**Sunday 24 May 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. | +NBCT20-144+ |

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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. | +WSUN20-021+ |

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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** +TMSU20-018+ |

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| 12:00 | **House Of Wellness ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Jo Stanley and Luke Hines. | **PG** +HOWL04-016+ |

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| 13:00 | **My Road To Adventure: The Best Of Season One ’CC’** An intimate insight into the secret holidaying lifestyle of some of Australia’s most loved celebrities. | **PG** +MRTA01-008+ |

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| 13:30 | **Movie: Dial M For Murder ’CC’ (1954)** When a playboy tennis pro discovers his rich wife is having an affair, he devises an ingenious plot to murder her. However, his scheme takes an unexpected, deadly twist. Starring:ANTHONY DAWSON,GRACE KELLY,JOHN WILLIAMS,RAY MILLAND,ROBERT CUMMINGS | **PG (A,V)**+WBFF03-028+ |

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| 16:00 | **Better Homes And Gardens (R) ’CC’** Johanna checks out some pre-made, high-end and sustainable tiny houses that can be adapted to suit your needs. Pete gives Taco Tuesday a healthy twist. Dr Harry meets the newest additions at the zoo. | **G** +BHAG26-014+ |

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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. | +7NAF20-042+ |

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| 17:30 | **Sydney Weekender ’CC’** Mike explores the northern beaches of Sydney in a luxury car and boat, before staying in luxe accommodation. Mel check in to Elements of Byron. Luke eats out at Sails on Lavender Bay. | +7SWE27-016+ |

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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. | +7NNS20-145+ |

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| 19:00 | **House Rules: High Stakes ’CC’** It's a very emotional homecoming for Lenore who is impatient to see her newly transformed house. Will she be incredibly grateful to the teams for their handiwork, or bitterly disappointed? | **PG** +HOSR08-022+ |

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| 20:30 | **Movie: Jack Reacher: Never Go Back (R) ’CC’ (2016)** When Army Major Susan Turner is framed for treason, Jack Reacher discovers she's the target of a massive government conspiracy. Starring:ALDIS HODGE,TOM CRUISE,COBIE SMULDERS | **M (V)**+PAFF02-003+ |

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| 22:45 | **The Blacklist: Victoria Fenberg ’CC’** With the help of the Task Force, Red tracks a gifted art forger who has thwarted his plans to sell stolen pieces.  | **M (V)**+BLKL07-011+ |

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| 23:45 | **Surveillance Oz (R) ’CC’** In this week's episode a pedestrian dices with death on the freeway, a drunken man falls on the tracks in peak hour, thieves literally get a massive shock and a ram raid goes horribly wrong. | **PG** +SURV05-003+ |

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| 00:15 | **Black-ish: Liberal Arts (R) DOUBLE EPISODE**Dre tearfully drops Zoey off to college for her two-day orientation, and she hits it off with fellow incoming freshman Miriam after they ditch the campus tour. | **PG (A)**+BLKI03-023+ |

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| 00:45 | **Black-ish: Sprinkles (R) SEASON FINAL**Initially wary, Dre embraces throwing Bow's baby shower and wants it to be unforgettable. | **PG (A)**+BLKI03-024+ |

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| 01:15 | **The Zoo (R) ’CC’** The keepers find two chameleons that are able to turn each other green with happiness, and two male chimps compete for control. | **G** +ZOOT2-004+ |

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

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| 03:30 | **RSPCA Animal Rescue (R) ’CC’** Inspector Matt French attends to a call about a dog in poor condition. It turns out to be much worse than he ever imagined. | **G** +ANRS2-004+ |

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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. | +NBCT20-145+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-104+ |

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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. | +SUNR20-104+ |

 **Monday 25 May 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. | +SUNR20-104+ |

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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** +TMSW20-091+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-104+ |

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| 12:00 | **Midday Movie: Fiance Killer (R) ’CC’** A woman is stunned when her daughter returns from vacation and is engaged to a handsome man. As time goes on, she can't help but feel that there is something wrong with her daughter's new fiance. | **M (S,V,A)**+AETN06-005+ |

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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. | +TDED20-085+ |

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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** +CHSE09-074+ |

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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. | +7ANN20-104+ |

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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** +CHAU09-021+ |

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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. | +7NNS20-146+ |

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| 19:00 | **Home And Away ’CC’** Alf feels as though his world has turned upside-down. Ziggy takes drastic action to help her mother, hurting Dean in the process. Roo accuses Evan of setting Ryder up for a massive fall. | **PG** +HAAW32-190+ |

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| 19:30 | **House Rules: High Stakes ’CC’** The teams are rewarded or scorned for their work on Lenore's house as their total scores are tallied and then displayed on the scoreboard. Which team will triumph and which will plummet? | **PG** +HOSR08-023+ |

