**Sunday, December 27, 2015**

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

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| 06:30 AM | **Hook Line and Sinker: Mudeye Trout (R)** Nick and Andrew climb Victoria's beautiful Grampien Mountains and catch trout on mudeyes. Plus an epic off-shore race between a wave runner and a boat. | **PG** +HOLS-017+ |

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| 07:00 AM | **NFL Game Day 2015 NEW EPISODE**Highlights from all of the previous week's NFL action. | +NFLG15-015+ |

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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 | **Swamp People: The Last Battle (R)** It's the final two days of alligator season and the big daddy of all cannibal gators, known as the "Loch Ness Monster" is yet to be caught. | **PG** +SWMP-010+ |

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| 10:30 AM | **The Hook & The Cook: Hawkesbury River (R)** Scotty and Paul bring the kids along in this father-son adventure aboard a houseboat on the Hawkesbury River. | **PG** +THTC-011+ |

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| 11:00 AM | **Hook Line And Sinker: Sydney Kings (R)** They fight hard, they look great and are sensational to eat so it's little wonder that the Yellowtail Kingfish is high on every Australian anglers list. | **PG** +HOLS2-007+ |

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| 11:30 AM | **Hook Line And Sinker: Fiji Adventure (R)** In all new Hook, Line and Sinker, pull out the passport and join hosts Nick Duigan and Andrew Hart for a fishing adventure in a Pacific island paradise. | **PG** +HOLS2-008+ |

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| 12:00 PM | **The AFN Fishing Show NEW EPISODE**Nige Webster and Trevor Hawkins take on a unique test: on the edge of a trout lake they first paint their own lures before hitting the water and using them to try and catch their dinner.  | **PG** +AFNF01-012+ |

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| 12:30 PM | **Big Angry Fish: Shallow Water Paradise NEW EPISODE**Milan and Nathan wake up to a morning where the fish are begging to be caught. It would be rude not to! The challenge starts as Nathan brings out his fly-fishing gear. | **PG** +BAFI01-010+ |

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| 01:30 PM | **Mark Berg's Fishing Addiction: Staaten River Barramundi Part 2 NEW EPISODE**Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA5-007+ |

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| 02:30 PM | **Fishing Western Australia: Deep Baits NEW EPISODE**Still enjoying their time in the Abrolhos, Harry and Ryan continue chasing one of Ryan’s favourite species, the pink snapper, this time on bait. | **PG** +FHWA16-004+ |

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| 03:00 PM | **Hillbilly Handfishin': Win One For The Skipper (R)** Two sophisticated socialites are ready to toast their catches and two newlyweds are ready for their next big adventure! | **PG** +HIHA-005+ |

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| 04:00 PM | **Doomsday Bunkers: Pyramid Pod / Booby-Trapped Bunker (R)** Deep Earth Bunker builds custom shelters for their "Prepper" clients, including a booby-trapped bunker to scare off intruders. | **PG** +DOOM-002+ |

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| 05:00 PM | **Wipeout USA: Rocket To Wipeout (R) ’CC’** Insane contestants struggle through a gruelling obstacle course for a big cash prize, with hilarious results! Banana Hammocks and a Zip Line Swing are among today's outrageous new obstacles. | **PG** +WIPE2-004+ |

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| 06:00 PM | **What Went Down: Hasta La Fail, Baby** Sensational twin brother jet ski tricks, not so sensational firefighters, and an extreme skier sets off an avalanche. Oh, and some guys in England kick each other in the shins. | **PG** +WHAT-008+ |

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| 06:30 PM | **Mythbusters: James Bond Special (R) ’CC’** Our stealthy secret agents are on a mission to explode the myths about Bond's gadgets, getaways, and guns. | **PG** +MYTH4-026+ |

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| 07:30 PM | **The Big Bang Theory: The Tenure Turbulence (R) ’CC’** Leonard, Sheldon and Raj fight for tenure at the University. | **PG** +BBTH06-020+ |

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| 08:00 PM | **The Big Bang Theory: The Closure Alternative (R) ’CC’** Sheldon feels lost after one of his favorite TV shows gets canceled too soon, so Amy tries to help him get over his compulsive need for closure. Raj discovers a secret about his new love interest. | **PG** +BBTH06-021+ |

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| 08:30 PM | **7mate Sunday Night Movie: K-19: The Widowmaker (R) (2002)** Starring Harrison Ford as Captain Alexi Vostrikov who must race to save his crew after Russia's first nuclear submarine malfunctions on its maiden voyage and threatens a nuclear disaster. Starring: CHRISTIAN CAMARGO,HARRISON FORD,LIAM NEESON,SAM REDFORD,SAM SPRUELL | **M (A)**+PRR23-020+ |

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| 11:30 PM | **7TWO Late Movie: Triassic Attack (R) ’CC’ (2010)** A Native American owner of a kitschy roadside museum accidentally brings three dinosaur fossils to life. Starring: JAZZ LINTOTT,EMILIA CLARKE,KRISTY MITCHELL,JOHN LASKOWSKSI,JORDAN BONEY,NATHALIE BUSCOMBE,VLADIMIR MIHAILOV,STEVEN BRAND | **M (V)**+NBCF24-010+ |

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| 01:20 AM | **1000 Ways To Die: Tweets From The Dead NEW EPISODE** Follow the 'real-death' stories of people who have met with extraordinary ends. Some die tragically, others accidentally and there's a few caused by just plain stupidity. | **MA (V)**+WATD6-003+ |

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| 02:00 AM | **Big Angry Fish: Shallow Water Paradise (R)** Milan and Nathan wake up to a morning where the fish are begging to be caught. It would be rude not to! The challenge starts as Nathan brings out his fly-fishing gear. | **PG** +BAFI01-010+ |

