**Sunday, March 04, 2018**

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| 06:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-054+ |

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| 07:00 AM | **Weekend Sunrise ’CC’** Wake up to a better breakfast with the Weekend Sunrise team for all the latest entertainment, news, sport and weather. | +WSUN18-009+ |

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| 10:00 AM | **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** +TMSU18-004+ |

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| 12:00 PM | **House Of Wellness ’CC’** Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL01-018+ |

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| 01:00 PM | **Kochie's Business Builders ’CC’** David Koch lends a helping hand to owners of small and medium-sized businesses. | **PG** +KHBB11-011+ |

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| 01:30 PM | **Motor Racing: Bathurst 12 Hour Event - Highlights ’CC’ (2018)** Highlights of Australia's International Endurance that has grown to become one of the 'must win' events on the global GT schedule, with 12 hours of tough racing on Mt Panorama. | +SPSP18-009+ |

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| 02:30 PM | **TBA:**  | ++ |

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| 04:00 PM | **Better Homes And Gardens (R) ’CC’** Joh takes you through the ins and outs of pre-fab extension homes. Karen makes salted caramel with mango and ginger. Graham shows you how to make hanging baskets. | **G** +BHAG24-004+ |

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| 05:00 PM | **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. | +7NAF18-018+ |

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| 05:30 PM | **Sydney Weekender ’CC’** Mike mingles with animals at Taronga Western Plains Zoo in Dubbo. Lizzy checks out Hello Sydney Shopper Hopper. Sophie heads to the Hunter Valley to experience Margan Family Wines.  | **G** +7SWE25-003+ |

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| 06:00 PM | **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. | +7NNS18-063+ |

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| 07:00 PM | **Australian Spartan ’CC’** An obstacle so tough that you cannot conquer it alone. Teams will battle it out as each member relies on the help of their team to make it through this beast of a course. | **PG** +SPAR01-002+ |

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| 08:45 PM | **Sunday Night ’CC’ SERIES RETURN**Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT18-003+ |

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| 09:45 PM | **Crimes That Shook The World: BTK (Bind, Torture, Kill) (R) ’CC’** The astonishing story of a family man and preacher who hid a murderous secret for thirty-eight years. | **M (A,V,S)**+CTSW-002+ |

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| 10:45 PM | **Blindspot: Back to the Grind ’CC’ SERIES RETURN**It's been 18 months since the FBI team parted ways under mysterious circumstances. In the season premiere, they're brought back together by a new crisis. | **M (V)**+BDSP03-001+ |

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| 11:45 PM | **World's Deadliest Weather: Caught On Camera (R) ’CC’ SERIES RETURN**The massive Nepal earthquake triggers an avalanche wiping out Everest base camp and mud slides burying whole villages. In Missouri a family BBQ is destroyed by a deadly tornado. | +WDWC01-005+ |

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| 12:45 AM | **Grandfathered: Deadbeat (R) DOUBLE EPISODE**After Jimmy misses Edie's second birthday party, he decides to throw her a big bash at his restaurant to make it up to the family. | **PG** +GRAN01-003+ |

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| 01:15 AM | **Grandfathered: Guy's Night (R)** After Jimmy realises he doesn’t know much about his new son, he decides to take him out for a night on the town. | **PG** +GRAN01-004+ |

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

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| 03:30 AM | **Harry's Practice (R) ’CC’** Join DR. HARRY COOPER and DR. KATRINA WARREN for everything you need to know about animals as they treat 'patients' and capture the special bond between people and their pets. | **G** +HPR-101+ |

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| 04:00 AM | **Meet The Press ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM18-009+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-046+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-046+ |

 **Monday, March 05, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-046+ |

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| 09:00 AM | **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** +TMSW18-025+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-025+ |

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| 12:00 PM | **Midday Movie: Teen Exorcism ’CC’ (2013)** Lauren is the student editor of the school newspaper, and as part of her senior year project, she ends up following Olivia and her church youth group "The Chosen". | **M (A,V,S)**+AETN02-037+ |