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| 21:00 | **9-1-1: Pinned ’CC’** The 118 responds to accidents at a bowling alley and a home renovation; Bobby and Michael take Harry camping; Chimney and Maddie rush into action when their romantic dinner date takes a wild-turn. | **M (V,A)**+NINO03-013+ |

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| 22:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-094+ |

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| 22:30 | **S.W.A.T.: The B-Team ’CC’** Hondo reunites with an old flame when the SWAT team works with the FBI to bring in a separatist group that has weapons-grade plutonium. | **M (V)**+SSWA02-014+ |

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| 23:30 | **The Goldbergs: Vacation ’CC’ SERIES RETURN**Beverly insists the family take a road trip to Disneyland before Erica and Barry go off to college; Erica worries about her relationship with Geoff when he tells her they need to talk. | **PG** +GOLB07-001+ |

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| 00:00 | **Cannonball (R) ’CC’ SEASON FINAL**Cannonball provides an alternate amateur sporting event unlike anything witnessed before. | **PG** +CANN01-004+ |

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| 01:00 | **The Zoo (R) ’CC’** Petra the Pygmy Hippo is about to give birth and a precious Brush-Tailed Rock Wallaby Joey is carefully swapped from one pouch to another. | **G** +ZOOT2-005+ |

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| 01:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-008+ |

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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. | +NBCT20-146+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-105+ |

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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. | +SUNR20-105+ |

 **Tuesday 26 May 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. | +SUNR20-105+ |

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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** +TMSW20-092+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-105+ |

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| 12:00 | **Midday Movie: My Neighbor's Secret (R) ’CC’** A husband and wife begin to suspect that their newly widowed neighbor may have a serious dark side.  | **M (V)**+AETN06-019+ |

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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. | +TDED20-086+ |

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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** +CHSE09-075+ |

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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. | +7ANN20-105+ |

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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** +CHAU09-036+ |

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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. | +7NNS20-147+ |

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| 19:00 | **Home And Away ’CC’** Will Ziggy move out of Dean’s place? Alf does the rounds catching up in Summer Bay. Willow tries everything to get Jasmine to open up. | **PG** +HAAW32-191+ |

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| 19:30 | **House Rules: High Stakes ’CC’** Teams travel to Tasmania to transform Kimmy's place into the mid-century, modern home she has requested with a vintage feel and a plush pooch playground. | **PG** +HOSR08-024+ |

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| 21:00 | **Criminal Minds: Under The Skin SERIES RETURN**The BAU team investigates an UnSub with striking similarities to Rossi's latest obsession, The Chameleon. | **M (V)**+CRMD15-001+ |

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| 22:00 | **Absentia: The Emily Show ’CC’** Emily is now the main suspect for yet another murder, her time is running out. Can Nick and Emily find enough evidence to plead her innocence? | **MA (V)**+ABSE01-003+ |

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| 23:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-095+ |

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| 23:30 | **The Resident: Reverse Cinderella ’CC’** When Nadine's father comes to town for her birthday, Devon enlists the help of the whole staff, as well as one of his patients, to ensure that he makes the best first impression. | **M (A)**+RESI03-016+ |

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| 00:30 | **Grey's Anatomy (R) ’CC’ DOUBLE EPISODE**A wealthy inventor arrives at Grey Sloan and asks Koracick for help while Meredith struggles to save a woman with diabetes who has been rationing her insulin. | **M (A)**+GREY16-017+ |

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| 01:30 | **Grey's Anatomy (R) ’CC’** Meredith heads up a pro bono surgery day but the overwhelming patient response causes her to struggle to keep things in order while DeLuca treats a teenage patient whom he suspects is in danger. | **M (A)**+GREY16-018+ |

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| 02:30 | **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. | +NBCT20-147+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-106+ |

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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. | +SUNR20-106+ |

 **Wednesday 27 May 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. | +SUNR20-106+ |

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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** +TMSW20-093+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-106+ |

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| 12:00 | **Midday Movie: Manson's Lost Girls (R) ’CC’ (2015)** A new piece of Charles Manson's world, as told through the stories of Linda Kasabian and the other women who fell under his demonic spell to create one of the most famous cults of all time. | **M (D,V,S)**+AETN02-022+ |

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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. | +TDED20-087+ |

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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** +CHSE09-076+ |

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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. | +7ANN20-106+ |

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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** +CHAU09-039+ |

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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. | +7NNS20-148+ |

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| 19:00 | **Home And Away ’CC’** Jasmine's erratic behaviour divides the town. Maggie tries some different tactics to deal with Ben. | **PG** +HAAW32-192+ |