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| 03:00 AM | **Mark Berg's Fishing Addiction: Staaten River Barramundi Part 2 (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA5-007+ |

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| 04:00 AM | **Hook Line And Sinker: Sydney Kings (R)** They fight hard, they look great and are sensational to eat so it's little wonder that the Yellowtail Kingfish is high on every Australian anglers list. | **PG** +HOLS2-007+ |

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| 04:30 AM | **Hook Line And Sinker: Fiji Adventure (R)** In all new Hook, Line and Sinker, pull out the passport and join hosts Nick Duigan and Andrew Hart for a fishing adventure in a Pacific island paradise. | **PG** +HOLS2-008+ |

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| 05:00 AM | **NFL 2015: Week 16: Patiots at Jets LIVE**Details TBC.  | +NFLI15-054+ |

 **Monday, December 28, 2015**

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| 06:00 AM | **NFL 2015: Week 16: Patiots at Jets LIVE**Details TBC. | +NFLI15-054+ |

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| 08:30 AM | **NFL 2015: Week 16: Packers at Cardinals LIVE**Details TBC.  | +NFLI15-055+ |

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| 11:30 AM | **Sound FX: Best Of: John Harbaugh (R)** Baltimore Ravens super coach John Harbaugh works hard. Damn hard. And it shows. With an enviable winning record and the 2013 Superbowl under his belt, this guy commands respect, and gets it. | +SFXB-021+ |

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| 12:00 PM | **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-042+ |

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| 12:30 PM | **NFL 2015: Week 16: Giants at Vikings LIVE**Details TBC.  | +NFLI15-056+ |

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| 04:00 PM | **Auction Kings: Iron Maiden/ 1917 T-Bucket Roadster (R)** Paul is concerned about touching - more than selling - an Iron Maiden and a Cadaver Casket brought in by the Garrett Brothers, two new hard- bargaining pickers. | **PG** +AUCK3-005+ |

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| 04:30 PM | **Swamp People: Family Feuds (R)** It's halfway through the gruelling alligator season and the stress is taking a toll on families throughout the swamp. | **PG** +SWMP-006+ |

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| 05:30 PM | **Doomsday Preppers: Taking From The Haves (R)** Meet Jeff Bushaw, a full-time prepper who fears the eruption of the Yellowstone super volcano. Then, Allen and Franco are neighbours who are preparing for a breakdown of the world food system. | **PG** +DOOP2-005+ |

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| 06:30 PM | **Seinfeld: The Chaperone (R) ’CC’** Jerry asks a Miss America pageant contestant, Miss Rhode Island out on a date. However they have to have a chaperone so Kramer volunteers. | **PG** +SEIN6-001+ |

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| 07:00 PM | **Seinfeld: The Big Salad (R) ’CC’** Jerry is stunned to learn that his girlfriend not only went out with, but was dumped by Newman. | **PG** +SEIN6-002+ |

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| 07:30 PM | **Mythbusters: Eye Pop Sneeze / Stopping Car In Reverse / Killer Butts / Car Remote Capers / Car Explosion (R) ’CC’** Since the beginning of Series 4 the Mythbusters have been putting out the call for new myths to bust. And now it's time to put a new batch of viewer suggestions to the test. | **PG** +MYTH4-016+ |

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| 08:45 PM | **7mate Monday Night Movie: Air America (R) (1990)** Robert Downey Jr. Stars as Billy, a pilot who finds himself recruited into a covert and corrupt CIA airlift organization operating in Vietnam War Era Laos.  | **M (L)**+STUC-006+ |

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| 11:00 PM | **Canadian Pickers: Going Hollywood NEW EPISODE**Join the Cash Cowboys for an incredible coast-to-coast adventure as they rummage through barns, basements, attics and sheds in search of rusty gold. | **PG** +COWB4-006+ |

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| 12:00 AM | **Ice Pilots: Sunk (R)** Joe and Mikey salvage a rare tailpiece from a lost plane wreck, and Cory and Justin fight to stay aloft during severe icing over the North Atlantic. | **M** +ICEP4-012+ |

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| 01:00 AM | **Doomsday Preppers: Taking From The Haves (R)** Meet Jeff Bushaw, a full-time prepper who fears the eruption of the Yellowstone super volcano. Then, Allen and Franco are neighbours who are preparing for a breakdown of the world food system. | **PG** +DOOP2-005+ |

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| 02:00 AM | **Ultimate Factories: Bentley (R)** To create a Bentley it takes 500 hours, nine weeks work for a team of artisans and cutting-edge technicians to creare one of the most luxurious cars on the planet. | **G** +ULFA4-004+ |

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| 03:00 AM | **Doomsday Bunkers: Bunkers, Bullets And Blast Doors (R)** Scott Bales and his company Deep Earth Bunker build custom shelters for "Prepper" clients. They build a palatial complex with a blast proof door for a man's family and his prepper training school. | **PG (A)**+DOOM-001+ |

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| 04:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-042+ |

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| 04:30 AM | **Auction Kings: Iron Maiden/ 1917 T-Bucket Roadster (R)** Paul is concerned about touching - more than selling - an Iron Maiden and a Cadaver Casket brought in by the Garrett Brothers, two new hard- bargaining pickers. | **PG** +AUCK3-005+ |

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| 05:00 AM | **Mark Berg's Fishing Addiction (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA6-007+ |

**Tuesday, December 29, 2015**

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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 | **Mickey Mouse Clubhouse: Donald Hatches An Egg (R)** Minnie, Goofy, Donald, Pluto and Daisy all join Mickey in this vibrant interactive series that invites young viewers to help solve challenges and overcome obstacles. | **G** +MMCH3-034+ |