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| 02:00 PM | **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. | +TDED18-013+ |

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| 03:00 PM | **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** +CHSE07-126+ |

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| 04:00 PM | **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.  | +7ANN18-021+ |

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| 05:00 PM | **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** +CHAU05-181+ |

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| 06:00 PM | **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. | +7NNS18-064+ |

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| 07:00 PM | **Home And Away ’CC’** Ash drives Robbo to the brink. Dean's new job puts him on a collision course with Justin. Will Ziggy's overprotectiveness cause permanent damage with Maggie? Starring:JAMES STEWART,KESTIE MORASSI,ROHAN NICHOL,PATRICK OCONNOR,GEORGE MASON,JAKE RYAN | **PG (V)**+HAAW10-150+ |

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| 07:30 PM | **My Kitchen Rules ’CC’** The weakest teams from each Group Challenge meet at Elimination House where they face the biggest table of judges in MKR history. Which team will handle the pressure and who will send themselves home? | **PG** +MYKR09-022+ |

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| 09:00 PM | **The Resident: Independence Day ’CC’** Conrad receives the call he's been waiting for when a heart becomes available for a patient who has been on the transplant list for two years. | **M (A,S)**+RESI01-002+ |

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| 10:00 PM | **Ramsay's Hotel Hell: The Keating (R) ’CC’** Gordon Ramsay tries to save a landmark San Diego hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-002+ |

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| 11:00 PM | **The Blacklist: The Informant ’CC’** When Red directs the Task Force to find a Blacklister who uses his position of power to sell sensitive information, Ressler finds himself at risk of exposure. Meanwhile, Liz plans her next move. | **MA (V)**+BLKL05-010+ |

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| 12:00 AM | **Mixology: Bruce & Jessica (R) ’CC’ DOUBLE EPISODE**Bruce sets his eyes on Jessica, a single mother from New Jersey who he thinks is easy prey. He's quickly rejected and ignores Tom and Cal's advice to abort the mission. | **M (S)**+MIXO-003+ |

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| 12:30 AM | **Mixology: Cal & Kacey (R) ’CC’** Cal and Kacey are both hopeless romantics and when the two meet, they think they're soul mates, until of course Bruce and Tom get involved.  | **M (S)**+MIXO-004+ |

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| 01:00 AM | **Whodunnit: Firestarter (R)** One guest is dead, and it doesn't take long for the killer to strike again. With 11 guests fighting to stay alive, they continue to search for evidence to solve the latest gruesome and fiery murder. | **PG (V)**+WHOD-002+ |

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

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-055+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-047+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-047+ |

 **Tuesday, March 06, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-047+ |

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| 09:00 AM | **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** +TMSW18-026+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-026+ |

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| 12:00 PM | **Midday Movie: Absence Of The Good (R) ’CC’ (1999)** Reeling from the death of his son, a detective and his partner investigate seemingly unrelated hammer murders of an old woman and her neighbour. They discover that a serial killer may be at large. | **M (V,L)**+SPCF02-002+ |

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| 02:00 PM | **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. | +TDED18-014+ |

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| 03:00 PM | **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** +CHSE07-127+ |

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| 04:00 PM | **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.  | +7ANN18-022+ |

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| 05:00 PM | **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** +CHAU05-182+ |

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| 06:00 PM | **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. | +7NNS18-065+ |

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| 07:00 PM | **Home And Away ’CC’** Willow, Dean and Colby's history threatens Justin's relationship. Colby tries to repair his mysterious past with Dean. Alf confronts his heartbreak to help Roo. Is Coco avoiding Ryder? Starring:GEORGIE PARKER,RAY MEAGHER,PATRICK OCONNOR,ANNA COCQUEREL,LUKAS RADOVICH,SARAH ROBERTS,TIM FRANKLIN | **PG** +HAAW10-151+ |

