**Sunday, March 20, 2016**

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| 06:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 AM | **The Amazing Race: Beards In The Wind (R) ’CC’**  Teams travel to Svolvaer, Norway where Racers plunge into the Arctic. Also, Tim and Marie face a tough decision when confronted about the Express Pass. | **PG**  +AMRC23-004+ |

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| 07:30 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 08:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 08:30 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 09:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 09:30 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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| 10:30 AM | **Combat Dealers: The Russians Are Coming (R)**  Military equipment collector Bruce Compton travels the world to view vehicles and memorabilia worth buying and restoring. | **PG**  +COMD-002+ |

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| 11:30 AM | **The AFN Fishing Show NEW EPISODE**  Today we join a crew of Vietnaam Vets on a trip to Cape York. The crew are invited to share local tribal festivities before hunting and gathering with Traditional Owners. | **PG**  +AFNF02-009+ |

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| 12:00 PM | **Mark Berg's Fishing Addiction: Melville Island, Northern Territory (R)**  We kick off Season 3 with an epic adventure to the Northern Territory to chase Barramundi and all sorts of huge fish in one of the best fishing destinations in Australia. | **PG**  +MBFA3-001+ |

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| 01:00 PM | **Big Angry Fish: Waihi Solo Fishing (R)**  Milan is on a solo mission showing how to fish the harbours. He gets more than what he asks for when a double hook-up tests his skills. | **PG**  +BAFI01-006+ |

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| 02:00 PM | **Fishing Western Australia NEW EPISODE**  Join Harry and Ryan and they set off in search of adventure and amazing fishing experiences off the coast of Western Australia. | **PG**  +FHWA16-015+ |

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| 02:30 PM | **Big Australia: Port Hedland (R) ’CC’**  Iron ore and liquid gas are exported in massive quantities in an intricate port management system here in Port Hedland. We take an in-depth look at the workings of one of Australia's legendary towns. | **G**  +BIGA-001+ |

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| 03:30 PM | **Prospectors: A Hail Of Boulders (R)**  A family encounter multiple setbacks at their Rocky Mountain claim, while Steve tangles with a 5000-pound boulder and Amanda digs beneath a dangerously shifting wall of rocks. | **PG**  +PROS-003+ |

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| 04:00 PM | **Prospectors: The Mountain Shakes (R)**  Steve deals with a hard-cap rock blocking a possible pocket of aquamarine, while a family attempt to make their claim safe enough to work. Meanwhile lightning causes a rock slide on Amanda's dig site. | **PG**  +PROS-004+ |

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| 04:30 PM | **Bomb Hunters (R)**  Soldiers and scientists learn to talk the talk, and unlucky bomb hunters are told to take a walk. | **PG**  +BOMH-003+ |

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| 05:30 PM | **Gator Boys: Gator Girl Smackdown (R)**  Follow the death-defying exploits of Paul Bedard and Jimmy Riffle, two extraordinary alligator trappers who risk injury and death to capture alligators that have invaded Florida's backyards. | **PG**  +GATB3-002+ |

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| 06:30 PM | **Swamp People: Ten Deadliest Hunts NEW EPISODE**  Over the years, swampers of Louisiana have risked life and limb fighting thousands of monster alligators. These are the top 10 deadliest hunts of Swamp People. | **PG**  +SWMP5-021+ |

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| 07:30 PM | **Highway Patrol: Crash (R) ’CC’**  A rainstorm hits Melbourne and a skylarking driver causes massive gridlock when he crashes into trees alongside the freeway. | **PG (L)**  +HWYP2-003+ |

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| 08:00 PM | **Surveillance Oz (R) ’CC’**  High speed surveillance from Victoria Police Airwing monitor a wanted man, a drunk driver leaves a trail of destruction at a car park and a car is clipped by a truck in the Sydney Harbour Tunnel. | **PG**  +SURV2-003+ |

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| 08:30 PM | **Surveillance Oz: Dashcam (R) ’CC’**  Every day thousands of dashcam cameras in cars are monitoring what goes on across the roads of Australia. Tonight, see the shocking accidents, road rage incidents and dangerous driving on our roads. | **PG**  +DCAM-005+ |

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| 09:00 PM | **7mate Sunday Night Movie: Rambo (R) ’CC’ (2008)**  Pulled out of retirement, John Rambo joins a group of mercenaries to venture into war-torn Burma, and rescue a group of Christian aid workers who were kidnapped. Starring: GRAHAM MCTAVISH,JAKE LA BOTZ,JULIE BENZ,MATTHEW MARSDEN,TIM KANG,SYLVESTER STALLONE | **MA (V,L)**  +SPF12-001+ |

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| 10:45 PM | **7mate Sunday Night Movie: Blue Thunder (R)**  A tough but straight-arrow cop battles a group of military and government elitists who have developed an extraordinary helicopter into the ultimate weapon. | **M (N,V,L)**  +SPCF06-016+ |

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| 01:00 AM | **Gator Boys: Gator Girl Smackdown (R)**  Follow the death-defying exploits of Paul Bedard and Jimmy Riffle, two extraordinary alligator trappers who risk injury and death to capture alligators that have invaded Florida's backyards. | **PG**  +GATB3-002+ |