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| 07:30 AM | **Jake And The Never Land Pirates: Hook's Hookity-Hook! / Hooked Together (R) ’CC’** Jake leads his team, including Izzy, Cubby and their parrot lookout, Skully aboard their amazing ship, Bucky, sailing from their Pirate Island hideout on a lost treasure hunt throughout Never Land. | **G** +JANP2-018+ |

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| 08:00 AM | **Doc McStuffins: Get Set To Get Wet/ Loud Louis (R)** When the volume control on Doc's toy cell phone Louis gets stuck, she diagnoses him with "Superlouditis" and teaches him how to use his inside voice. | **G** +DSTU-020+ |

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| 08:30 AM | **Sofia The First: Baileywhoops (R) ’CC’** A young girl starts out with a regular life. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty, pomp and new step-siblings. | **G** +SOFF2-017+ |

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| 09:00 AM | **Crash & Bernstein: Undercover Crash (R) ’CC’** After Crash unknowingly takes items from a variety of people and places, Wyatt teaches him it is wrong and has him return everything, starting with the prizes from the arcade. | **G** +CRAB-008+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-034+ |

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| 10:00 AM | **Ultimate Factories: Bentley (R)** To create a Bentley it takes 500 hours, nine weeks work for a team of artisans and cutting-edge technicians to creare one of the most luxurious cars on the planet. | **G** +ULFA4-004+ |

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| 11:00 AM | **Mark Berg's Fishing Addiction (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA6-003+ |

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| 12:00 PM | **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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| 01:00 PM | **Once Upon A Time: Hat Trick (R) ’CC’** While searching for Mary Margaret, Emma is kidnapped by a man whose affinity for hats has him teetering on the edge of madness. And the Evil Queen persuades a magician to help her steal something.  | **PG (V)**+ONCE-017+ |

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| 02:00 PM | **Once Upon A Time: The Stable Boy (R) ’CC’** Emma continues her search for evidence that will prove Mary Margaret's innocence in the murder of David's wife, Kathryn. And the event that caused the Evil Queen to loathe Snow White is revealed.  | **PG** +ONCE-018+ |

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| 03:00 PM | **Bid and Destroy: Lake House Riches / House Fire to Fortune (R)** Brian undercuts the competitor's on a valuable lakefront property. Then the team is bidding on a fire-damaged split-level home, they scramble to find what valuables they can before it's levelled. | **PG** +BIAD-701+ |

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| 04:00 PM | **Auction Kings: John Wayne Guns/ Omnibot 2000 (R)** The crew auction off a John Wayne Commemorative gun collection and have a friendly wager with an '80s-era Omnibot2000 robot. New appraiser Jamie Breese seeks to unravel the mystery of a ship's telegraph. | **PG** +AUCK3-006+ |

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| 04:30 PM | **Swamp People: Swamp Wars (R)** As the swampers race against the end of the gator season, Tommy and Joe have a poacher after their catch. | **PG** +SWMP-007+ |

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| 05:30 PM | **Doomsday Preppers: The Time Of Reckoning (R)** A single bomb could cause massive chaos. Tom Perez is prepping for a terrorist attack and suspects it's only a matter of time before one gets through our defences. | **PG (V,A)**+DOOP2-006+ |

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| 06:30 PM | **Seinfeld: The Pledge Drive (R) ’CC’** Kramer finds Jerry's old birthday checks from his grandmother and insists he deposits them, which puts Nana in unexpected debt. | **PG** +SEIN6-003+ |

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| 07:00 PM | **Seinfeld: The Chinese Woman (R) ’CC’** George's telephone line crosses with that of a woman named Donna Chang, and everyone seeks her advice when she convinces them that she's Chinese. | **PG** +SEIN6-004+ |

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| 07:30 PM | **Highway Patrol: Spiked Pursuit (R) ’CC’** The police are trying to apprehend a drink driver who has crashed a booze bus site. The speeding motorist just won't stop and with pursuing police unable to stop her, they decide to throw down stop sticks. | **PG** +HWYP4-010+ |

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| 08:00 PM | **Motorway Patrol (R) ’CC’** Danger looms when a man leaves his van in the middle of the harbour bridge, two bizarre nights with a double decker bus and a missing number plate sparks off a really bad day for one driver. | **PG** +MOTP3-005+ |

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| 08:30 PM | **Ice Road Truckers: On The Edge (Special) FIRST TIME ON 7MATE**The truckers continue their look back at their experiences during the last ice road season and explain what they do now that they're off the ice. | **M** +ICER01-013+ |

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| 09:30 PM | **Counting Cars: Back In The Wind (R)** Tasked with building a custom bike for a disabled man, Danny and his team must figure out a way to tackle a tricky transformation. | **PG** +CCAR01-005+ |

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| 10:00 PM | **Car Chasers: More Power / Corvette Crazy NEW EPISODE**Jeff and Perry wheel and deal out in Hollywood. Then, an opportunity to purchase an 82 Corvette on the cheap arises. | **M** +CACH2-704+ |

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| 11:00 PM | **Inside West Coast Customs: HP - Techno Denali (R)** Two worldwide brands Hewlett Packard and West Coast Customs collaborate to turn an ordinary Denali into a mobile multimedia platform with all the latest HP technology. | **PG** +IWCC-004+ |

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| 12:00 AM | **Bid and Destroy: Lake House Riches / House Fire to Fortune (R)** Brian undercuts the competitor's on a valuable lakefront property. Then the team is bidding on a fire-damaged split-level home, they scramble to find what valuables they can before it's levelled. | **PG** +BIAD-701+ |

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| 01:00 AM | **Doomsday Preppers: The Time Of Reckoning (R)** A single bomb could cause massive chaos. Tom Perez is prepping for a terrorist attack and suspects it's only a matter of time before one gets through our defences. | **PG (V,A)**+DOOP2-006+ |