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| 07:30 PM | **My Kitchen Rules ’CC’** Group 2 are tasked with running a home delivery service; cooking, driving and delivering food to homes in the local neighbourhood. With the public and their rivals judging, who will fail to deliver?  | +MYKR09-023+ |

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| 09:00 PM | **The Good Doctor: Heartfelt ’CC’** Claire works on an Imposter case and helps the imposter, as she is really sick. Shaun bonds with a young female patient that has Moebius Syndrome. | **M** +GOOD01-015+ |

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| 10:00 PM | **Grey's Anatomy: Who Lives, Who Dies, Who Tells Your Story / Out Of Nowhere ’CC’ DOUBLE EPISODE**After a roller coaster car falls off the track at the county fair, the doctors at Grey Sloan tend to patients who spark memories about ghosts from their past. | **M (A,S)**+GREY14-704+ |

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| 12:00 AM | **Time After Time: You Will Find Me ’CC’ DOUBLE EPISODE**An unwilling participant of Dr. Monroe's experiments, H.G. feels himself changing. Now on a more level playing field and finally able to take on John, H.G. and Jane race to escape the Island. | **MA (V)**+TIMA01-009+ |

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| 01:00 AM | **Time After Time: Turned To Gray ’CC’** Wells is shocked to see a familiar face when he and Jane return to present day New York City, while Jane makes a decision that will potentially change both of their lives. | **M (V)**+TIMA01-010+ |

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

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-056+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-048+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-048+ |

 **Wednesday, March 07, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-048+ |

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| 09:00 AM | **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** +TMSW18-027+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-027+ |

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| 12:00 PM | **Midday Movie: The Assault (R) ’CC’ (2014)** Based on true events, a cheerleader accuses a player on the local high school football team of sexual assault. But if she can't even remember that night, will anyone believe her? Starring:AMY BRUCKNER,MAKENZIE VEGA,KHANDI ALEXANDER,GARY WEEKS,PIERSON FODE | **M (A,V)**+MARV01-004+ |

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| 02:00 PM | **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. | +TDED18-015+ |

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| 03:00 PM | **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** +CHSE07-128+ |

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| 04:00 PM | **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.  | +7ANN18-023+ |

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| 05:00 PM | **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** +CHAU05-183+ |

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| 06:00 PM | **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. | +7NNS18-066+ |

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| 07:00 PM | **Home And Away ’CC’** Hunter's past derails his fresh start. Ben's illness pushes him away from Maggie.Alf supports Roo's search for her mother. Starring:GEORGIE PARKER,KESTIE MORASSI,ROHAN NICHOL,RAY MEAGHER,SCOTT LEE | **PG** +HAAW10-152+ |

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| 07:30 PM | **My Kitchen Rules ’CC’** Group 1 are set for some friendly competition as they celebrate two fun Australian pastimes – lawn bowls and a great BBQ! Which team will bowl ‘em over and who will see red after a day on the green? | **PG** +MYKR09-024+ |

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| 09:00 PM | **Manu's American Road Trip ’CC’ PREMIERE**Manu kicks off his epic road trip across the Deep South of America in Miami where he heads to Little Havana to find the best Cuban food in the US.  | **PG** +MART01-001+ |

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| 10:00 PM | **Movie: Identity Thief (R) ’CC’ (2014)** A mild-mannered businessman travels to Florida to confront the deceptively harmless looking woman who has stolen his identity and spent all of his money. | **MA (L,S)**+NBCF28-006+ |

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| 12:20 AM | **Powerless: Green Furious DOUBLE EPISODE**Emily takes a stand in her first board meeting and must deliver on a big idea with the help of superheroine Green Fury. | **M (S)**+POWE01-008+ |

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| 12:50 AM | **Powerless: Emergency Punch Up** The team gears up to leave for a company retreat when a supervillain sets out to destroy Charm City. | **PG (S,L)**+POWE01-009+ |

