**Sunday 15 March 2020**

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| 06:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-074+ |

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| 07:00 | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Matt Doran and Monique Wright, for all the latest entertainment, news, sport and weather. | +WSUN20-011+ |

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| 10:00 | **The Morning Show - Weekend ’CC’** Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news and entertainment. | **PG** +TMSU20-008+ |

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| 12:00 | **House Of Wellness ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL04-006+ |

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| 13:00 | **Helloworld (R) ’CC’** Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-013+ |

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| 13:30 | **Habitus House of the Year ’CC’** Celebrating the diverse, vibrant design and architecture of the Indo-Pacific region. A deep dive into what it truly means to adopt design as a way of life within our unique part of the world. | **G** +HHTY02-002+ |

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| 14:00 | **Motorbike Cops (R) ’CC’** A school bus driver learns that taking a call from a kid's mother while driving, may not be such a wise idea. | **PG** +MTCP01-007+ |

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| 14:30 | **TBA:**  | ++ |

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| 16:00 | **Better Homes And Gardens (R) ’CC’** Joh meets up with BMX champions Kaia and Saya Sakakibara. Adam tackles some simple DIY fixes around the home. Fast Ed makes salmon saltimbocca. Dr. Harry meets a dog that constantly goes berserk.  | **G** +BHAG26-004+ |

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| 17:00 | **Seven News At 5 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7NAF20-022+ |

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| 17:30 | **Sydney Weekender ’CC’** Join Mike Whitney as he shows you the best that Sydney has to offer. | **G** +7SWE27-006+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus sport, finance and weather updates. | +7NNS20-075+ |

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| 19:00 | **My Kitchen Rules: The Rivals ’CC’** It’s Finals time! Instant Restaurants are back as our Top 4 teams compete for a place in the Final. But the knives are out and revenge is on the menu when old friends return to play judge and jury.  | **PG (L)**+MYKR11-025+ |

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| 20:30 | **The Good Doctor: Fixation ’CC’** A patient with a mysterious and undiagnosed illness that has baffled other doctors for years forces Shaun and the team to take some big risks. | **M (D,A)**+GOOD03-017+ |

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| 21:30 | **World's Most Shocking Emergency Calls ’CC’** This episode features the story of the Paradise wildfires, a brutal attack by two sons on their parents and the chilling calls made from the Charleston church massacre. | **MA (V,A)**+WMSE01-007+ |

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| 22:30 | **The Resident: Belief System ’CC’ DOUBLE EPISODE**Conrad doubts Devon's judgement when a patient who was pronounced dead suddenly revives; Cain and Nick butt heads over the care of a white supremacist. | **M (A,H)**+RESI03-004+ |

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| 23:30 | **The Resident: Choice Words ’CC’ NEW EPISODE**After a plane crashes in Atlanta, Devon is overcome by guilt at the thought that he could have prevented it; Adaku returns to ask Mina a big favor. | **M (A)**+RESI03-005+ |

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| 00:30 | **Black-ish: VIP (R) DOUBLE EPISODE**The Johnsons go to Walt Disney World where the kids take full advantage of their VIP status. | **PG** +BLKI03-001+ |

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| 01:00 | **Black-ish: God (R)** When Dre discovers Zoey is questioning her belief in God, he undergoes a crisis of faith and leans on family members and coworkers for their input. | **PG (A)**+BLKI03-002+ |

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| 01:30 | **The Zoo (R) ’CC’** A frisky young elephant is on the hunt for a bachelor pad. Then, a baby koala is rescued from the Victorian bushfires. | **G** +ZOOT3-004+ |

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| 02:00 | **Home Shopping** | ++ |

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| 03:30 | **RSPCA Animal Rescue (R) ’CC’** Inspectors attempt to rescue a pelican with a badly injured wing, although catching it proves difficult. Two inspectors don their overalls to help a stray sick dog. Narrated by ANTHONY FIELD. | **G** +ANRS-007+ |

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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-075+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-054+ |

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| 05:30 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-054+ |