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| 02:00 AM | **Ultimate Factories: Coca Cola (R)** It takes a power factory to provide a beverage with a famously secret formula consumed in over 99 per cent of the populated world. Machines in a bottling plant pump out almost 800 bottles per minute. | **G** +ULFA4-005+ |

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| 03:00 AM | **Doomsday Bunkers: Pyramid Pod / Booby-Trapped Bunker (R)** Deep Earth Bunker builds custom shelters for their "Prepper" clients, including a booby-trapped bunker to scare off intruders. | **PG** +DOOM-002+ |

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| 04:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-034+ |

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| 04:30 AM | **Auction Kings: John Wayne Guns/ Omnibot 2000 (R)** The crew auction off a John Wayne Commemorative gun collection and have a friendly wager with an '80s-era Omnibot2000 robot. New appraiser Jamie Breese seeks to unravel the mystery of a ship's telegraph. | **PG** +AUCK3-006+ |

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| 05:00 AM | **Mark Berg's Fishing Addiction (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA6-008+ |

**Wednesday, December 30, 2015**

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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 | **Mickey Mouse Clubhouse: The Golden Boo Boo (R)** Minnie, Goofy, Donald, Pluto and Daisy all join Mickey in this vibrant interactive series that invites young viewers to help solve challenges and overcome obstacles. | **G** +MMCH3-035+ |

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| 07:30 AM | **Jake And The Never Land Pirates: Cubby's Mixed-Up Map! / Jake's Cool New Matey (R) ’CC’** Jake leads his team, including Izzy, Cubby and their parrot lookout, Skully aboard their amazing ship, Bucky, sailing from their Pirate Island hideout on a lost treasure hunt throughout Never Land. | **G** +JANP2-019+ |

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| 08:00 AM | **Doc McStuffins: Caught Blue-Handed/ To Squeak, Or Not To Squeak (R)** When a mysterious rash of blue spots breaks out among some of the toys in the clinic, Doc traces the "Mystery Pox" back to Donny's toy monster. | **G** +DSTU-021+ |

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| 08:30 AM | **Sofia The First: Winter's Gift (R) ’CC’** A young girl starts out with a regular life. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty, pomp and new step-siblings. | **G** +SOFF2-018+ |

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| 09:00 AM | **Crash & Bernstein: System Crash (R) ’CC’** The Bernstein's teach Crash about the wonders of the internet and technology, but his obsession with this newfound technology is temporarily interrupted by a blackout. | **G** +CRAB-009+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **PG** +DCAG-035+ |

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| 10:00 AM | **Ultimate Factories: Coca Cola (R)** It takes a power factory to provide a beverage with a famously secret formula consumed in over 99 per cent of the populated world. Machines in a bottling plant pump out almost 800 bottles per minute. | **G** +ULFA4-005+ |

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| 11:00 AM | **Mark Berg's Fishing Addiction (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA6-004+ |

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| 12:00 PM | **The Amazing Race: Get Our Groove On (R) ’CC’** Teams travel to Gdansk, Poland where racers struggle to keep up the beat during a polka challenge. Meanwhile, a double U-turn jeopardizes each team's chances in the race. | **PG** +AMRC23-005+ |

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| 01:00 PM | **Once Upon A Time: The Return (R) ’CC’** Mr. Gold attempts to uncover the true identity of August, Emma confronts Reginaabout her involvement in Kathryn's disappearance, and David tries to apologise and reconcile with Mary Margaret.  | **PG (V)**+ONCE-019+ |

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| 02:00 PM | **Once Upon A Time: The Stranger (R) ’CC’** August promises to enlighten Emma and take her on a journey that will show her how she can beat Regina, and possibly take custody of Henry. And Regina puts a plan in motion to seduce David.  | **PG** +ONCE-020+ |

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| 03:00 PM | **Bid and Destroy: Cash Factory (R)** The Danley Demolition crew rush to Claremont, New Hampshire, to tear down an abandoned paper mill complete with a 16-story metal smokestack and wonder if there's any good stuff left. | **PG** +BIAD-003+ |

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| 03:30 PM | **Bid and Destroy: Toilet Farm (R)** Brian and Lee bid on the demolition of an abandoned boarding house nicknamed The Toilet Farm. In an effort to beat out their competitor, Boston Jim, they bid lower than they're comfortable with. | **PG** +BIAD-004+ |

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| 04:00 PM | **Auction Kings: Rick Fairless Chopper/ Gas-Powered Blender (R)** The crew auction off a groovy-looking Rick Fairless chopper and an antique scale. When a customer brings in a gas-powered blender, Paul is inspired to hold an impromptu margarita-making contest. | **PG** +AUCK3-007+ |

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| 04:30 PM | **Swamp People: Gator Vodoo (R)** With just a week left in the season, the gators have mysteriously stopped biting, so the swampers fight back with their own tactics. | **PG** +SWMP-008+ |

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| 05:30 PM | **Doomsday Preppers: Escape From New York (R)** With recent storms such as Sandy, New Yorkers now more than ever need to have escape plans in case they need to flee. | **PG** +DOOP2-007+ |

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| 06:30 PM | **Seinfeld: The Couch (R) ’CC’** Poppy returns and he and Kramer are going into business together to create a restaurant where you make your own pizza. | **PG** +SEIN6-005+ |

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| 07:00 PM | **Seinfeld: The Gymnast (R) ’CC’** George's girlfriend's mom thinks he is homeless when she catches George eating an eclair out of the trash can. Meanwhile, Kramer gets a kidney stone. | **PG** +SEIN6-006+ |

