sydney Weekender (R) ’CC’** Mike checks out the Central Coast town of Forbes. Candice tries rock climbing with ClimbOz. Darren goes on the hunt for the perfect pub pie to warm up with in Balmain. | **G** +7SWE23-023+ |

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| 05:00 PM | **Road To Rio (R) ’CC’** All the latest news from home and overseas as Australia's team for the Rio 2016 Olympics takes shape, including interviews and panel discussions. Featuring Jim Wilson, Johanna Griggs and more. | +RRIO16-009+ |

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| 05:30 PM | **Anthony Bourdain: No Reservations: Nicaragua (R)** Tony discovers the determination necessary to live in modern-day Nicaragua. | **PG** +NORE07-001+ |

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| 06:30 PM | **A Touch Of Frost: Nothing To Hide (R) ’CC’** Frost is faced with the death of a police informer on a racially-tense estate. Starring:ALBERT WELLING,BARRY JACKSON,BRUCE ALEXANDER,CAROLINE HARKER,GERARD HORAN,JAMES SAXON,DAVID MCKAIL,EWEN BREMNER,FELICITY MONTAGU,DAVID JASON,LINDA BASSETT,MARION BAILEY,MICHAEL FEAST,NEIL DUDGEON,VIVIENNE RITCHIE | **PG (D,A,L)**+TOF2-003+ |

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| 08:50 PM | **7TWO Saturday Night Movie: Under The Tuscan Sun (R) ’CC’ (2003)** Frances Mayes, a 35 year-old writer decides to travel to Tuscany to escape her heart-wrenching divorce, and ends up purchasing a run-down villa as her new home. Starring:ANITA ZAGARIA,GIULIA STEIGERWALT,EVELINA GORI,DIANE LANE,LINDSAY DUNCAN,MARIO MONICELLI,ROBERTO NOBILE,SANDRA OH,RAOUL BOVA,VINCENT RIOTTA | **M (L)**+WDFR14-008+ |

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| 11:20 PM | **Terror In The Skies: Technical Meltdown (R) ’CC’** Flying in the 21st century uses state of the art technology that should be safer than ever but things still go wrong. Tonight we investigate the successes and failures of plane technology. | **PG** +NEMI-002+ |

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| 12:20 AM | **Sydney Weekender (R) ’CC’** Mike checks out the Central Coast town of Forbes. Candice tries rock climbing with ClimbOz. Darren goes on the hunt for the perfect pub pie to warm up with in Balmain. | **G** +7SWE23-023+ |

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| 12:50 AM | **WA Weekender (R) ’CC’** WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G** +WAWE03-023+ |

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| 01:20 AM | **Queensland Weekender (R) ’CC’** Dean Miller and his team cover the length and breadth of Queensland with great suggestions for weekends, short breaks and holidays. | **G** +7QWE16-020+ |

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| 02:00 AM | **Great South East (R) ’CC’** Explore leisure and recreation in South East Queensland. | **G** +GSTH16-024+ |

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| 02:30 AM | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA19-010+ |

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| 03:00 AM | **The Great Australian Doorstep (R)** Spida and Sheree take a look at some of the classic country pubs that adorn Australia, from the outback to the coast. Then, Sheree showcases some of the Australia's best wineries. | **PG** +GRAD6-007+ |

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| 03:30 AM | **The Travel Bug: Souther Island Of Japan By Sea (R)** Morgan leaves the port of Maizuru to explore the southern parts of Japan in ocean-going luxury. Then, he explores some of Japan's smaller cities and the old world of the sleepy fishing town of Uwajima | **PG** +TRBG05-006+ |

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| 04:30 AM | **Anthony Bourdain: No Reservations: Nicaragua (R)** Tony discovers the determination necessary to live in modern-day Nicaragua. | **PG** +NORE07-001+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-116+ |