**Sunday 03 February 2019**

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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. | +NBCT19-029+ |

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| 07:00 | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Basil Zempilas and Monique Wright, for all the latest entertainment, news, sport and weather. | +WSUN19-005+ |

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| 09:30 | **Test Cricket: Aust v Sri Lanka: Pre Game ’CC’** A look ahead at day 3 of the test match between Australia and Sri Lanka. | +CRIC18-613+ |

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| 10:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 3 ’CC’** Start time: 10.30am AEDT. Get set for a cracking day of cricket as Australia continues to battle Sri Lanka at Manuka Oval LIVE from Canberra. | +CRIC18-614+ |

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| 12:30 | **Test Cricket: Aust v Sri Lanka: Lunch Break ’CC’** A look at the day of play so far between Australia and Sri Lanka. | +CRIC18-615+ |

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| 13:10 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 3 ’CC’** Start time: 10.30am AEDT. Don't miss a minute of the action from day three as the Aussies continue to battle Sri Lanka LIVE from Manuka Oval, Canberra. | +CRIC18-616+ |

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| 15:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 3 ’CC’** Start time: 10.30am AEDT. Don't miss a minute of the action from day three as the Aussies continue to battle Sri Lanka LIVE from Manuka Oval, Canberra. | +CRIC18-618+ |

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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. | +7NNS19-034+ |

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| 19:00 | **TBA:**  | ++ |

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| 21:00 | **Big Bash League: Perth v Melbourne Stars ’CC’ LIVE**Start time: 9.15pm AEDT. The Big Bash heads west with the Scorchers hosting the Stars as the race to finals heats up LIVE from Optus Stadium, Perth. | +BBLC18-106+ |

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| 00:30 | **Dr. Ken: Meeting Molly's Boyfriend (R)** After learning that Molly has a boyfriend who is cheating on her, Ken is stunned to find Allison was seeing someone else when they started dating as well. | **PG (S,V)**+DKEN01-016+ |

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| 01:00 | **Dr. Ken: Ken At The Concert (R)** As Ken tries to hang onto his relationship with Molly, a birthday party accident sends Dave to the doctor's office. | **PG (S)**+DKEN01-017+ |

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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-035+ |

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

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| 03:30 | **Harry's Practice (R) ’CC’** Dr. Harry celebrates the 150th episode by going to belly dancing school... and sorting out a dog..all at once! | **G** +HPR-150+ |

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| 04:00 | **Meet The Press ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-005+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-025+ |

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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. | +SUNR19-025+ |

**Monday 04 February 2019**

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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. | +SUNR19-025+ |

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| 09:30 | **Test Cricket: Aust v Sri Lanka: Pre Game ’CC’** A look ahead at day 4 of the test match between Australia and Sri Lanka. | +CRIC18-619+ |

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| 10:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 4 ’CC’** Start time: 10.30am AEDT. The competition is set to heat up on day four as the Aussies take on Sri Lanka LIVE from Manuka Oval, Canberra. | +CRIC18-620+ |

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| 12:30 | **Test Cricket: Aust v Sri Lanka: Lunch Break ’CC’** A look at the day of play so far between Australia and Sri Lanka. | +CRIC18-621+ |

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| 13:10 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 4 ’CC’** Start time: 10.30am AEDT. The competition is set to heat up on day four as the Aussies take on Sri Lanka LIVE from Manuka Oval, Canberra. | +CRIC18-622+ |

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| 15:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 4 ’CC’** Start time: 10.30am AEDT. The competition is set to heat up on day four as the Aussies take on Sri Lanka LIVE from Manuka Oval, Canberra. | +CRIC18-624+ |

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| 17:30 | **The Chase Australia (R) ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU05-260+ |

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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. | +7NNS19-035+ |

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| 19:30 | **TBA:**  | ++ |

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| 21:00 | **TBA:**  | ++ |

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| 22:00 | **TBA:**  | ++ |

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

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| 23:30 | **Botched Up Bodies ’CC’ NEW EPISODE**Meet the people whose bodies have been botched and the renowned plastics unit whose job it is to fix these problems and give these people the bums, boobs, faces and tums they've always wanted. | **MA (A)**+BOTB04-004+ |

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| 00:30 | **Mistresses: I'll Be Watching You (R) ’CC’** The drama and intrigue continues as new friendships are forged, relationships are set on a complicated course and mysterious plans are set in motion. | **M (A)**+MSTR3-002+ |

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| 01:30 | **Travel Oz: NSW Chinese Milestones (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV4-036+ |

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

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| 04:00 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-030+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-026+ |

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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. | +SUNR19-026+ |

 **Tuesday 05 February 2019**

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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. | +SUNR19-026+ |