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| 01:20 AM | **Travel Oz: Young: Cherry Festival (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV3-040+ |

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

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-057+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-049+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-049+ |

 **Thursday, March 08, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-049+ |

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| 09:00 AM | **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** +TMSW18-028+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-028+ |

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| 12:00 PM | **Midday Movie: Caught (R) ’CC’ (2015)** A desperate housewife discovers her husband is having an affair and kidnaps his unsuspecting mistress, but what starts as a prank quickly spirals out of control.  | **M (V)**+MARV01-005+ |

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| 02:00 PM | **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. | +TDED18-016+ |

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| 03:00 PM | **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** +CHSE07-129+ |

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| 04:00 PM | **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.  | +7ANN18-024+ |

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| 05:00 PM | **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** +CHAU05-184+ |

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| 06:00 PM | **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. | +7NNS18-067+ |

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| 07:00 PM | **Home And Away ’CC’** Ben pressures Ziggy to hide his secret from Maggie. Mason grows closer to Jasmine.Tori realises the key to helping Robbo move on. Justin and Willow struggle to get time alone. | **PG (V)**+HAAW10-725+ |

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| 08:00 PM | **My Kitchen Rules ’CC’** The weakest teams from each Group Challenge meet at Elimination House. Sudden Death pressure can’t kill the love in the kitchen, but the real pressure cooker is around the table.  | **PG** +MYKR09-025+ |

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| 09:30 PM | **Gordon Ramsay On Cocaine ’CC’ PREMIERE**In this series, Gordon Ramsay sets out to show how deep the problem of drugs and substance abuse is, in Britain as a whole and in the kitchens, food and hospitality industry in the UK. | **M (D,L,A)**+GROC01-001+ |

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| 10:30 PM | **TBA:**  | ++ |

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| 12:15 AM | **Aquarius: Please Let Me Love You And It Won't Be Wrong (R) ’CC’ DOUBLE EPISODE**Hodiak and Shafe inch closer to exposing a serial killer who has been targeting homosexual men in Los Angeles. Also, a record producer has renewed interest in Manson and returns to Manson's compound. | **M (V,L)**+AQUA-012+ |

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| 01:05 AM | **Aquarius: Old Ego Is A Too Much Thing (R) ’CC’ SEASON FINAL**Hodiak grapples with the fallout from his son's rebellion. Meanwhile, Mary and her baby have complications, interrupting Emma's confrontation with Sadie; and Karn falls back under Manson's spell. | **M (V,L,S)**+AQUA-013+ |

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

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-058+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-050+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-050+ |

 **Friday, March 09, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-050+ |

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| 09:00 AM | **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** +TMSW18-029+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-029+ |

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| 12:00 PM | **Midday Movie: A Father's Choice (R) ’CC’ (2000)** When his ex-wife is murdered, a cowboy gets temporary custody of his estranged daughters. | **M (V)**+SPCF02-019+ |

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| 02:00 PM | **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. | +TDED18-017+ |

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| 03:00 PM | **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** +CHSE07-130+ |

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| 04:00 PM | **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.  | +7ANN18-025+ |

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| 05:00 PM | **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** +CHAU05-038+ |

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| 06:00 PM | **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. | +7NNS18-068+ |

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| 07:00 PM | **Better Homes And Gardens ’CC’** Joh visit the home of My Kitchen Rules judge Pete Evans. Adam, Jason and Tara team up to renovate areas of the home for $1000. Karen makes Portugese tarts.  | **G** +BHAG24-006+ |

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| 08:30 PM | **Movie: The Martian ’CC’ (2015) PREMIERE**An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. Starring:CHIWETEL EJIOFOR,KRISTEN WIIG,MATT DAMON,JESSICA CHASTAIN,JEFF DANIELS,MICHAEL PENA,SEAN BEAN,DONALD GLOVER | **M (A,L)**+FOXF02-009+ |