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| 03:00 AM | **Prospectors: A Hail Of Boulders (R)**  A family encounter multiple setbacks at their Rocky Mountain claim, while Steve tangles with a 5000-pound boulder and Amanda digs beneath a dangerously shifting wall of rocks. | **PG**  +PROS-003+ |

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| 03:30 AM | **Prospectors: The Mountain Shakes (R)**  Steve deals with a hard-cap rock blocking a possible pocket of aquamarine, while a family attempt to make their claim safe enough to work. Meanwhile lightning causes a rock slide on Amanda's dig site. | **PG**  +PROS-004+ |

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| 04:00 AM | **Bomb Hunters (R)**  Soldiers and scientists learn to talk the talk, and unlucky bomb hunters are told to take a walk. | **PG**  +BOMH-003+ |

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| 05:00 AM | **Big Angry Fish: Waihi Solo Fishing (R)**  Milan is on a solo mission showing how to fish the harbours. He gets more than what he asks for when a double hook-up tests his skills. | **PG**  +BAFI01-006+ |

**Monday, March 21, 2016**

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| 06:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 AM | **Sport Special: Summernats (R)**  The Summernats delivers three and a half days of high octane extreme auto action including Australia’s top street machine judging competition, the world’s best burnout battle and more. | **PG**  +NFFI24-001+ |

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| 09:00 AM | **Ultimate Factories: Illy**  Enter one of the world's greatest one-of-a-kind factories. | **G**  +ULFA7-015+ |

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| 10:00 AM | **Starsky & Hutch: Birds Of A Feather (R)**  In order to pay off his wife's gambling debts, a former partner of Hutch's arranges for the murder of a witness. | **PG (V)**  +STAH4-013+ |

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| 11:00 AM | **Starsky & Hutch: Ballad For A Blue Lady (R)**  Hutch dates a lounge singer and is badly beaten and marked for death by her racketeer brother. | **PG (V)**  +STAH4-014+ |

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| 12:00 PM | **Police Woman: Operation Sidewinder (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-015+ |

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| 01:00 PM | **S.W.A.T.: Deadly Tide (R)**  The S.W.A.T. team is asked to help apprehend jewel thieves who are committing robberies, taking a female hostage each time, and making their escape underwater using SCUBA gear. | **PG (V)**  +SWAT02-003+ |

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| 03:00 PM | **Bid and Destroy: Cops, Robbers and Rewards (R)**  Back on the campus of the University of New Hampshire, Lee and Brian submit a bid to demolish an on-campus police station, but there's nothing of any value, only thousands of bees to contend with. | **PG**  +BIAD-012+ |

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| 03:30 PM | **Canadian Pickers: How Much Is Too Much (R)**  The Pickers are optimistic when they hit Vancouver Island in search of great stuff. But a creepy country road that leads to an obsessed collector makes them think twice about going too deep. | **PG**  +COWB3-001+ |

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| 04:30 PM | **American Restoration: Atomic Restoration (R)**  Rick shoots to beat the clock with a 40's high-school electric scoreboard. Can this restoration score, or will Rick run out of time? | **PG**  +AMER5-006+ |

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| 05:00 PM | **American Restoration: Vacuum Daze (R)**  A rare 40's Rexair vacuum/air filter arrives in pieces, Rick wonders if he'll ever be able to puzzle it all back together. | **PG**  +AMER5-007+ |

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| 05:30 PM | **American Pickers: Guitars, Guns and Gears (R)**  Mike comes across a 150 year old Martin guitar which just might be the big ticket item he's been searching for. A rifle toting homeowner's property is off limits until the guys do some fast talking. | **PG**  +APIC5-014+ |

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| 06:30 PM | **Mythbusters: DRYving In The Rain / Popcorn Pandemonium (R) ’CC’**  Adam and Jamie take on the classic urban myth 'DRYving in the Rain'. Meanwhile in 'Popcorn Pandemonium', Kari, Grant and Tory munch on two tall tales about everyone's favourite tasty treat. | **PG**  +MYTH5-018+ |

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| 07:30 PM | **The Big Bang Theory: The Relationship Diremption (R) ’CC’**  Penny helps Sheldon cope after he "breaks up" with String Theory. Meanwhile, Howard and Bernadette go on a double date with Raj and Emily. | **PG**  +BBTH07-020+ |

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| 08:00 PM | **The Big Bang Theory: The Anything Can Happen Recurrence (R) ’CC’**  When Sheldon tries to be spontaneous on "Anything Can Happen Thursday," it leads to unexpected friction between Penny, Amy and Bernadette. | **PG**  +BBTH07-021+ |

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| 08:30 PM | **The Big Bang Theory: The Proton Transmogrification (R) ’CC’**  Professor Proton returns on "Star Wars Day" to offer guidance for Sheldon, while Leonard turns a relationship milestone into a competition with Penny. | **PG**  +BBTH07-022+ |

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| 09:00 PM | **Family Guy: Peter's Sister NEW EPISODE**  Peter's sister Karen comes over for Thanksgiving, while Stewie goes a little too far as he and Brian go on a cleanse to avoid overeating. | **M**  +FGUY15-006+ |