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| 09:30 | **Test Cricket: Aust v Sri Lanka: Pre Game ’CC’** A look ahead at day 5 of the test match between Australia and Sri Lanka. | +CRIC18-625+ |

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| 10:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 5 ’CC’** Start time: 10.30am AEDT. Australia and Sri Lanka take to the field for the final day in Canberra LIVE from Manuka Oval, Canberra. | +CRIC18-626+ |

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| 12:30 | **Test Cricket: Aust v Sri Lanka: Lunch Break ’CC’** A look at the day of play so far between Australia and Sri Lanka. | +CRIC18-627+ |

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| 13:10 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 5 ’CC’** Start time: 10.30am AEDT. Australia and Sri Lanka take to the field for the final day in Canberra LIVE from Manuka Oval, Canberra. | +CRIC18-628+ |

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| 15:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 5 ’CC’** Start time: 10.30am AEDT. Australia and Sri Lanka take to the field for the final day in Canberra LIVE from Manuka Oval, Canberra. | +CRIC18-630+ |

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| 17:30 | **The Chase Australia (R) ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU05-259+ |

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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. | +7NNS19-036+ |

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| 19:00 | **TBA:**  | ++ |

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| 19:30 | **TBA:**  | ++ |

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| 21:00 | **The Good Doctor: Xin ’CC’** Shaun, Morgan and Audrey treat a woman with autism and a delicate brain condition while navigating the complicated relationship she has with her roommate, who is also on the spectrum. | **M** +GOOD02-013+ |

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| 22:00 | **The Resident: Fear Finds A Way ’CC’** When a nasty flu season turns out to be masking a terribly infectious disease, Chastain must race to quarantine and diagnose infected patients. | **M** +RESI02-012+ |

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

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| 23:30 | **The Family: Feathers Or Steel (R) ’CC’** Detective Meyer and Agent Clements go on the hunt for a child kidnapper whose MO is eerily similar to Adam's abductor. Also, Bridey continues to infiltrate the Warren family, searching for intel. | **M (A,V,S)**+FAMI01-004+ |

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| 00:30 | **The Catch: The Wedding (R) ’CC’ SEASON FINAL**Sybil proves to be a formidable adversary and devises a well-orchestrated con that takes place at a high-profile wedding. Meanwhile, Alice finds herself in a precarious situation. | **M (V,S)**+CATC01-010+ |

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| 01:30 | **Botched Up Bodies (R) ’CC’** Follow the top surgeons as they set about repairing the damage done with botched cosmetic surgery. | **MA (A)**+BOTB3-001+ |

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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. | +NBCT19-031+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-027+ |

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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. | +SUNR19-027+ |

 **Wednesday 06 February 2019**

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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. | +SUNR19-027+ |

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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** +TMSW19-016+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-021+ |

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| 12:00 | **TBA:**  | ++ |

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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. | +TDED19-011+ |

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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** +CHSE07-111+ |

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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. | +7ANN19-027+ |

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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** +CHAU07-005+ |

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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. | +7NNS19-037+ |

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| 19:00 | **TBA:**  | ++ |

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| 19:30 | **TBA:**  | ++ |

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| 21:00 | **Undercurrent: Real Murder Investigation ’CC’** A true-crime series in the tradition of The Jinx and Making a Murderer. An active, unfolding investigation with twists, revelations and cliff-hangers. | **M (A,V,L)**+UNDR01-002+ |

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| 22:10 | **Criminal Minds: Ashley ’CC’** The BAU investigates a double homicide and kidnapping in New Hampshire. Also, Rossi's plans to elevate his relationship with Krystall don’t go as planned. | **M (V,A)**+CRMD14-008+ |

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

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| 23:40 | **The Family: I Win (R) ’CC’** When Hank is badly beaten, he names a member of the Warren family as the prime suspect. Bridey receives the results of the paternity test she ran on Adam, and the answer is shocking and definitive. | **M (V)**+FAMI01-005+ |

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| 00:40 | **Quantico: Yes (R) ’CC’ SEASON FINAL**It's graduation day for the NATS of Quantico, while, in the future, Alex and her team find themselves head-to-head with the terrorist. Starring:AUNJANUE ELLIS,JAKE MCLAUGHLIN,JOSH HOPKINS,JOHANNA BRADDY,PRIYANKA CHOPRA,ROGERS FAMILY,YASMINE AL MASRI | **M (V)**+QUAN01-022+ |

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| 01:35 | **Travel Oz: Shaanxi Province, China (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV4-037+ |

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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. | +NBCT19-032+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-028+ |

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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. | +SUNR19-028+ |

 **Thursday 07 February 2019**

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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. | +SUNR19-028+ |

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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** +TMSW19-017+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-022+ |

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| 12:00 | **TBA:**  | ++ |

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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. | +TDED19-012+ |

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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** +CHSE07-112+ |