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| 07:30 PM | **Hardcore Pawn: Skulls & Scoundrels / The Gambler** A woman tries to sell her ring, but her friend interferes with the deal. Ashley becomes irate when Les butts in while negotiating with a woman over a fur coat. | **M (L)**+HPWN2-703+ |

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| 08:30 PM | **Pawn Stars: Double Trouble / Ace In The Hole (R) ’CC’** The Pawn Stars are presented with an extremely rare unopened bottle of 1921 Dom Perignon Champagne. Then later, they are offered an antique professional gambler's toolkit. | **PG** +PWNS4-722+ |

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| 09:30 PM | **Hardcore Pawn: Fool's Gold / Cash Kings (R)**A man tries to get back the items his ex -wife pawned behind his back, but they need her ID in order to redeem the tickets. | **M** +HPWN2-708+ |

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| 10:30 PM | **Cajun Pawn Stars: Money Bzzzness (R)** Check out the sweetest deal in town as the Cajun Pawn Stars look to get into the beekeeping business. | **PG** +CPAW01-004+ |

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| 11:00 PM | **Beverly Hills Pawn: Dumpsters, Dinosaurs And Diamonds (R)** Yossi and Cory handle a Beverly Hills eccentric with a selection of antique jewellery to offload. And a walk-in brings in an old rocking chair she claims belonged to the legendary Frank Sinatra. | **PG** +BEHP-021+ |

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| 11:30 PM | **Bid and Destroy: Cash Factory (R)** The Danley Demolition crew rush to Claremont, New Hampshire, to tear down an abandoned paper mill complete with a 16-story metal smokestack and wonder if there's any good stuff left. | **PG** +BIAD-003+ |

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| 12:00 AM | **Bid and Destroy: Toilet Farm (R)** Brian and Lee bid on the demolition of an abandoned boarding house nicknamed The Toilet Farm. In an effort to beat out their competitor, Boston Jim, they bid lower than they're comfortable with. | **PG** +BIAD-004+ |

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| 12:30 AM | **Bizarre ER (R)** Tonight's episode features a supermarket worker who's sliced off his fingertip, and brought it to casualty in a carrier bag; and a toddler who's hidden cash in his gullet for three months. Narrated by | **M** +BZER2-007+ |

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| 01:00 AM | **Doomsday Preppers: Escape From New York (R)** With recent storms such as Sandy, New Yorkers now more than ever need to have escape plans in case they need to flee. | **PG** +DOOP2-007+ |

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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 | **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.  | **PG** +DCAG-035+ |

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| 04:30 AM | **Auction Kings: Rick Fairless Chopper/ Gas-Powered Blender (R)** The crew auction off a groovy-looking Rick Fairless chopper and an antique scale. When a customer brings in a gas-powered blender, Paul is inspired to hold an impromptu margarita-making contest. | **PG** +AUCK3-007+ |

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| 05:00 AM | **Mark Berg's Fishing Addiction (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA6-009+ |

 **Thursday, December 31, 2015**

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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 | **Mickey Mouse Clubhouse: Mickey's Train Station (R)** Minnie, Goofy, Donald, Pluto and Daisy all join Mickey in this vibrant interactive series that invites young viewers to help solve challenges and overcome obstacles. | **G** +MMCH3-001+ |

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| 07:30 AM | **Jake And The Never Land Pirates: Hooked! / The Never Land Pirate Ball (R) ’CC’** Jake leads his team, including Izzy, Cubby and their parrot lookout, Skully aboard their amazing ship, Bucky, sailing from their Pirate Island hideout on a lost treasure hunt throughout Never Land. | **G** +JANP2-020+ |

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| 08:00 AM | **Doc McStuffins: Doctoring The Doc/ Hot Pursuit (R)** After Doc's mom diagnoses her with the flu, the toys take care of her and try to entertain her while she rests and tries to gets better. | **G** +DSTU-022+ |

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| 08:30 AM | **Sofia The First: The Curse Of Princess Ivy - Part 1 (R) ’CC’** A young girl starts out with a regular life. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty, pomp and new step-siblings. | **G** +SOFF2-019+ |

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| 09:00 AM | **Crash & Bernstein: Crash Crush (R) ’CC’** At Jasmine's 6th birthday party Crash falls for Lola, a puppet he believes is real, and begins dating her. Meanwhile, Wyatt discovers Lola's puppeteer is taking advantage of Crash. | **G** +CRAB-010+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **PG** +DCAG-036+ |

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| 10:00 AM | **Ultimate Factories: Lego (R)** It's one of the most popular construction toys in the world. From R&D and engineering to robotic assembly lines, we take you behind the scenes as their most popular set is completely redesigned. | **G** +ULFA3-006+ |

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| 11:00 AM | **Mark Berg's Fishing Addiction (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA6-005+ |

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| 12:00 PM | **The Amazing Race: Choir Boy At Heart (R) ’CC’** Racers struggle to stay in tune with the world famous Vienna Boys Choir and an intense dispute breaks out at the mat. | **PG** +AMRC23-006+ |

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| 01:00 PM | **Once Upon A Time: An Apple Red As Blood (R) ’CC’** Henry pleads with Emma to stay in Storybrooke and continue her quest as the savior of the fairytale dwellers, and Regina concocts a plan that could rid her of Emma forever.  | **PG (V)**+ONCE-021+ |

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| 02:00 PM | **Once Upon A Time: A Land Without Magic (R) ’CC’** Emma and Regina team together in order to try and save Henry's life. Prince Charming attempts to escape from the Queen to find Snow White, unaware she has already taken a bite of the poison apple.  | **PG** +ONCE-022+ |

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| 03:00 PM | **Bid and Destroy: Haunted House Treasures (R)** There's just one day for the crew to get whatever they can out of a 150-year-old house. But things start getting sppoky and weird fast! | **PG** +BIAD-005+ |