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| 09:30 PM | **American Dad: Kiss Kiss, Cam Cam NEW EPISODE**  An animated series about Stan Smith, a CIA agent in Langley Falls, Virginia, whose main objective in life is national security. | **M**  +ADAD12-007+ |

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| 10:00 PM | **Tattoo Nightmares: Cross And Bongs / The Ladykiller / Baywatch Bimbo! (R)**  Tommy "crosses" paths with a horrible reminder of his past. Then, Gus is dubbed "the ladykiller" after a terrifying incident with a client. | **M (A,L)**  +TATT3-704+ |

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| 11:30 PM | **Rude Tube NEW EPISODE**  A fast-paced review of the video viral revolution, Alex Zane presents a countdown of the funniest, rudest and most bizarre video clips to have taken the internet by storm. | **M**  +RDTB07-008+ |

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| 12:00 AM | **Bizarre ER (R)**  A schoolboy smacked in the eye by a toilet doorknob, a student with a 3 cm long needle embedded in her leg and a man who accidentally immersed his hand in boiling hot tar. | **M**  +BZER3-006+ |

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| 12:30 AM | **Bizarre ER (R)**  A man's karate chop ends with his thumb bone poking out through the skin, a teenager preparing for a date passes out and a charity worker with a squashed foot after a colleague drove over it. | **M**  +BZER3-007+ |

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| 01:00 AM | **Ice Pilots: Dark Skies (R)**  Joe goes stunt flying in the DC3 while two new rampies try to prove they’ve got what it takes. | **PG (L)**  +ICEP4-001+ |

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| 02:00 AM | **Bid and Destroy: Campus Cash Cow (R)**  Brian and Lee submit a blind bid on a 1920s farmhouse turned administration building on the University of New Hampshire campus. The bid is $2,000 below cost, but could lead to more work the future. | **PG**  +BIAD-011+ |

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| 02:30 AM | **Tattoo Nightmares: Cross And Bongs / The Ladykiller / Baywatch Bimbo! (R)**  Tommy "crosses" paths with a horrible reminder of his past. Then, Gus is dubbed "the ladykiller" after a terrifying incident with a client. | **M (A,L)**  +TATT3-704+ |

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| 04:00 AM | **Canadian Pickers: How Much Is Too Much (R)**  The Pickers are optimistic when they hit Vancouver Island in search of great stuff. But a creepy country road that leads to an obsessed collector makes them think twice about going too deep. | **PG**  +COWB3-001+ |

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| 05:00 AM | **Ultimate Factories: Illy (R)**  Enter one of the world's greatest one-of-a-kind factories. | **G**  +ULFA7-015+ |

**Tuesday, March 22, 2016**

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| 06:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 AM | **The AFN Fishing Show (R)**  Today we join a crew of Vietnaam Vets on a trip to Cape York. The crew are invited to share local tribal festivities before hunting and gathering with Traditional Owners. | **PG**  +AFNF02-009+ |

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| 07:30 AM | **2015 Action Sports Games: 2015 Action Sports Games (R)**  Asia-Pacific’s leading action sports competition featuring elite athletes from around the world. | +NFFI04-001+ |

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| 08:00 AM | **Sport Special: Burnout Masters (R)**  The most outrageous and exciting part of the Summernats are the burnouts, and there’ll be tyre shredding action a plenty at the smoke storm at the Liqui-Moly Power Pit. | +BRNM01-001+ |

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| 09:00 AM | **Ultimate Factories: Bacardi (R)**  The mojito, the rum and Coke and the daiquiri ' made legendary with the help of one of the world's most popular rums ' Bacardi. Get a behind-the-scenes look at how it's made. | **PG**  +ULFA5-001+ |

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| 10:00 AM | **Starsky & Hutch: The Golden Angel (R)**  In order to draw out a suspect, Starsky goes into the ring when he and Hutch are assigned to protect a wrestler who has received a death threat. | **PG (V)**  +STAH4-015+ |

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| 11:00 AM | **Starsky & Hutch: Ninety Pounds Of Trouble (R)**  Hutch poses as a hitman and bluffs the murder of Starsky to support his identity after a kid accidentally blows his cover. | **PG (V)**  +STAH4-016+ |

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| 12:00 PM | **Police Woman: The Loner (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-016+ |

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| 01:00 PM | **S.W.A.T.: Vendetta (R)**  Lt. Hondo Harrelson and a crooked property owner are marked for death by a pair of vengeance-seeking ex-convicts. | **PG (V)**  +SWAT02-004+ |

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| 02:00 PM | **Knights Of Mayhem: The Harder They Fall NEW EPISODE**  Reigning Heavy Armour Jousting World Champion, Charlie Andrews, sets out to train two rookie knights for the first major tournament of the year. | **M**  +KNOM-002+ |

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| 03:00 PM | **Construction Zone: Sears Tower (R)**  Demand is so high, traffic never stops and plans for a bigger better canal are underway. Can this mega mover handle the pressure? | **PG**  +CONZ-011+ |

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| 03:30 PM | **Canadian Pickers: Time To Sell (R)**  The Pickers hit Southern Ontario to greet royalty of the collecting world. They meet a seller dubbed the Tin King and pick over his collection of tin buttons, toys, lunch boxes, trays, and signs. | **PG**  +COWB3-003+ |

