**Sunday 26 January 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. | +NBCT20-025+ |

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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. | +WSUN20-004+ |

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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** +TMSU20-001+ |

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| 12:00 | **Better Homes And Gardens (R) ’CC’** Joh, Tara, Adam, Graham and Jason join up to bring Christmas cheer to a bnunch of kids who all attend children's grief counselling. Dr Harry visits Australian Working Dog Rescue.  | **G** +BHAG25-044+ |

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| 13:00 | **Surf Patrol (R) ’CC’** At King's Beach on Queensland's Sunshine Coast, shark sightings up and down the east coast create havoc in the water. | **G** +SPTL2-008+ |

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| 13:30 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** Car and truck drivers flee the biggest tornado ever recorded as it crosses the highway outside El Reno. Big wave surfer Andrew Cotton is almost killed when he attempts to ride a 60 foot wave. | **PG** +WDWC01-009+ |

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| 14:30 | **Big Bash League: Sydney Thunder v Perth ’CC’** Details TBC  | +BBLC19-112+ |

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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. | +7NNS20-026+ |

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| 19:00 | **Big Bash League: Adelaide v Hobart ’CC’ LIVE**Details TBC  | +BBLC19-114+ |

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| 22:30 | **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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| 23:00 | **2020 Santos Tour Down Under: Daily Highlights ’CC’** Relive all the excitement of the final stage of the Tour Down Under as the peloton negotiates a 151.5km route from McLaren Vale that culminates in two climbs of the dreaded Willunga Hill. | +TOUR20-014+ |

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| 00:00 | **The Cosmetic Surgery Show** Follows one of Australia's leading Cosmetic and Dermatological Surgeons, Dr Daniel Lanzer, as he and his team perform incredible procedures. | **MA** +CMCF02-002+ |

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| 00:30 | **Marvel's Agent Carter: Smoke And Mirrors (R)** Whitney works on controlling her newfound power. Meanwhile, Vernon pays the SSR a surprise visit. | **M (V)**+MACA02-004+ |

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| 01:30 | **Travel Oz: Tumut & Alice Springs (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-019+ |

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

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| 03:30 | **Room For Improvement (R) ’CC’** The team go all out for some kids who deserve the very best. Then, help from sports-stars, pop-stars, and see the best video game you've ever driven. | **G** +RFI4-015+ |

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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. | +NBCT20-026+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-019+ |

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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. | +SUNR20-019+ |

 **Monday 27 January 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. | +SUNR20-019+ |

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| 09:00 | **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. | +TMSW20-006+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-019+ |

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| 12:00 | **Midday Movie: Trip To Bountiful (R) ’CC’ (2014)** Carrie Watts begrudgingly lives with her busy, overprotective son, Ludie, and pretentious daughter-in-law, Jessie Mae. | **G** +AETN03-025+ |

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| 14:00 | **Surf Patrol (R) ’CC’** At Gunnamatta, lifesavers have to deal with a mass rescue as a dangerous rip pulls countless swimmers out to sea. | **G** +SPTL2-010+ |

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| 14:30 | **Big Bash League: Melbourne Renegades v Brisbane ’CC’** Details TBC  | +BBLC19-117+ |

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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. | +7NNS20-027+ |

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| 19:00 | **Home And Away ’CC’ SERIES RETURN**Details TBC  | **PG (V,S,A)**+HAAW32-702+ |

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| 20:30 | **TBA:**  | ++ |

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| 23:00 | **Proven Innocent: Pilot ’CC’ SEASON PREMIERE**Follows an underdog criminal defense firm led by a fierce and uncompromising lawyer with a hunger for justice.  | **MA** +PRIN01-001+ |

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| 00:00 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** Car and truck drivers flee the biggest tornado ever recorded as it crosses the highway outside El Reno. Big wave surfer Andrew Cotton is almost killed when he attempts to ride a 60 foot wave. | **PG** +WDWC01-009+ |

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| 01:00 | **The Zoo (R) ’CC’** Jimiyu the giraffe plays rock star for a day as he heads to Sydney, and a baby owl must be taught to fly and hunt for food. | **G** +ZOOT-005+ |