 **Monday 16 March 2020**

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| 06:00 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-054+ |

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| 09:00 | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW20-041+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-054+ |

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| 12:00 | **Midday Movie: With This Ring (R) ’CC’ (2015)** After attending a lavish wedding, three best friends each vow to get married within a year. | **M (D,S)**+SPCF08-025+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED20-035+ |

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| 15:00 | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE09-044+ |

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| 16:00 | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7ANN20-054+ |

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| 17:00 | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU09-023+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus sport, finance and weather updates. | +7NNS20-076+ |

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| 19:00 | **Home And Away ’CC’** Ben's brother threatens to destroy the Astoni family celebration. Leah struggles to move forward. John begins to lose hope for his marriage. | **PG (S,A)**+HAAW32-154+ |

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| 19:30 | **My Kitchen Rules: The Rivals ’CC’** It’s the second Instant Restaurant of the Finals and the pressure is at an all-time high for tonight’s cooking team. Around the table, the judges raise questions and temperatures soar.  | **PG (L)**+MYKR11-026+ |

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| 21:00 | **9-1-1: Athena Begins ’CC’** When a murder weapon from a case close to Athena in the early '90s resurfaces, flashbacks to 1989 show how Athena joined the LAPD and became the police officer she is today. | **M (V,A)**+NINO03-007+ |

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| 22:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-027+ |

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| 23:00 | **God Friended Me: Raspberry Pie ’CC’** Miles is confused when the God account sends him his own name as a friend suggestion. Ali begins fertility treatments in an effort to freeze her eggs before beginning chemotherapy. | **PG** +GFME02-014+ |

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| 00:00 | **Proven Innocent: In Defense Of Madeline Scott, Pt. 2 ’CC’ SEASON FINAL**With Madeline's freedom at stake, Easy's defense hits a bump in the road. The team must band together to focus on solving Rosemary's murder once and for all before time runs out. | **M (V,A)**+PRIN01-013+ |

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| 01:00 | **Me, Myself & I: Pilot (R) ’CC’ DOUBLE EPISODE**A comedy which shows a man at defining moments of his life, from a 14 year old teenager, to a 40 year-old in the present day and a man trying to reinvent himself at age 65 in 2042.  | **PG (D,S)**+MEMI01-001+ |

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| 01:30 | **Me, Myself & I: The First Step (R) ’CC’** Darryl encourages mid-life Alex to get back into the dating scene following his divorce. Young Alex has trouble making friends after his embarrassing moment at the school dance. | **PG (S)**+MEMI01-002+ |

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| 02:00 | **Home Shopping** | ++ |

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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-076+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-055+ |

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| 05:30 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-055+ |

 **Tuesday 17 March 2020**

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| 06:00 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-055+ |

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| 09:00 | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW20-042+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-055+ |

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| 12:00 | **Midday Movie: Forgotten Evil (R) ’CC’ (2017)** A woman with amnesia tries to restart her life until the past comes back to haunt her. | **M (A,V)**+AETN03-010+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED20-036+ |

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| 15:00 | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE09-045+ |

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| 16:00 | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7ANN20-055+ |

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| 17:00 | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU09-022+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus sport, finance and weather updates. | +7NNS20-077+ |

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| 19:00 | **Home And Away ’CC’** John and Marylin's marriage is at breaking point. Marco's intentions are still unclear. Bella and Nikau go on a joyride to his uncle Tane's.  | **PG (S,A)**+HAAW32-155+ |

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| 19:30 | **My Kitchen Rules: The Rivals ’CC’** For tonight’s cooking team, old habits die hard - will it bring their Grand Final hopes undone? At the table, a big announcement, one last game of strategy and a shock confession.  | **PG** +MYKR11-027+ |

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| 21:00 | **The Good Doctor: Heartbreak ’CC’** Claire and Shaun treat a patient with a rare form of dwarfism. Meanwhile, Morgan, Audrey and Alex treat a young man who had both arms torn off in a previous farming accident. | **M** +GOOD03-018+ |