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| 04:30 PM | **American Restoration: Pests And Pins (R)**  When a 50's Bowling Equipment Vending Machine rolls in, the guys take aim and hope for a strike. Later, a 1900's Antique Copper Pest Sprayer buzzes to the shop. Can the crew manage both projects? | **PG**  +AMER5-008+ |

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| 05:00 PM | **American Restoration: Mixed Signals (R)**  When a 1920's "wig wag" train signal arrives, Rick and his crew move full steam ahead on the restoration. Will this restoration stay on track or get run off the rails? | **PG**  +AMER5-009+ |

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| 05:30 PM | **American Pickers: Duke Of Oil (R)**  While visiting the `Godfather of petroliana', Mike falls for a one of a kind vintage motorcycle sign and must resist the urge to overpay for it. | **PG**  +APIC5-015+ |

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| 06:30 PM | **Mythbusters: Sonic Boom Sound Off / Bending A Bullet (R) ’CC’**  Button up your bullet-proof vest and gear up your ears because on this episode there are guns galore and sonic booms aplenty! | **PG**  +MYTH5-022+ |

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| 07:30 PM | **Highway Patrol: Motorcycle Madness (R) ’CC’**  A fleeing rider crashes into a patrol car and there's chaos on a late night bus when a passenger claims to be armed. | **PG**  +HWYP2-002+ |

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| 08:00 PM | **Motorway Patrol (R) ’CC’**  A drunk driver rolls and wrecks his car and still tries to drive home, the havoc on a rainy day goes from bad to worse and a comic migrant makes some new friends after a dangerous motorway smash. | **PG**  +MOTP4-007+ |

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| 08:30 PM | **Air Crash Investigations: Imperfect Pitch (R) ’CC’**  In 2008, an aircraft on a test flight crashed into the Mediterranean Sea. Did improper maintenance work allow water to enter the plane's sensors, causing them to freeze and stop working? | **PG**  +MDAY13-008+ |

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| 09:30 PM | **Air Crash Investigations: Terror In Paradise (R) ’CC’**  When a flight to Tahiti crashes and kills everyone on board, investigators uncover an unexpected explanation for the crash. | **PG**  +MDAY13-009+ |

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| 10:30 PM | **Strangest Weather On Earth NEW EPISODE**  See tsunamis in the sky in Alabama, firestorms that fuel their own weather and perfect circles of ice spinning in rivers. Then, see a perfect ring of smoke climb into the sky. | **PG**  +STWE-702+ |

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| 11:30 PM | **1000 Ways To Die: Death: A User's Manual (R)**  A man belching due to ulcers lining his stomach thinks its just gas. Then a body builder who uses steroids dies of a heart attack. Later, a man texting his girlfriend while driving, runs her over ! | **M (D,A,V)**  +WATD-011+ |

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| 12:00 AM | **Knights Of Mayhem: First Blood (R)**  A troupe of ten 'knights' and their 'squires' settle into the town of McDade, Texas, where they begin to train for the upcoming jousting season. | **M**  +KNOM-001+ |

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| 01:00 AM | **Ice Pilots: Shut Down (R)**  Transport Canada threatens to shut down the airline, the Electra picks up a load of 250 culled musk oxen and Canadian Prime Minister Stephen Harper visits. | **PG (L)**  +ICEP4-002+ |

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| 02:00 AM | **Construction Zone: Sears Tower (R)**  Demand is so high, traffic never stops and plans for a bigger better canal are underway. Can this mega mover handle the pressure? | **PG**  +CONZ-011+ |

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| 02:30 AM | **Construction Zone: Ultimate Sands Oil Mine (R)**  Go behind the scenes and see what it takes to build, operate, maintain and drive the world's ultimate structures. | **PG**  +CONZ-018+ |

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| 03:00 AM | **Motorway Patrol (R) ’CC’**  A drunk driver rolls and wrecks his car and still tries to drive home, the havoc on a rainy day goes from bad to worse and a comic migrant makes some new friends after a dangerous motorway smash. | **PG**  +MOTP4-007+ |

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| 04:00 AM | **Canadian Pickers: Time To Sell (R)**  The Pickers hit Southern Ontario to greet royalty of the collecting world. They meet a seller dubbed the Tin King and pick over his collection of tin buttons, toys, lunch boxes, trays, and signs. | **PG**  +COWB3-003+ |

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| 05:00 AM | **Ultimate Factories: Bacardi (R)**  The mojito, the rum and Coke and the daiquiri ' made legendary with the help of one of the world's most popular rums ' Bacardi. Get a behind-the-scenes look at how it's made. | **PG**  +ULFA5-001+ |

**Wednesday, March 23, 2016**

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| 07:00 AM | **Targa High Country 2015: Targa High Country 2015 (R)**  Targa High Country is Victoria’s ultimate tarmac rally. Set in the Mt Buller alpine region, this is where dreams will be made or dashed as more than 200 competitors push to achieve their best. | +NFFI15-001+ |

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| 08:00 AM | **Sport Special: S.A. Motorsport Festival (R)**  Classic car rallying is making a return to South Australia. | +NFFI26-001+ |