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| 03:30 PM | **Bid and Destroy: Muscle Car Mansion (R)** Lee owes a favour and agrees to tear down a house for much less than the going rate. But when Brian and Eric get to the property they see the house has been stripped clean of anything of value. | **PG** +BIAD-006+ |

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| 04:00 PM | **Auction Kings: Edison Phonograph/Ali-Frazier Boxing Gloves (R)** The crew auction a 1907 Edison Morning Glory Phonograph and a mysterious Mercedes. The Garrett Brothers bring in a commemorative display with Frazier and Ali's boxing gloves from their Fight of the Century. | **PG** +AUCK3-008+ |

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| 04:30 PM | **Swamp People: Final Countdown (R)** With just a few days left in the season, the pressure's intensifying. Can the swampers "tag out" in time? | **PG** +SWMP-009+ |

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| 05:30 PM | **Doomsday Preppers: No Such Thing As A Fair Fight (R)** Businessman by day, prepper by night. Brent lives in fear of an electromagnetic pulse (EMP) that will make the world go dark, leaving his family of 12 with nothing. | **PG** +DOOP2-008+ |

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| 06:30 PM | **Seinfeld: The Mom & Pop Store (R) ’CC’** George buys a convertible he thinks was once owned by Jon Voight. And Kramer tries to save a small shoe-repair business. | **PG** +SEIN6-007+ |

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| 07:00 PM | **Seinfeld: The Soup (R) ’CC’** Kramer convinces Jerry to get a free Armani suit from comic Kenny Bania. Meanwhile, Elaine has a British friend stay with her for a week. | **PG** +SEIN6-008+ |

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| 07:30 PM | **The Big Bang Theory: The Egg Salad Equivalency (R) ’CC’** Sheldon is accused of sexual harassment at the University and winds up dragging Leonard, Raj and Howard into the fray. | **PG** +BBTH06-012+ |

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| 08:00 PM | **The Big Bang Theory: The Tangible Affection Proof (R) ’CC’** While the guys try to give their significant others the perfect Valentine's Day, Raj and Stuart throw a lonely people party at the comic book store. | **PG** +BBTH06-016+ |

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| 08:30 PM | **Storage Wars: Land Of The Loss / War On The Shore NEW EPISODE**The buyers head back to Santa Ana, California and the reunion is anything but fruitful. Then, in Huntington Beach the buyers are picking up anything but good vibrations. | **PG** +STOW02-705+ |

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| 09:30 PM | **Baggage Battles: Cash Is King (R)** London hosts 14 million international visitors each year, making it Europe's most visited city. Billy, Mark and the Martins compete for the lost and unclaimed bags of the rich. | **PG** +BAGB2-006+ |

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| 10:00 PM | **Hardcore Pawn: Behind the Deal: Tripped Out Cash / Fire Bomb (R)** Look back with the Gold’s as they recall the smart and the stupid deals. Then, Find out how the Golds really feel when a customer tries to rip off the store. | **M** +HPBD-704+ |

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| 11:00 PM | **Barter Kings: Rock And A Hard Place (R)** Antonio wants to trade up for a car for his son, Antonio Jr., but he has to find a giant rock to do it. | **PG** +BAKI01-004+ |

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| 11:30 PM | **Bizarre ER NEW EPISODE**A teenager steps on a red hot 4inch nail, a woman injured after punching her partner in her sleep and a lumberjack who sliced into his own arm with a chainsaw. | **M** +BZER3-003+ |

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| 12:00 AM | **Ice Pilots: Turkey Or Bust (R)** Justin and Cory complete their epic mission to Turkey, Iron Maiden lead singer Bruce Dickinson flies Buffalo’s planes, and Mikey goes for a ride in and CF‐18 fighter jet. | **M** +ICEP4-013+ |

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| 01:00 AM | **Doomsday Preppers: No Such Thing As A Fair Fight (R)** Businessman by day, prepper by night. Brent lives in fear of an electromagnetic pulse (EMP) that will make the world go dark, leaving his family of 12 with nothing. | **PG** +DOOP2-008+ |

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| 02:00 AM | **Ultimate Factories: Lego (R)** It's one of the most popular construction toys in the world. From R&D and engineering to robotic assembly lines, we take you behind the scenes as their most popular set is completely redesigned. | **G** +ULFA3-006+ |

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| 03:00 AM | **Doomsday Bunkers: Tsunami Pod / Nuclear Fallout Shelter (R)** Deep Earth Bunker builds custom shelters for their "Prepper" clients, including a bunker to weather a nuclear meltdown and a shelter for when storms cause the supply chain to collapse. | **PG** +DOOM-003+ |

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| 04:00 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **PG** +DCAG-036+ |

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| 04:30 AM | **Auction Kings: Edison Phonograph/Ali-Frazier Boxing Gloves (R)** The crew auction a 1907 Edison Morning Glory Phonograph and a mysterious Mercedes. The Garrett Brothers bring in a commemorative display with Frazier and Ali's boxing gloves from their Fight of the Century. | **PG** +AUCK3-008+ |

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| 05:00 AM | **Zoom TV (R)** Exploring everything that flies, drives and floats. Zoom TV invites you along for the experience and will help you to make an empowered purchasing decision. | **PG** +ZOOM5-014+ |

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

 **Friday, January 01, 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 | **Mickey Mouse Clubhouse: Goofy's Goofbot (R)** When Goofy builds a super smart and strong toy robot that looks just like him, he eventually learns that he could never be replaced. | **G** +MMCH3-002+ |