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| 22:00 | **Gold Digger ’CC’ SEASON FINAL**Julia is reeling from the revelations about Benjamin's past. But the future is up to her. | **M (V,L,A)**+GODI01-006+ |

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| 23:10 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-028+ |

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| 23:40 | **Temptation Island USA: Final Bonfire, Pt. 1 ’CC’** The couples reunite at their final bonfire to make the most important decision of their lives. | **MA (L,S,A)**+TIUS01-010+ |

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| 00:40 | **American Crime: Episode Four (R) ’CC’** New information leads to Carter's defence team landing a bail hearing. | **M (D,V)**+AMEC-004+ |

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| 01:35 | **The Zoo (R) ’CC’** Bush rats overrun an exclusive Sydney suburb, an elderly black rhino loses her appetite and an oryx suffers an identity crisis. Narrated by | **G** +ZOOT3-007+ |

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| 02:00 | **Home Shopping** | ++ |

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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-077+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-056+ |

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| 05:30 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-056+ |

 **Wednesday 18 March 2020**

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| 06:00 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-056+ |

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| 09:00 | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW20-043+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-056+ |

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| 12:00 | **Midday Movie: High School Lover (R) ’CC’** A 17 year old girl considers herself lucky to have attracted the attention of a much older actor, until she realizes that his attention is beginning to border on obsession. | **M (D,V,S,A)**+AETN06-009+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED20-037+ |

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| 15:00 | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE09-046+ |

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| 16:00 | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7ANN20-056+ |

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| 17:00 | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU09-025+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus sport, finance and weather updates. | +7NNS20-078+ |

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| 19:00 | **Home And Away ’CC’** Dean explodes when he learns Bella and Nikau stole his car. Colby returns from hospital to find a troubling letter in the mail. Roo believes Marilyn is thinking irrationally. | **PG (V,A)**+HAAW32-156+ |

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| 19:30 | **Highway Patrol: Concrete Heads ’CC’ NEW EPISODE**  | **PG (L)**+HWYP11-009+ |

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| 20:00 | **Highway Patrol: Australia's Biggest Bogan (R) ’CC’** When police pull over a car for being too low, they meet a man who reckons he's Australia's biggest bogan. And with a range of bad tattoos and a penchant for cigarettes and cars, he may be right. | **PG** +HWYP10-003+ |

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| 20:30 | **First Dates Australia (R) ’CC’** More hopeful singles face the most intense date of their lives. A tradie looking for a lady, a pageant king 'Mr. Australiana' and a country bumpkin head to the big smoke looking for love. | **PG (S,L)**+FDAT03-008+ |

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| 21:40 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-029+ |

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| 22:10 | **The Front Bar ’CC’ SERIES RETURN**Join Sam Pang, Mick Molloy and Andy Maher as they share a laugh about the AFL world and catch up with stars of yesteryear and today. | **M (L)**+FBAR20-001+ |

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| 23:10 | **Autopsy USA: James Dean (R) ’CC’** The mystery behind James Dean's fatal crash in an automobile is examined. | **M (V,A)**+AUTU03-012+ |

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| 00:10 | **The Real O'Neals: The Real Match (R) DOUBLE EPISODE**Kenny has a surprise victory after reluctantly joining Jimmy's wrestling team for a one-time match. | **M (A)**+REAL02-007+ |

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| 00:40 | **The Real O'Neals: The Real Christmas (R)** Eileen will stop at nothing to win the Christmas choir competition, but to Kenny's dismay, she gives the coveted Christmas choir solo to Brett their newest member. | **M (S,A)**+REAL02-008+ |

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| 01:10 | **Travel Oz: Tiwi Islands (R) ’CC’** Greg explores the relaxed way of life in the Tiwi Islands as he witnesses frilled-necked lizard hunts, ceremonial dancing and art that celebrates island life. | **PG** +TRAV-025+ |

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| 02:00 | **Home Shopping** | ++ |

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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-078+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-057+ |

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| 05:30 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-057+ |

 **Thursday 19 March 2020**

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| 06:00 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-057+ |