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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. | +7ANN19-028+ |

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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** +CHAU07-006+ |

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| 18:00 | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates. | +7NNS19-038+ |

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| 19:00 | **Big Bash League: Pre-Game: Hob v Melb Ren ’CC’ LIVE**A look ahead at today's Big Bash game between the Hobart Hurricanes and Melbourne Renegades.  | +BBLC18-202+ |

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| 19:30 | **Big Bash League: Hobart v Melbourne Ren ’CC’ LIVE**Start time: 7.30pm AEDT. The Hurricanes are seeking redemption as they take on the Renegades LIVE from Blundstone Arena, Hobart. | +BBLC18-109+ |

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

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| 23:30 | **The Family: Nowhere Man (R) ’CC’** Nina and Clements design a plan to lure the pock-marked man, Doug, using Adam as bait. However, things go awry when Adam spots Doug in the mall. | **M (A,S)**+FAMI01-006+ |

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| 01:00 | **Powerless: Wayne Or Lose (R)** Emily begins her first day, and quickly learns that her expectations far exceed those of her new boss, Van Wayne, and her co-workers. | **M (A)**+POWE01-001+ |

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| 01:30 | **Powerless: Wayne Dream Team (R)** With a new product idea greenlit, Emily tries to get her team inspired; Van is on a mission to be included in the Wayne Dream Team photo. | **M (A)**+POWE01-002+ |

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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. | +NBCT19-033+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-029+ |

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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. | +SUNR19-029+ |

 **Friday 08 February 2019**

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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. | +SUNR19-029+ |

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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** +TMSW19-018+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-023+ |

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| 12:00 | **TBA:**  | ++ |

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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. | +TDED19-013+ |

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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** +CHSE07-113+ |

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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. | +7ANN19-029+ |

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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** +CHAU05-215+ |

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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. | +7NNS19-039+ |

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| 19:00 | **Better Homes And Gardens ’CC’** Joh visits the home of MKR contestants Chris and Lesley. Dr Harry meets with the team at Cairns Turtle Rehabilitation Centre. Karen makes cherry and almond Clafoutis.  | **G** +BHAG25-002+ |

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| 20:30 | **Big Bash League: Brisbane v Melbourne Stars ’CC’ LIVE**Start time: 8.40pm AEDT. Chris Lynn and the Heat are hungry for victory as they host the Stars LIVE from The Gabba, Brisbane. | +BBLC18-112+ |

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

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| 00:30 | **Botched Up Bodies (R) ’CC’** Follow the top surgeons as they set about repairing the damage done with botched cosmetic surgery. | **MA (A)**+BOTB3-002+ |

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| 01:30 | **Travel Oz: Victoria - Chinese Milestones (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV4-038+ |

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

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| 04:00 | **The Great Outdoors (R) ’CC’** Jennifer Hawkins shows where to shop, eat and stay in Hong Kong, including the latest bargain hotspots for fashion and exclusive labels. | **G** +GO17-017+ |

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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. | +NBCT19-034+ |

**Saturday 09 February 2019**

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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. | +NBCT19-034+ |

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| 07:00 | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Basil Zempilas and Monique Wright, for all the latest entertainment, news, sport and weather. | +SSUN19-006+ |

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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** +TMSA19-001+ |

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| 12:00 | **TBA:**  | ++ |

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| 13:30 | **Sport Special: Walkabout Wickets ’CC’ (2018)** In 1868, an aboriginal cricket team journeyed to the UK, Australia's first sports team to tour overseas. Today, we follow the current National Indigenous cricket teams to the UK to retrace those steps | +NFFI79-001+ |

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| 14:30 | **Big Bash League: Adelaide v Perth ’CC’** Start time: 3.00pm AEDT. The Big Bash heads north as Travis Head and the Strikers take to the pitch against the Scorchers LIVE from Alice Springs. | +BBLC18-115+ |

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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. | +7NNS19-040+ |

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| 19:00 | **TBA:**  | ++ |

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| 21:30 | **TBA:**  | ++ |

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| 00:15 | **TBA:**  | ++ |

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| 00:45 | **Botched Up Bodies (R) ’CC’** Follow the top surgeons as they set about repairing the damage done with botched cosmetic surgery. | **MA (A)**+BOTB3-003+ |

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

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| 04:00 | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**Michael makes a shock announcement. Pamela's plan to rip off Alison receives an unexpected set-back. | **PG** +SAD-919+ |

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| 04:30 | **Sons And Daughters (R) ’CC’** Susan has an unexpected visitor at Glen's graveside. | **PG** +SAD-920+ |

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| 05:00 | **The Great Outdoors (R) ’CC’** Jennifer takes us to the world's most romantic hotspots and Ernie Dingo takes us onboard the super-liner Sapphire Princess. | **G** +GO14-003+ |