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| 11:30 PM | **TBA:**  | ++ |

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| 12:30 AM | **Movie: Crimes Of Passion: Voice From The Grave (R) ’CC’ (1996)** The spirit of a murdered young woman connects with a nurse to help solve the mystery of her death. Starring:APRIL GRACE,DARRYL THEIRSE,KEVIN DOBSON,KIM DICKENS,KELLI WILLIAMS,JOHN TERLESKY,JOHN CAROLL LYNCH,ROBERT KNEPPER,MICHAEL MANTELL,MICHAEL RILEY,MEGAN WARD,TIM GRIMM | **M (V)**+WILF-002+ |

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| 02:30 AM | **Home Shopping** | ++ |

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| 04:00 AM | **The Great Outdoors (R) ’CC’** Tom Williams tries pocket bikes. Ernie learns how to dance like an Irishman Donegal. Alaska. Make your own bubbly Western Australia. | **G** +GO14-030+ |

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| 05:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-059+ |

**Saturday, March 10, 2018**

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| 06:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-059+ |

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| 07:00 AM | **Weekend Sunrise ’CC’** Wake up to a better breakfast with the Weekend Sunrise team for all the latest entertainment, news, sport and weather. | +SSUN18-010+ |

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| 10:00 AM | **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** +TMSA18-005+ |

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| 12:00 PM | **Seven's Horse Racing: Randwick - Randwick Guineas ’CC’** Saturday Arvo Racing comes from Sydney featuring the Group 1 Randwick Guineas for three year olds. | +SHRC18-006+ |

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| 05:00 PM | **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. | +7NAF18-019+ |

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| 05:30 PM | **Sydney Weekender ’CC’** Mike checks out Montague Island. Teigan goes to Wet 'N' Wild. Jason and Beck eat at Blackwood Pantry in Cronulla. Starring:BECK STEVENS,JASON STEVENS,ERICA DAVIS,ROSE JACOBS,MIKE WHITNEY,TEIGAN NASH | **G** +7SWE25-004+ |

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| 06:00 PM | **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. | +7NNS18-069+ |

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| 07:00 PM | **Movie: The Day After Tomorrow (R) ’CC’ (2003) FIRST TIME ON SEVEN**When an ice-age threatens the world, a climatologist tries to figure out a way to save humanity and get to his young son in New York. Starring:JAY SANDERS,JAKE GYLLENHAAL,EMMY ROSSUM,DASH MIHOK,DENNIS QUAID,SELA WARD | **PG (A,L)**+FOXF01-008+ |

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| 09:35 PM | **Movie: Contagion (R) ’CC’ (2011) FIRST TIME ON SEVEN**The worldwide medical community races to find a cure after the deadly outbreak of a fatal disease. Starring:GWYNETH PALTROW,MATT DAMON,LAURENCE FISHBURNE,MARION COTILLARD,JUDE LAW,JENNIFER EHLE,KATE WINSLET | **M (A,L)**+WBFF02-017+ |

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| 11:55 PM | **The Goldbergs: Dungeons And Dragons, Anyone? (R) ’CC’** When Adam picks a team of popular jocks over his friends in gym class, they seek revenge by forcing them to play Dungeons & Dragons. Murray (Jeff Garlin) objects when Erica wants to go away to college | **PG** +GOLB03-020+ |

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| 12:25 AM | **PyeongChang 2018 Paralympics: Highlights (R) ’CC’** A full wrap of all the latest action from the PyeongChang 2018 Paralympic Winter Games.  | +POLY18-001+ |

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

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| 04:00 AM | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**Alison thinks she has Wayne cornered. | **PG** +SAD-827+ |

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| 04:30 AM | **Sons And Daughters (R) ’CC’** An unexpected visitor is set to send shockwaves through Craig's life. | **PG** +SAD-828+ |

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| 05:00 AM | **House Of Wellness (R) ’CC’ ENCORE**Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL01-018+ |