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| 09:00 AM | **Ultimate Factories: BMW X3 (R)**  A BMW plant in South Carolina is visited for a behind-the-scenes look at the making of the X3 in the Season 5 opener. | **G**  +ULFA5-002+ |

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| 10:00 AM | **Starsky & Hutch: Targets Without A Badge Part 1 (R)**  Starsky and Hutch lose Huggy Bear's trust when they are unable to save his close friend from assassination. | **PG (D,V)**  +STAH4-017+ |

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| 11:00 AM | **Starsky & Hutch: Targets Without A Badge Part 2 (R)**  Starsky and Hutch lose Huggy Bear's trust when they are unable to save his close friend from assassination. | **PG (V)**  +STAH4-018+ |

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| 12:00 PM | **Police Woman: Blast (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-017+ |

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| 01:00 PM | **S.W.A.T.: Kill S.W.A.T. (R)**  Hondo and his team are set up as targets for mass execution by a family of criminals who have convinced themselves that the death of one of their kin was an act of S.W.A.T. brutality. | **PG (V)**  +SWAT02-005+ |

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| 02:00 PM | **Knights Of Mayhem: Big Money, Big Pain NEW EPISODE**  Charlie Andrews and the Knights of Mayhem joust fiercely for victory and a $20,000 prize at the Sherwood Forest Faire in McDade, Texas. | **M**  +KNOM-003+ |

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| 03:00 PM | **Construction Zone: Ultimate Sands Oil Mine (R)**  Go behind the scenes and see what it takes to build, operate, maintain and drive the world's ultimate structures. | **PG**  +CONZ-018+ |

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| 03:30 PM | **Canadian Pickers: Fresh Starts (R)**  The Pickers comb through their own backyard to pick Alberta's best pieces. The guys have fun picking through a large collection of antiques and think they have found something special. | **PG**  +COWB3-004+ |

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| 04:30 PM | **American Restoration: Photo Finish (R)**  When a rare 1930's photo booth arrives at Rick's, the crew shoots for a picture perfect restoration. | **PG**  +AMER5-010+ |

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| 05:00 PM | **American Restoration: Sand Hassle (R)**  When a 1920's floor sander rolls in, Rick and his crew clean up their act. Can the guys make this a smooth restoration or will they be left in the dust? | **PG**  +AMER5-011+ |

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| 05:30 PM | **American Pickers: Substitute Picker (R)**  With Frank too sick to go picking, Mike's brother Robbie scrambles to fill in at the last minute for the trip. | **PG**  +APIC5-016+ |

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| 06:30 PM | **Mythbusters: Thermite Vs Ice / Handgun Horror / Woofer Weaponry (R) ’CC’**  On this elemental episode of MythBusters, there's fire, there's ice and there's some seriously heavy metal. Have Adam and Jamie got the mettle for it? | **PG**  +MYTH5-023+ |

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| 07:30 PM | **The Big Bang Theory: The Locomotive Manipulation (R) ’CC’**  Love is in the air when Amy convinces Sheldon to join her (as well as Howard and Bernadette) for a romantic weekend in Napa Valley to celebrate Valentine's Day. | **PG**  +BBTH07-015+ |

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| 08:00 PM | **The Big Bang Theory: The Table Polarization (R) ’CC’**  Leonard's purchase of a dining room table for the apartment nearly causes Sheldon to break up with Amy, while Howard is offered a chance to return to space again. | **PG**  +BBTH07-016+ |

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| 08:30 PM | **Pawn Stars: Learning The Ropes / Darth Pawn NEW EPISODE**  The Pawn Stars are back in school when a first edition of Henry David Thoreau's "Walden" comes into the shop. Then, they check out a 1763 Stradivarius violin. | **PG**  +PWNS8-703+ |

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| 09:30 PM | **Hardcore Pawn: Les Loses It / Blood Lines (R)**  A man tries to sell a series of poorly stuffed animals, leading to an unusual threat by the man against Les. A woman goes into a tirade when Ashley determines the earrings she was pawning. | **M**  +HPWN4-708+ |

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| 10:30 PM | **Barter Kings: For Sail. Will Consider Trade NEW EPISODE**  Steve and Antonio decide to barter up to one of their biggest cash outs yet -- a deck boat -- but to do so, Steve must cross the desert on a Land sail and face an unruly trader from his past. | **M**  +BAKI02-006+ |

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| 11:30 PM | **Beverly Hills Pawn: Solid Gold Plunder NEW EPISODE**  Yossi and Dominique board a luxury yacht for a chance to acquire sunken treasure from the sea! | **PG**  +BEHP02-009+ |

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| 12:00 AM | **Knights Of Mayhem: The Harder They Fall (R)**  Reigning Heavy Armour Jousting World Champion, Charlie Andrews, sets out to train two rookie knights for the first major tournament of the year. | **M**  +KNOM-002+ |

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| 01:00 AM | **Ice Pilots: A Tale Of Two Pilots (R)**  DC3 co-pilot Tyler gets a once in a lifetime opportunity to stunt fly in his Cessna 180 for a visiting film crew. Meanwhile Buffalo co-pilot, Andrew, is up for a job with Cathay Pacific Airlines. | **PG**  +ICEP4-003+ |