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| 19:30 | **Britain's Got Talent: Audition 7 ’CC’** Auditions continue as weird, wacky and wonderful acts compete in front of celebrity judges Amanda Holden, Alesha Dixon and David Williams and series creator Simon Cowell. Hosted by Ant and Dec. | **PG** +BRGT14-007+ |

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| 20:45 | **Bodyguard ’CC’ DOUBLE EPISODE**In the wake of two terrorist attacks, David is under more pressure than ever to keep the home secretary safe. | **MA (A,S,V,L)**+BODY01-003+ |

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| 21:55 | **Bodyguard ’CC’** David struggles to come to terms with the fallout from the devastating events of the past 24 hours. The police retake control of the investigation into the attacks. | **MA (A,V,L)**+BODY01-004+ |

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| 23:05 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-096+ |

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| 23:35 | **The Resident: Doll E. Wood ’CC’** A renowned paediatric cardiac surgeon proves unfit for surgery, a Dolly Parton drag queen collapses on stage, Nic and Conrad suspect a patient may be the victim of sex trafficking. | **M (A,V)**+RESI03-017+ |

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| 00:30 | **American Crime: Episode Six (R) ’CC’ DOUBLE EPISODE**Leslie disregards the school lawyer's advice and welcomes Eric back to Leyland; Anne wants to take the school to court over what happened with her son. | **M (A,V)**+AMEC02-006+ |

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| 01:30 | **American Crime: Episode Seven (R) ’CC’** Taylor continues to become emotionally undone as he tries to find a way to stop feeling like a victim; Anne's private medical records are anonymously posted online in an effort to shame her. | **MA (D,A,V,S)**+AMEC02-007+ |

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| 02:30 | **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. | +NBCT20-148+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-107+ |

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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. | +SUNR20-107+ |

 **Thursday 28 May 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. | +SUNR20-107+ |

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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** +TMSW20-094+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-107+ |

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| 12:00 | **Midday Movie: Natalee Holloway ’CC’ (2009)** A grieving mother relentlessly searches for the truth behind her teenage daughter's mysterious disappearance. | **M (A)**+SPCF09-014+ |

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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. | +TDED20-088+ |

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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** +CHSE09-013+ |

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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. | +7ANN20-107+ |

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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** +CHAU08-001+ |

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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. | +7NNS20-149+ |

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| 19:00 | **Home And Away ’CC’** Mackenzie tests the brother’s new-found truce. Ben’s presence at the hangi causes upset. Jasmine works to get back in Grace’s life. An ambulance is called to the Hāngi. | **PG (V,S)**+HAAW32-193+ |

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| 19:30 | **Home And Away ’CC’** Marilyn blames herself for John's condition. Mac is torn between Ari and Tane. Jasmine develops an obsession. | **PG (A)**+HAAW32-194+ |

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| 20:00 | **Home And Away ’CC’** John doesn't want Marilyn to be stressed. Tane promises Mac he’ll back off. Jasmine makes a rash decision with Willow. | **PG** +HAAW32-195+ |

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| 20:30 | **Movie: Crazy, Stupid, Love (R) ’CC’** A middle-aged husband's life changes dramatically when his wife asks him for a divorce. He seeks to rediscover his manhood with the help of a newfound friend, Jacob, learning to pick up girls at bars. Starring:EMMA STONE,STEVE CARELL,JULIANNE MOORE,RYAN GOSLING,ANALEIGH TIPTON,MARISA TOMEI | **M (L,S)**+WBFF01-013+ |

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| 22:40 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-097+ |

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| 23:10 | **Holiday Horrors: Caught On Camera (R) ’CC’** Packed full of amazing clips showing what goes wrong when you try to get it away from it all, Holiday Horrors: Caught on Camera might make you never want to take a break again. | **M (L)**+HHCC01-001+ |

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| 00:10 | **Scandal: Watch Me (R) DOUBLE EPISODE**One hundred days into Mellie's presidency, Olivia is proving she can run the world; but to avoid an international incident, she may have to make her toughest call yet. | **M** +SCAN07-001+ |

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| 01:05 | **Scandal: Pressing The Flesh (R)** President Mellie Grant hosts a state dinner for President Rashad of Bashran in a first step toward peace in the Middle East. | **M (A,S)**+SCAN07-002+ |

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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. | +NBCT20-149+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-108+ |

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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. | +SUNR20-108+ |

 **Friday 29 May 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. | +SUNR20-108+ |

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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** +TMSW20-095+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-108+ |