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| 01:30 | **The Zoo (R) ’CC’** Victoria the sun bear has broken her tooth, and it will take more than honey to get her to the dentist. | **G** +ZOOT-006+ |

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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. | +NBCT20-027+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-020+ |

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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. | +SUNR20-020+ |

**Tuesday 28 January 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. | +SUNR20-020+ |

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| 09:00 | **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. | +TMSW20-007+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-020+ |

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| 12:00 | **Midday Movie: Gifted Hands: The Ben Carson Story (R) ’CC’ (2009)** Struggling with poverty, anger and a single-parent household, Ben Carson overcomes enormous obstacles to achieve his dream of becoming a physician. | **PG (A)**+SPCF09-009+ |

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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. | +TDED20-001+ |

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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** +CHSE08-144+ |

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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. | +7ANN20-020+ |

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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** +CHAU09-001+ |

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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. | +7NNS20-028+ |

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| 19:00 | **Home And Away ’CC’** Details TBC  | **PG (V,S,A)**+HAAW32-127+ |

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| 20:40 | **TBA:**  | ++ |

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| 23:20 | **Proven Innocent: The Burden Of Truth ’CC’** The Injustice Defense Group opens a case with Tamara Folsom, a rape victim convicted unjustly of murder.  | **M (V,A)**+PRIN01-002+ |

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| 00:20 | **Marvel's Agent Carter: The Atomic Job (R)** Peggy and her off-the-books team must find a way to stop the Council from detonating an atomic bomb in California. | **M (V)**+MACA02-005+ |

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| 01:20 | **Travel Oz: Anzac Day (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-020+ |

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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. | +NBCT20-028+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-021+ |

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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. | +SUNR20-021+ |

 **Wednesday 29 January 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. | +SUNR20-021+ |

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| 09:00 | **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. | +TMSW20-008+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-021+ |

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| 12:00 | **Midday Movie: Michael Jackson: Searching For Neverland ’CC’ (2017)** Based on the best-selling book, Remember the Time: Protecting Michael Jackson in His Final Days, and told through the eyes of Jackson's trusted bodyguards, Bill Whitfield and Javon Beard. | **PG (V,A)**+AETN03-002+ |

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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. | +TDED20-002+ |

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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** +CHSE08-145+ |

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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. | +7ANN20-021+ |

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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** +CHAU09-002+ |

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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. | +7NNS20-029+ |

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| 19:00 | **Home And Away ’CC’** Details TBC  | **PG (V,S,A)**+HAAW32-128+ |

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| 00:40 | **The Zoo (R) ’CC’ DOUBLE EPISODE**For the first time in Australia, the birth of a baby gorilla is captured on camera - something that has never been done in the wild. | **G** +ZOOT2-001+ |

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| 01:10 | **The Zoo (R) ’CC’** Vets attempt to get an elephant pregnant with science alone. Then, Brooke the leopard seal needs to move to a new home. | **G** +ZOOT2-002+ |

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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. | +NBCT20-029+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-022+ |

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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. | +SUNR20-022+ |

 **Thursday 30 January 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. | +SUNR20-022+ |

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| 09:00 | **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. | +TMSW20-009+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-022+ |

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| 12:00 | **Midday Movie: In My Dreams (R) ’CC’ (2014)** Two lonely people each throw a penny into the local fountain, then start having dreams about each other in which they fall in love and long to be together. | **PG (A)**+SPCF08-010+ |

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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. | +TDED20-003+ |

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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** +CHSE07-066+ |

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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. | +7ANN20-022+ |

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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** +CHAU07-031+ |

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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. | +7NNS20-030+ |

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| 19:00 | **Home And Away ’CC’** Details TBC  | **PG (A)**+HAAW32-129+ |

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| 19:30 | **Big Bash League: The Eliminator - TBA vs TBA ’CC’ LIVE**Details TBC  | +BBLC19-120+ |

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| 00:10 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** Super Typhoon Yolanda - the biggest ever recorded - destroys swathes of the Philippines and leaving entire cities underwater. The city of Houston is sunk underwater by a massive flood, ruining homes. | **PG** +WDWC01-010+ |