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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 | **Canadian Pickers: Fresh Starts (R)**  The Pickers comb through their own backyard to pick Alberta's best pieces. The guys have fun picking through a large collection of antiques and think they have found something special. | **PG**  +COWB3-004+ |

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| 05:00 AM | **Ultimate Factories: BMW X3 (R)**  A BMW plant in South Carolina is visited for a behind-the-scenes look at the making of the X3 in the Season 5 opener. | **G**  +ULFA5-002+ |

**Thursday, March 24, 2016**

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| 06:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 AM | **Sport Special: Red CentreNATS (R)**  Alice Springs roars to life with incredible street machines, elite showcars, dial in drag racing, city cruising, and tyre shredding mayhem from Round 3 of the 2015 Summernats Burnout Masters. | +BRNM01-003+ |

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| 09:00 AM | **Ultimate Factories: Ford F150 (R)**  The building of a Ford F-150 is documented at the Dearborn Truck Plant in Michigan, which churns out more than 1200 trucks a day. | **G**  +ULFA5-003+ |

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| 10:00 AM | **Starsky & Hutch: Targets Without A Badge Part 3 (R)**  Starsky and Hutch lose Huggy Bear's trust when they are unable to save his close friend from assassination. | **PG (V)**  +STAH4-019+ |

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| 11:00 AM | **Starsky & Hutch: Huggy Can't Go Home (R)**  Huggy Bear works alone to help a friend retrieve some stolen money. | **PG (V)**  +STAH4-020+ |

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| 12:00 PM | **Police Woman: Nothing Left To Lose (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-018+ |

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| 01:00 PM | **S.W.A.T.: Strike Force (R)**  The team has been assigned to protect a white supremacist. What they don't know is that the man's wife and right hand are having an affair and are plotting something. | **PG (V)**  +SWAT02-006+ |

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| 02:00 PM | **Knights Of Mayhem: Threat To The Throne NEW EPISODE**  The Knights of Mayhem take turns facing off against their leader Charlie Andrews to determine seeding for the Ultimate Jousting Championship. | **M**  +KNOM-004+ |

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| 03:00 PM | **Construction Zone: Ultimate Oil Rig (R)**  Go behind the scenes and see what it takes to build, operate, maintain and drive the world's ultimate structures. | **PG**  +CONZ-017+ |

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| 03:30 PM | **Canadian Pickers: Macho Challenge (R)**  The Pickers scour interior British Columbia for quality pieces and set a friendly wager: the one who picks the most macho item wins a beer. | **PG**  +COWB3-005+ |

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| 04:30 PM | **Turtleman: Savage Stowaways (R)**  A houseboat on Cumberland Lake is being closed for the winter, but to boat owner Kathy's surprise, it's a huge mess! | **PG**  +CWLM2-007+ |

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| 05:00 PM | **American Restoration: Golf Ball And Chain (R)**  When a 1920's chainsaw arrives, the crew powers up for a razor-sharp restoration. And another customer brings in a unique slot machine, one that dispenses golf balls instead of coins. | **PG**  +AMER5-013+ |

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| 05:30 PM | **American Pickers: Full Steam Ahead (R)**  The Pickers reckon petroliana is plentiful in the Lone Star State, but a Texas-sized honey hole proves tricky to find. Then later, the boys are in Illinois where they uncover one of the coolest cars. | **PG**  +APIC5-017+ |

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| 06:30 PM | **2016 AFL Premiership Season: Pre Game Rnd 1: Richmond v Carlton LIVE**  Ken Hinkley’s Power will be aiming for a flying start after a disappointing 2015, while the Saints will improve again on last year, so this match will be a real barometer. | +AFLP16-004+ |

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| 07:00 PM | **2016 AFL Premiership Season: Rnd 1: Richmond v Carlton LIVE**  The Tigers have aspirations of going deep into finals this year, so will want to chalk up four points against new coach Brendan Bolton and his young Blues. Can Carlton cause an upset? | +AFLG16-001+ |

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| 10:30 PM | **America's Hardest Prisons: Predators Behind Bars (R)**  At Ohio's Lebanon Correctional Institution, a new inmate is thrown in with the state's most dangerous criminals. Can he learn the ropes fast enough to survive? NGC takes you inside a prison the public doesn't get to see. | **M (A,S)**  +LOCK-003+ |

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| 11:45 PM | **Knights Of Mayhem: Big Money, Big Pain (R)**  Charlie Andrews and the Knights of Mayhem joust fiercely for victory and a $20,000 prize at the Sherwood Forest Faire in McDade, Texas. | **M**  +KNOM-003+ |

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| 12:45 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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| 02:00 AM | **Ultimate Factories: Ford F150 (R)**  The building of a Ford F-150 is documented at the Dearborn Truck Plant in Michigan, which churns out more than 1200 trucks a day. | **G**  +ULFA5-003+ |

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| 03:00 AM | **Canadian Pickers: Macho Challenge (R)**  The Pickers scour interior British Columbia for quality pieces and set a friendly wager: the one who picks the most macho item wins a beer. | **PG**  +COWB3-005+ |