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| 07:30 AM | **Jake And The Never Land Pirates: Jake's Birthday Bash / The Lighthouse Diamond (R) ’CC’** Jake leads his team, including Izzy, Cubby and their parrot lookout, Skully aboard their amazing ship, Bucky, sailing from their Pirate Island hideout on a lost treasure hunt throughout Never Land. | **G** +JANP2-021+ |

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| 08:00 AM | **Doc McStuffins: Boo-Hoo To You!/ It's Glow Time (R)** A magical animated series about a six-year-old girl, Doc McStuffins, who is the Dr. Doolittle of the toy world. She has the ability to talk to, and heal, toys and stuffed animals! | **G** +DSTU-023+ |

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| 08:30 AM | **Sofia The First: The Curse Of Princess Ivy - Part 2 (R) ’CC’** A young girl starts out with a regular life. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty, pomp and new step-siblings. | **G** +SOFF2-020+ |

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| 09:00 AM | **Fish Hooks: Adventures In Fish-Sitting / Banned Band (R) ’CC’** When Lonnie the marching band conductor bans all the students from playing music, Milo stands up for the gang and proudly plays his kazoo as loud as possible. | **G** +FISH2-002+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **PG** +DCAG-049+ |

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| 10:00 AM | **Ultimate Factories: Dodge Viper (R)** Detroit's only hand-built production car, the Dodge Viper, is born, bred, and built in Detroit, Michigan. Take a look at the Viper factory in the current model's last year of production. | **G** +ULFA3-003+ |

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| 11:00 AM | **Mark Berg's Fishing Addiction (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA6-006+ |

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| 12:00 PM | **The Amazing Race: Speed Dating Is The Worst (R) ’CC’** Teams take a joy ride in Abu Dhabi when they rappel nearly 200 feet and race cars at gut-wrenching speeds. | **PG** +AMRC23-007+ |

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| 01:00 PM | **Once Upon A Time: Broken (R) ’CC’** Reality and myth begin to merge as the characters awaken from Evil Queen Regina's broken curse and remember who they were. But to their dismay, they aren't transported back to the fairytale land.  | **PG (H,V)**+ONCE2-001+ |

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| 02:00 PM | **Once Upon A Time: We Are Both (R) ’CC’** While Regina continues to find a way to regain her magical powers, David continues his quest to uncover the whereabouts of Mary Margaret and Emma.  | **PG** +ONCE2-002+ |

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| 03:00 PM | **Turtleman: Major League Menace (R)** Turtleman is heading up to Cincinnati where groundkeepers of the Great American Ballpark have asked him to catch a critter that's denned up in their field.  | **PG** +CWLM2-017+ |

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| 03:30 PM | **Swamp Men: Predator Patrol (R)** When a large gator gets too close to tourists, Gus jumps in feet first to capture the aggressive beast. Once relocated, the Swamp Men assume they have seen the last of him - but that's not the case. | **PG (A)**+SWAM3-005+ |

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| 04:30 PM | **Swamp People: Blood Lines (R)** Swampers struggle and fill tags after a devastating hurricane. One hunter suffers a brutal alligator bite that forces him off the water for emergency first aid. | **PG** +SWMP4-005+ |

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| 05:30 PM | **Seinfeld: The Secretary (R) ’CC’** George gets a secretary, saying he will go for efficiency and smarts rather than beauty. He hires a librarian-esque woman, only to find himself falling in love with her. | **PG** +SEIN6-009+ |

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| 06:00 PM | **Seinfeld: The Switch (R) ’CC’** Elaine loans Mr. Pitt's expensive tennis racket to an executive from Doubleday who hints there may be a job opening for Elaine soon. | **PG** +SEIN6-010+ |

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| 06:30 PM | **7mate Friday Night Movie: Smokey And The Bandit (R) (1977)** The bandit has 28 hours to deliver cases of beer across the US with the help of a friend a his new lover. Unfortunately the sheriff is hot on his tail with no plans to make it easy for him. Starring:BURT REYNOLDS,JERRY REED,SALLY FIELD,MIKE HENRY,PAUL WILLIAMS,PAT MCCORMICK | **PG (A,V,L)**+NBCR8-012+ |

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| 08:30 PM | **7mate Friday Night Movie: Lock Up (R) (1989)** Frank Leone is nearing the end of his prison term for a relatively minor crime. However, the Warden has a personal vendetta against Leone and wants to ensure he never sees the light of day. Starring:FRANK MCRAE,DONALD SUTHERLAND,DARLANNE FLUEGEL,JOHN AMOS,TOM SIZEMORE,SONNY LANDHAM,SYLVESTER STALLONE | **M (V,L)**+STUC-013+ |

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| 10:45 PM | **7mate Friday Night Movie: Basic Instinct (R) (1992)** Michael Douglas stars as Detective Nick Curran, who investigates a brutal murder, where the suspect is a beautiful and manipulative seductress. Starring: CHELCIE ROSS,GEORGE DZUNDZA,DENIS ARNDT,LEILANI SARELLE,JEANNE TRIPPLEHORN,MICHAEL DOUGLAS,SHARON STONE | **MA (V,S,N)**+STUC-005+ |

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| 01:30 AM | **Man Up!: Pilot (R) ’CC’** A virile new comedy that follows the struggles of three modern male archetypes who are all faced with an opportunity to "man up" and be like their forefathers.  | **PG** +MNUP-001+ |

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| 02:00 AM | **Man Up!: Finessing The Bromance (R) ’CC’** Kenny gets jealous when Will and Grant strike up an unlikely "bromance." Things go from bad to worse when he finds out Grant is coming to the weekly Keen Sunday dinner.  | **PG** +MNUP-002+ |

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| 02:30 AM | **Man Up!: Digging Deeper (R) ’CC’** When Kenny and Craig clash, Will suggests they try doing a project together, but that simple suggestion turns into the pair trying to dig their own swimming pool.  | **PG** +MNUP-003+ |