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| 01:10 | **The Zoo (R) ’CC’** A lion cub has a sore shoulder and the vets must discover why. Then, two White Rhinos are introduced and the keepers are hoping for a pregnancy. | **G** +ZOOT2-003+ |

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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. | +NBCT20-030+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN20-023+ |

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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. | +SUNR20-023+ |

 **Friday 31 January 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. | +SUNR20-023+ |

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| 09:00 | **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. | +TMSW20-010+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN20-023+ |

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| 12:00 | **Midday Movie: Back To School Mom (R) ’CC’ (2015)** Mary Thomas, a free-spirited musician, has spent the past two decades traveling the world, but at age 41 she decides to go back to college and finish her degree. | **PG (S,A)**+AETN02-002+ |

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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. | +TDED20-004+ |

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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** +CHSE07-067+ |

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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. | +7ANN20-023+ |

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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** +CHAU06-005+ |

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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. | +7NNS20-031+ |

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| 19:00 | **Big Bash League: Pre-Match: The Qualifier ’CC’** Details TBC  | +BBLC19-135+ |

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| 19:30 | **Big Bash League: The Qualifier - TBA vs TBA ’CC’ LIVE**Details TBC  | +BBLC19-123+ |

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| 23:00 | **TBA:**  | ++ |

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| 00:00 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** Tourists in Thailand are totally unprepared as the boxing day Tsunami crashes into 14 countries killing 250,000 people. On another boxing day a Texas town torn apart by a tornado.  | **PG** +WDWC01-011+ |

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| 01:00 | **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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| 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-132+ |

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

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| 04:00 | **The Great Outdoors: Ultimate USA (R) ’CC’** All the best from the Big Apple to Hawaii. Stay in an underwater hotel in Key Largo. America's most romantic destination - New York's Central Park. Monument Valley, home of Hollywood's Wild West. | **G** +GO14-042+ |

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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. | +NBCT20-031+ |

 **Saturday 01 February 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. | +NBCT20-031+ |

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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. | +SSUN20-005+ |

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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** +TMSA20-002+ |

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| 12:00 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** The Japanese Tsunami sees entire towns washed away and people trying to outrun the wave in the biggest national disaster since world war two. A Texan hero risks his life attempting to save a drunk man | **PG (A)**+WDWC01-012+ |

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| 13:00 | **My Road To Adventure ’CC’** An intimate insight into the secret holidaying lifestyle of some of Australia’s most loved celebrities. | **PG** +MRTA01-003+ |

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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,ROBERT CUMMINGS,RAY MILLAND | **PG (A,V)**+WBFF03-028+ |

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| 16:00 | **Better Homes And Gardens (R) ’CC’** Joh catches up with X Games competitor Kat Williams. Adam makes plasterboard ceilings. Graham visits Pepper Tree Creek Estate in the NSW Southern Highlands. | **G** +BHAG24-035+ |

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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. | +7NAF20-009+ |

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| 17:30 | **Border Security - Australia's Front Line (R) ’CC’** A passenger makes a strange admission that he is here to deliver a children's book, but officers have a different read on the situation. Meanwhile, detector dogs react to some exotic golden statues.  | **PG** +BORD-150+ |

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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. | +7NNS20-032+ |

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| 19:00 | **Big Bash League: Pre-Match: The Knockout ’CC’** Details TBC  | +BBLC19-136+ |

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| 19:30 | **Big Bash League: The Knockout - TBA vs TBA ’CC’ LIVE**Details TBC  | +BBLC19-126+ |

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| 23:00 | **TBA:**  | ++ |

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| 00:00 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** The Japanese Tsunami sees entire towns washed away and people trying to outrun the wave in the biggest national disaster since world war two. A Texan hero risks his life attempting to save a drunk man | **PG (A)**+WDWC01-012+ |

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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-133+ |

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

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| 04:00 | **The Great Outdoors (R) ’CC’** Visit the home of the summer movie block buster Narnia. The stranger than fiction sanctuary where you can cuddle Tigers and not get eaten. | **G** +GO15-001+ |

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| 05:00 | **My Greek Odyssey (R) ’CC’** Peter continues his travels in Kythira, hometown of his parents, before moving on to Antikythira. | **PG** +MYGO01-008+ |