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| 04:00 AM | **Auction Kings: Jackie Robinson Memorabilia / Yankee Stadium Ticket Light (R)**  The Gallery 63 crew auction off an early 1900s ticket light from Yankee Stadium. And expert appraiser Jamie authenticates a collection of designer vintage watches. | **PG**  +AUCK3-712+ |

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| 05:00 AM | **Construction Zone: Ultimate Oil Rig (R)**  Go behind the scenes and see what it takes to build, operate, maintain and drive the world's ultimate structures. | **PG**  +CONZ-017+ |

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

**Friday, March 25, 2016**

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| 06:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 06:30 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 07:00 AM | **Australian Drifting Grand Prix (R)**  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. | +ADGP02-006+ |

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| 08:00 AM | **Sport Special: 2015 Muscle Car Masters (R) (2015)**  The nation’s most successful retro motorsport event. | **PG**  +NFFI12-001+ |

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| 09:00 AM | **Ultimate Factories: Frito Lay (R)**  Crispy. Salty. Tasty. Everything a chip should be. NGC goes to the Frito-Lay factory in Perry, Ga. - the biggest chip factory in the world. | **G**  +ULFA5-004+ |

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| 10:00 AM | **Starsky & Hutch: Starsky Vs Hutch (R)**  Starsky and Hutch are dating the same undercover policewoman while all three try to catch a dance hall killer. | **PG (V)**  +STAH4-021+ |

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| 11:00 AM | **Starsky & Hutch: Sweet Revenge (R)**  As Starsky lies in a hospital bed at death's door, Hutch goes after the powerful man who tried to have him killed. | **PG (V)**  +STAH4-022+ |

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| 12:00 PM | **Police Woman: No Place To Hide (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-019+ |

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| 01:00 PM | **Swamp People: It's Personal (R)**  Liz has been a solid helper on Troy Landry's boat, but with the season more than halfway done, Liz wants to prove to her boss that she's more. | **PG**  +SWMP2-010+ |

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| 02:00 PM | **Swamp People: Beat The Clock (R)**  After twenty days, exhaustion is setting in. For Joe, weariness is only half the battle. Weather is coming off the Gulf, and Joe needs to muster the resolve to face every obstacle the swamp has to offer. | **PG**  +SWMP2-011+ |

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| 03:00 PM | **Construction Zone: USS Virginia (R)**  Go behind the scenes and see what it takes to build, operate, maintain and drive the world's ultimate structures. | **PG**  +CONZ-019+ |

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| 03:30 PM | **Canadian Pickers: All In The Family (R)**  Scott and Sheldon hit up Winnipeg in search of great finds, but this time Scott throws a bit of a twist into the first pick, his two sons, Liam and Nash. | **PG**  +COWB3-006+ |

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| 04:30 PM | **Wipeout USA: Wipeout Bowl I - Cheerleaders VS Couch Potatoes (R) ’CC’**  Insane contestants struggle through a gruelling obstacle course for a big cash prize, with hilarious results! In a Super Bowl themed Wipeout, cheerleaders battle coach potatoes. | **PG**  +WIPE2-001+ |

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| 05:30 PM | **Wipeout USA: Wipeout Of Hockey (R) ’CC’**  Insane contestants struggle through a gruelling obstacle course for a big cash prize, with hilarious results! Wipeout returns with new obstacles! | **PG**  +WIPE2-002+ |

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| 06:30 PM | **Mythbusters: UpFront Special - The Demolition Derby (R) ’CC’**  It's another feature length episode and this time the team is on a mission to mash metal. In this 'Demolition Derby' the team has four fables of automotive mayhem guaranteed to bend your fender. | **PG**  +MYTH5-031+ |

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| 08:30 PM | **7mate Friday Night Movie: Raw Deal (R) (1986)**  A maverick FBI agent is kicked out of the bureau for excessive violence but is given a chance to return if he can help topple a Chicago gang leader by going undercover and joining the gang. Starring: ARNOLD SCHWARZENEGGER,DARREN MCGAVIN,ED LAUTER,KATHRYN HARROLD,JOE REGALBUTO,SAM WANAMAKER,ROBERT DAVI,PAUL SHENAR,STEVEN HILL | **M (N,V)**  +STUC-009+ |

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| 10:40 PM | **7mate Friday Night Movie: Wild Things (R)**  A schoolgirl's accusation of sexual assault triggers a scandal in a wealthy Florida yachting enclave. STARRING: DENISE RICHARDS, NEVE CAMPBELL, MATT DILLON, KEVIN BACON, THERESA RUSSELL, BILL MURRAY, DAPHNE RUBIN-VEGA. | **MA (V,S,L)**  +SPCF06-015+ |

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| 01:00 AM | **Bizarre ER (R)**  A woman wounded trying to kill a flea with a pair of pliers, a panto dame with an enormous elbow swelling and a man whose leg has burst open like a Christmas cracker. | **M**  +BZER3-008+ |

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| 01:30 AM | **Ice Pilots: A Very Buffalo Christmas (R)**  Buffalo flies Christmas toys to isolated northern communities, and holiday stress pushes Kelly past her limit. | **M (L)**  +ICEP4-005+ |