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| 03:00 AM | **NFL 2015: 7mate's Game Of The Week**Details TBC | ++ |

 **Saturday, January 02, 2016**

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| 06:00 AM | **A Football Life: Mike Ditka (R)** Iron Mike Ditka symbolised toughness throughout his playing and coaching career, leading the Chicago Bears to their first Super Bowl crown. | **PG** +FOLI-007+ |

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| 07:00 AM | **America's Game: The Super Bowl Champions: 1967 Green Bay Packers (R)** Motivated by a desire to win this one for Vince Lombardi, who was hinting that he might retire, the Packers were never really pressed; and neatly chopped up the Raiders in the Super Bowl. | +AGSB-002+ |

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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-037+ |

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| 09:30 AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations.  | **G** +DCAG-064+ |

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| 10:00 AM | **Fifth Gear (R)** An exciting and informative motoring magazine programme. | **PG** +FGR22-009+ |

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| 11:00 AM | **Motor Racing: 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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| 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.  | +ULSP01-009+ |

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| 12:30 PM | **Danger: Diggers At Work (R)** Hugh tries a tricky manoeuvre with a new JCB and a trainee tries to get to grips with a ride at a Diggerland theme park. | **PG** +DIGG-002+ |

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| 01:30 PM | **American Stuffers: Keep Your Dead Animals Out of My Kitchen (R)** Rushing to get the day's pet projects done, Daniel uses the oven to dry a few animal parts. When his wife finds out that her oven has been used for this, she loses it. | **PG** +STUF-001+ |

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| 02:30 PM | **American Stuffers: The Woman With A Pet Raccoon (R)** A despairing woman comes into Daniel's shop carrying her dead pet raccoon. When she expresses her deep attachment to this animal, Daniel sees he's got his work cut out for him. | **PG** +STUF-002+ |

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| 03:30 PM | **American Stuffers: How To Stuff A Chihuahua (R)** Daniel takes on a job to preserve a Chihuahua named Jazz, but a series of unlucky events prevents Daniel from completing the job. | **PG** +STUF-003+ |

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| 04:30 PM | **Big Australia: Camp Drafting (R) ’CC’** Unique to Australia, Campdrafting is becoming Australia's fastest growing sport. Held in Rockhampton, it draws thousands and is where Australia's outback farmers come to showcase their skills. | **PG** +BIGA-006+ |

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| 05:30 PM | **Ultimate Factories: Armored Troop Carrier NEW EPISODE**Take a look at the Iveco Light Multirole Vehicle 4x4 truck which was developed to reduce threats posed by improvised explosive devices and landmines. | **PG** +ULFA6-002+ |

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| 06:30 PM | **Air Crash Investigations: Vertigo - Deadly Disorientation (R) ’CC’** In 2004, a passenger plane crashed just after take off and sank in the Red Sea. What went wrong? | **PG** +MDAY4-009+ |

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| 07:30 PM | **Air Crash Investigations: Ghost Plane - Helios (R) ’CC’** In August 2005, the crash of Helios 522 was very mysterious. Was it hijacked? What happened to the captain and the crew? | **PG** +MDAY4-010+ |

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| 08:30 PM | **Mountain Men: Lost NEW EPISODE**Eustace's fight with Justin reaches a boiling point while Tom loses his way high in the Rockies and Marty fights the elements as he tries to get home. | **PG** +MMEN01-003+ |

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| 09:30 PM | **American Hoggers: Cage Match / Calf Killer NEW EPISODE**The Campbells are faced with their biggest job yet: a 900-acre deer hunting ranch overrun with boars. Then, with their usual hand, Lea, unavailable, Robert hires a young hand to help out the family. | **M** +AHOG01-703+ |

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| 10:30 PM | **Louisiana Lockdown NEW EPISODE**The K9 unit goes on a manhunt in the dead of night. An inmate tries to work his way out of the disciplinary unit. And a prisoner plans a wedding behind bars. | **M** +LOUL-006+ |

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| 11:30 PM | **Rat B\*stards: The Molotov Cocktail Episode (R)** The largest hunting contract in the history of the bayou is up for grabs and Rigger hopes a stash of molotov cocktails will help him win it. Skeeter and Kridda finally go their separate ways. | **M** +RATB-006+ |

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| 12:00 AM | **1000 Ways To Die: Crying Over Spilled Blood / Death, The Final Frontier NEW EPISODE** Follow the 'real-death' stories of people who have met with extraordinary ends. Some die tragically, others accidentally and there's a few caused by just plain stupidity. | **MA (V)**+WATD6-703+ |

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| 01:00 AM | **Ultimate Factories: Armored Troop Carrier (R)** Take a look at the Iveco Light Multirole Vehicle 4x4 truck which was developed to reduce threats posed by improvised explosive devices and landmines. | **PG** +ULFA6-002+ |

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| 02:00 AM | **Mountain Men: Lost (R)** Eustace's fight with Justin reaches a boiling point while Tom loses his way high in the Rockies and Marty fights the elements as he tries to get home. | **PG** +MMEN01-003+ |

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| 03:00 AM | **Danger: Diggers At Work (R)** Hugh tries a tricky manoeuvre with a new JCB and a trainee tries to get to grips with a ride at a Diggerland theme park. | **PG** +DIGG-002+ |

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| 04:00 AM | **Fifth Gear (R)** An exciting and informative motoring magazine programme. | **PG** +FGR22-009+ |

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| 05:00 AM | **Zoom TV (R)** Exploring everything that flies, drives and floats. Zoom TV invites you along for the experience and will help you to make an empowered purchasing decision. | **PG** +ZOOM5-015+ |

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