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| 09:00 | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW20-044+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-057+ |

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| 12:00 | **Midday Movie: Amish Witches: The True Story Of Holmes County (R) ’CC’ (2016)** A reality TV crew moves into Holmes County, Ohio to document the lives of an isolated sect of Swartzentruber Amish, production is halted by the death of a Brauchau, an Amish witch. Starring:HAYLEY PALMAER,NICOLE RODENBURG,CALEB CARLSON,KAYLYN SCARDEFIELD,MICHELLE YOUNG | **M (H,V)**+AETN02-001+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED20-038+ |

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| 15:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE09-003+ |

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| 16:00 | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7ANN20-057+ |

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| 17:00 | **The Chase Australia (R) ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU08-018+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus sport, finance and weather updates. | +7NNS20-079+ |

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| 19:00 | **Home And Away ’CC’** Colby's divorce papers put a halt to a future with Mackenzie. Jasmine guilt prevents her moving forward. Justin's smothering pushes Leah to breaking point. | **PG (A)**+HAAW32-157+ |

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| 19:30 | **Rebel Wilson's Pooch Perfect ’CC’** You’re invited to the fanciest pooch party in town. The groomers are challenged to show grace and class as they transform the pets into posh pooches. | **PG (S,L)**+SDOG01-004+ |

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| 21:00 | **Movie: The Heat (R) ’CC’ (2013)** FBI Special Agent Sarah Ashburn and Boston cop Shannon Mullins couldn't be more incompatible. But when they join forces to bring down a drug lord, they become the last thing anyone expected: buddies. Starring:DEMIAN BICHIR,SANDRA BULLOCK,MICHAEL RAPAPORT,MELISSA MCCARTHY,MARLON WAYANS | **MA (O,V,L)**+FOXF02-015+ |

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| 23:25 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-030+ |

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| 00:00 | **Scandal: Dead In The Water (R)** It's a race against time when OPA's investigation into the conspiracy puts one of their own in grave danger. | **MA (V)**+SCAN06-009+ |

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| 01:00 | **Travel Oz: Blue Mountains Magic Festival (R) ’CC’** Greg discovers the talents of Bush Balladeers, the colour and excitement of a winter magic festival in the Blue Mountains and celebrations to mark the discovery of Australia by white settlers. | +TRAV3-002+ |

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| 01:30 | **Travel Oz: Afghan Willie (R) ’CC’** This week, Greg meets the camel man of outback Australia, Afghan Willie, a hardy character who uses a camel train to explore much of Australia. | **PG** +TRAV3-003+ |

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| 02:00 | **Home Shopping** | ++ |

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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-079+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-058+ |

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| 05:30 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-058+ |

 **Friday 20 March 2020**

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| 06:00 | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR20-058+ |

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| 09:00 | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW20-045+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-058+ |

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| 12:00 | **Midday Movie: Romeo Killer: The Chris Porco Story (R) ’CC’ (2013)** A charming but devious college student is accused of killing his wealthy father and attempting to murder his mother in their home while they slept. Starring:ERIC MCCORMACK,MATT BARR,LOLITA DAVIDOVICH | **M (V)**+AETN03-021+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED20-039+ |

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| 15:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE06-123+ |

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| 16:00 | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7ANN20-058+ |

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| 17:00 | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia. Hosted by Andrew O'Keefe. | **G** +CHAU07-003+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus sport, finance and weather updates. | +7NNS20-080+ |

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| 19:00 | **Better Homes And Gardens ’CC’** Joh visits a modern villa that turns the traditional concept of a house on its head. Fast Ed makes a tiger prawn salad. Sam shows you where to get started with exercise. | **G** +BHAG26-007+ |

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| 20:30 | **Movie: The Blind Side (R) ’CC’** The story of Michael Oher, a homeless and traumatized boy who becomes an All-American football player and first round NFL draft pick with the help of a caring woman and her family. Starring:SANDRA BULLOCK,TIM MCGRAW,JAE HEAD,LILY COLLINS,QUINTON AARON | **PG (D,L,V)**+WBFF01-004+ |