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| 02:30 AM | **Ultimate Factories: Frito Lay (R)**  Crispy. Salty. Tasty. Everything a chip should be. NGC goes to the Frito-Lay factory in Perry, Ga. - the biggest chip factory in the world. | **G**  +ULFA5-004+ |

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| 03:30 AM | **Construction Zone: USS Virginia (R)**  Go behind the scenes and see what it takes to build, operate, maintain and drive the world's ultimate structures. | **PG**  +CONZ-019+ |

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| 04:00 AM | **Canadian Pickers: All In The Family (R)**  Scott and Sheldon hit up Winnipeg in search of great finds, but this time Scott throws a bit of a twist into the first pick, his two sons, Liam and Nash. | **PG**  +COWB3-006+ |

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| 05:00 AM | **Sport Special: 2015 Muscle Car Masters (R) (2015)**  The nation’s most successful retro motorsport event. | **PG**  +NFFI12-001+ |

**Saturday, March 26, 2016**

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| 06:00 AM | **A Football Life: Fearsome Foursome (R)**  The Fearsome Foursome of the Los Angeles Rams, led by head coach George Allen were a dominant force on the field, and as close as brothers off of it. A look back at four men who changed the game. | **PG**  +FOLI-019+ |

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| 07:00 AM | **America's Game: The Super Bowl Champions: 1980 Oakland Raiders (R)**  Given all the time in the world to throw, Jim Plunkett formidably came to the aid of his team, passing for three touchdowns as the Oakland Raiders routed the Philadelphia Eagles in Super Bowl XV. | +AGSB-015+ |

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| 08:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 08:30 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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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-071+ |

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| 09:30 AM | **Inside West Coast Customs: Rascal Flatts - Take The T-Tops Out (R)**  "Take the T-tops out" and that is exactly what Ryan and the crew do when they team up with Rascal Flatts for the release of their single "Red Camaro". | **PG**  +IWCC-010+ |

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| 10:30 AM | **Just 2 Wheelz: Mountain Man MX 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**  +JTWH01-012+ |

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| 11:00 AM | **Australian Drifting Grand Prix (R) NEW EPISODE**  The Panel Show, hosted by the Voice of ADGP Andrew Hawkins, this episode takes a look down memory lane at all the seasons thus far & we catch up with reigning champion Michael Rosenblatt. | +ADGP02-003+ |

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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. | +ULSP01-020+ |

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| 12:30 PM | **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. | +ADGP02-007+ |

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| 01:30 PM | **2016 AFL Premiership Season: Rnd 1: Melbourne v GWS LIVE**  The Demons host the Giants at the MCG in what shapes as a real litmus test for both sides as they aim to climb the ladder with maturing lists. | +AFLG16-002+ |

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| 04:30 PM | **Doomsday Castle: Learn To Fear Me NEW EPISODE**  A torrential downpour gives the kids time to have some fun in the mud. | **PG**  +DOOC-004+ |

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| 05:30 PM | **Doomsday Preppers: Don't Betray The Colony NEW EPISODE**  Some preppers believe in safety in numbers -- as is the case for Jeff Mann, who leads "the Colony," a community of 25 preppers unified with the single purpose of surviving doomsday. | **PG (A)**  +DOOP2-021+ |

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| 06:30 PM | **2016 AFL Premiership Season: Pre Game Rnd 1: Sydney v Collingwood LIVE**  The AFL world will be buzzing as Buddy Franklin returns to the field for the Swans, while Nathan Buckley has his Collingwood charges on an upward trajectory to get back into the finals. | +AFLP16-001+ |

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| 07:00 PM | **2016 AFL Premiership Season: Rnd 1: Sydney v Collingwood LIVE**  The AFL world will be buzzing as Buddy Franklin returns to the field for the Swans, while Nathan Buckley has his Collingwood charges on an upward trajectory to get back into the finals. | +AFLG16-004+ |

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| 10:30 PM | **7mate Friday Night Movie: Street Fighter (R) FIRST TIME ON 7MATE**  A commando colonel leads a covert mission to rescue kidnapped relief workers from a psychotic warlord. Starring: DAMIEN CHAPA,JEAN-CLAUDE VAN DAMME,KYLILE MINOGUE,RAUL JULIA,MING-NA WEN | **M (V)**  +SPCF06-017+ |

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| 12:45 AM | **Locked Up Abroad: Daredevil Drug Runner NEW EPISODE**  Chris and his wife Susan have their dream life in Spain running a martial arts school, until their landlord doubles their rent. Desperate to stay afloat, Chris smuggles cannabis resin into England. | **M (V)**  +BANG6-006+ |

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| 02:00 AM | **Doomsday Preppers: Don't Betray The Colony (R)**  Some preppers believe in safety in numbers -- as is the case for Jeff Mann, who leads "the Colony," a community of 25 preppers unified with the single purpose of surviving doomsday. | **M (A)**  +DOOP2-021+ |

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| 03:00 AM | **Inside West Coast Customs: Rascal Flatts - Take The T-Tops Out (R)**  "Take the T-tops out" and that is exactly what Ryan and the crew do when they team up with Rascal Flatts for the release of their single "Red Camaro". | **PG**  +IWCC-010+ |

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| 04:00 AM | **TBA:** | ++ |

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| 05:00 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-071+ |

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