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| 12:00 | **Midday Movie: Justice For Natalee Holloway ’CC’ (2011)** his follow-up to the movie "Natalee Holloway" closes in on the ongoing mystery of what happened to the Alabama teenager who, in 2005, mysteriously disappeared during her senior class trip to Aruba. | **M (V,A)**+SPCF09-010+ |

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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. | +TDED20-089+ |

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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** +CHSE06-133+ |

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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. | +7ANN20-108+ |

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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** +CHAU08-017+ |

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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. | +7NNS20-150+ |

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| 19:00 | **Better Homes And Gardens ’CC’** Joh visits the rainforest town of Forrest in Victoria. Karen cooks an Italian take on chicken noodle soup. Graham shares some eco-friendly and budget-wise gardening tips.  | **G** +BHAG26-017+ |

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| 20:30 | **Movie: Last Cab To Darwin (R) (2015)** When Rex, a Broken Hill cab driver, is told he doesn't have long to live, he sets out on an epic journey to Darwin in a bid to die on his own terms. Starring:BRIAN TAYLOR,MERCIA DEANE-JOHNS,MICHAEL CATON,MARK COLES SMITH,EMMA HAMILTON,JACKIE WEAVER,NINGALI LAWFORD | **M (L,A)**+ICNF17-001+ |

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| 22:50 | **TBA:**  | ++ |

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| 00:05 | **Movie: Point Last Seen (R) ’CC’ (1998)** A tracker searches for a little girl who is lost in the desert, but suffers because her own children were kidnapped by her ex-husband. Starring:DANA REILLY,SAM HENNINGS,KIEREN VAN DEN BLINK,NICOLE BARRERA,HOLLY BELNAP,KORY THOMPSON,LINDA HAMILTON,MARY KAY PLACE,KEVIN KILNER | **M (A,V)**+WILF-048+ |

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

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| 04:00 | **The Great Outdoors (R) ’CC’** Come star spotting in LA with 'Sunrise' Celebrity hunter Nelson Aspen, and Ernie presents one of the world's natural wonders - right at the top of Brazil. | **G** +GO15-031+ |

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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. | +NBCT20-150+ |

**Saturday 30 May 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. | +NBCT20-150+ |

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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. | +SSUN20-022+ |

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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** +TMSA20-019+ |

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| 12:00 | **Seven's Horse Racing: Fred Best Classic Day, Caulfield Race Day (R) ’CC’** The action continues to hot up at the Brisbane Winter Carnival with the Group 3 Fred Best Classic (1400m) at Doomben, while there will also be plenty of high-quality racing at Flemington and Rosehill. | +SHRC20-018+ |

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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. | +7NAF20-043+ |

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| 17:30 | **Border Security - Australia's Front Line (R) ’CC’** Officers are on high alert when an Italian man's luggage appears to have been tampered with and they suspect they're dealing with a drug courier. | **PG** +BORD-213+ |

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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. | +7NNS20-151+ |

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| 19:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL20-099+ |

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| 19:30 | **Movie: Unstoppable (R) ’CC’ (2010)** With an unmanned, half-mile-long freight train barrelling toward a city, a veteran engineer and a young conductor race against the clock to prevent a catastrophe. | **M (L)**+FOXF09-030+ |

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| 21:20 | **Movie: Armageddon (R) ’CC’ (1998)** When NASA spots a giant asteroid heading directly toward Earth, their only option is to send up a specialized crew to destroy the asteroid before it hits the planet. Starring:BEN AFFLECK,MICHAEL CLARKE DUNCAN,WILL PATTON,BODHI ELFMAN,BRUCE WILLIS,OWEN WILSON,WILLIAM FICHTNER,STEVE BUSCEMI,BILLY BOB THORNTON,CHARLTON HESTON,JASON ISAACS,LIV TYLER | **M (V)**+WDFR16-001+ |

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| 00:10 | **Quantico: The Conscience Code (R) DOUBLE EPISODE**Alex has a peaceful, anonymous life in Italy. However, Alex must abandon this idyllic existence when Ryan persuades her to help him rescue Shelby from an international arms dealer, The Widow. | **M (D,V)**+QUAN03-001+ |

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| 01:05 | **Quantico: Fear And Flesh (R)** In tracking down the origin of a deadly strain of tuberculosis threatening Americans, Ryan must go undercover and infiltrate a white supremacist organisation. | **M (V,A)**+QUAN03-002+ |

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

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| 04:00 | **My Greek Odyssey (R)** Peter finishes his time in the Western Cyclades by exploring the islands of Kimolos and Milos. Despite their close proximity to one another, they’re in stark contrast. | **PG** +MYGO02-012+ |

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| 05:00 | **House Of Wellness (R) ’CC’ ENCORE**Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Jo Stanley and Luke Hines. | **PG** +HOWL04-016+ |