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| 23:10 | **TBA:**  | ++ |

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| 00:40 | **The Zoo: Miracle At The Zoo (R) ’CC’** Tonight, we follow the miracle birth of baby elephant, Pathi Harn, who survived the odds and is now part of the elephant family at Taronga Zoo. | **G** +ZOOT3-011+ |

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| 01:35 | **Travel Oz: Spirit Of Australia (R) ’CC’** Relive some of Australia's big celebrations, meet some top Aussie characters, share their adventures, their love of music and sport and spend time with some wonderful Aussie volunteers. | **PG** +TRAV-026+ |

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| 02:00 | **Home Shopping** | ++ |

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| 04:00 | **The Great Outdoors (R) ’CC’** Springtime in Europe, and one of the most spectacular sights on earth - the never-ending Tulip fields of Holland. Jennifer Hawkins swims with the gentle giants of the sea. | **G** +GO15-020+ |

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| 05:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-080+ |

 **Saturday 21 March 2020**

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| 06:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT20-080+ |

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| 07:00 | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Matt Doran and Monique Wright, for all the latest entertainment, news, sport and weather. | +SSUN20-012+ |

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| 10:00 | **The Morning Show - Weekend ’CC’** Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news and entertainment. | **PG** +TMSA20-009+ |

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| 12:00 | **Seven's Horse Racing: Golden Slipper Stakes, Mornington Cup ’CC’** The autumn action at Rosehill Gardens is highlighted by the $3.5 million Golden Slipper Stakes, the world’s richest race for two-year-olds, while Mornington Cup Day is headlined by the 2400m feature. | +SHRC20-008+ |

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| 17:30 | **Border Security - Australia's Front Line (R) ’CC’** It's a race against time as a patrol boat is deployed to rescue a sinking vessel crammed with people. The bizarre behaviour of an unruly passenger has Customs wondering what may be the cause. Narrated by GRANT BOWLER. | **PG** +BORD-171+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus sport, finance and weather updates. | +7NNS20-081+ |

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| 19:00 | **Movie: Iron Man 2 (R) ’CC’ (2015)** Tony Stark has declared himself Iron Man and installed world peace-or so he thinks. Not only is there a madman out to kill him with his own technology, there's something more: he is dying. Starring:GWYNETH PALTROW,DON CHEADLE,SAMUEL L JACKSON,SAM ROCKWELL,JON FAVREAU,SCARLETT JOHANSSON,ROBERT DOWNEY JNR,MICKEY ROURKE | **PG (V)**+WDFR17-006+ |

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| 21:30 | **Movie: Die Hard 2 (R) ’CC’ (1990)** John McClane attempts to avert disaster as rogue military operatives seize control of Dulles International Airport in Washington, D.C. Starring:BONNIE BEDELIA,BRUCE WILLIS,FRANCO NERO,WILLIAM ATHERTON,WILLIAM SADLER,REGINALD VELJOHNSON | **M (V,L)**+FOXF08-015+ |

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| 00:00 | **Movie: Dangerous Attraction (R) ’CC’ (1999)** A career woman finds herself in a dangerous power struggle when she begins to uncover the true identity of the two men she is dating. Starring:AARON PEARL,AMY ESTERLE,ANDREA ROTH,IAN TRACEY,IAN MARSH,LINDEN ASHBY,MARYA DELVER,RAE DAWN CHONG,PAUL MCGILLION,MICHAEL P. NORTHEY,NELS LENNARSON | **MA (S,V)**+WILF-052+ |

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| 02:00 | **Home Shopping** | ++ |

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| 04:00 | **My Greek Odyssey (R)** This episode sees Peter finishing up his time on Thassos, before heading to the Holiest place in Greece, Mount Athos, where 20 monasteries sit on a 300 square kilometer peninsula. | **PG** +MYGO02-002+ |

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| 05:00 | **House Of Wellness (R) ’CC’ ENCORE**Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL04-006+ |