**Sunday 28 July 2019**

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| 06:00 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-027+ |

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| 06:30 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-028+ |

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| 07:00 | **Wander Over Yonder: The Rager / The Good Bad Guy (R)**  Lord Hater tries to crash the party Wander throws for the deposed rulers in Hater's prison. Later, Hater finally gets to meet his villain hero, Major Threat. | **PG**  +WAYO02-007+ |

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| 07:30 | **Wander Over Yonder: The Battle Royale (R)**  When Wander discovers Dominator is actually a girl, his attempt to set her up with Lord Hater sparks a massive rumble with every villain in the galaxy. | **PG**  +WAYO02-008+ |

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| 08:00 | **Lab Rats: Bionic Island: Lab Rats : On The Edge - Part 1 (R) ’CC’**  When the president awards Adam, Bree and Chase for their heroics, Leo feels left out and forms his own team. | **PG**  +LARA04-019+ |

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| 08:30 | **Lab Rats: Bionic Island: Lab Rats : On The Edge - Part 2 (R) ’CC’**  When the president awards Adam, Bree and Chase for their heroics, Leo feels left out and forms his own team. | **PG**  +LARA04-020+ |

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| 09:00 | **Gamer's Guide To Pretty Much Everything: The Odd Couple (R)**  Professional teenage video gamer, Conor, is forced to go to high school for the first time. Coping with his new lifestyle, he focuses on friendships and visualizes life as a video game. | **PG**  +GAGU01-011+ |

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| 09:30 | **Gamer's Guide To Pretty Much Everything: The Longest Yard (R)**  Professional teenage video gamer, Conor, is forced to go to high school for the first time. Coping with his new lifestyle, he focuses on friendships and visualizes life as a video game. | **PG**  +GAGU01-012+ |

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| 10:00 | **Pickle And Peanut: Bats / Movie Camp Out (R)**  Jon Heder (Napoleon Dynamite) and Johnny Pemberton (21 Jump Street) are two unlikely friends, an emotional Pickle and a freewheeling Peanut. | **PG**  +PNUT01-018+ |

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| 10:30 | **Pickle And Peanut: What Lies Beneath / The Rat King Moves In (R)**  Jon Heder (Napoleon Dynamite) and Johnny Pemberton (21 Jump Street) are two unlikely friends, an emotional Pickle and a freewheeling Peanut. | **PG**  +PNUT01-019+ |

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| 11:15 | **House Rules (R) ’CC’ ENCORE**  The final garden reveal is the most spectacular yet, and when the scores are tallied the House Rules Grand Final teams will be revealed. | **PG**  +HOSR07-041+ |

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| 13:00 | **House Rules (R) ’CC’ ENCORE**  The Grand Final challenge is here! Teams must create a luxury loft in just 7 days, and when the judges scores are in one team will be crowned the House Rules 2019 champions. | **PG (L)**  +HOSR07-042+ |

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| 14:45 | **House Rules: House Rules S7 ep. 43: Grand Final (R) ’CC’ ENCORE**  The Grand Final reveal is here! Judges will score the final challenge and one team will be crowned the House Rules 2019 champions and walk away with $250,000 plus a fully renovated home and garden. | **PG (L)**  +HOSR07-043+ |

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| 16:30 | **Britain's Got Talent: Final (R) ’CC’ ENCORE**  After weeks of competition, the winner of Britain's Got Talent will at last be crowned in the grand final. | **PG**  +BRGT13-014+ |

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| 19:00 | **Australia's Got Talent ’CC’**  TBC | +AGTA09-801+ |

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| 19:05 | **Tattoo Nightmares: Tattoo Secrets (R)**  Jasmine is shocked by a client who reveals a heart wrenching secret to his wife, Tommy tackles the story of a girl betrayed by her own parents. | **PG (L,A)**  +TATT2-004+ |

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| 19:30 | **Tattoo Nightmares: Butt Pirate (R)**  A client hopes Gus can design a pirate to cover his Vegas mistake and Jasmine struggles to make a tribal art tatt a distant memory for her client. | **M (A,L)**  +TATT-001+ |

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| 20:00 | **Tattoo Nightmares: Killer Skyline (R)**  Gus tackles a horrible L.A skyline tattoo but the pain is too much for his client and Jasmine tries to give her client his swag back by inking over an ex's portrait. | **M (L)**  +TATT-002+ |

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| 20:30 | **Movie: The Full Monty (R) ’CC’ (1997)**  Robert Carlyle stars in this hilarious comedy about a group of guys who hatch a plan to launch a striptease act in the hope of making some much-needed money. Starring:MARK ADDY,ROBERT CARLYLE,WILLIAM SNAPE,TOM WILKINSON,STEVE HUISON | **M (N,L,S)**  +FOXF08-028+ |

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| 22:30 | **Special: The Real Full Monty (2018)**  The Real Full Monty is a show with warmth, humour and emotion. At its heart is an important message about the need for all of us to check ourselves regularly and not be afraid to talk about cancer. | **M (N)**  +SPEC71-001+ |

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| 00:00 | **Grimm: Fugitive (R) ’CC’**  Captain Renard vows to kill Nick following the massacre in Nick's loft. | **M (H,V)**  +GRIM06-001+ |

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| 01:00 | **Grimm: Trust Me Knot (R) ’CC’**  Hank and Wu find a solution to stop Renard while Nick is still fleeing. Adalind gets a phone call that throws her into the middle of everything. | **MA (V,H)**  +GRIM06-002+ |

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| 02:00 | **Grimm: Oh Captain, My Captain (R) ’CC’**  Nick devises a plan that will take Capt. Renard out of his element; Adalind and Monroe attempt to keep the plan on track; Eve and Rosalee race to get the spell ready in time. | **MA (V)**  +GRIM06-003+ |

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| 03:00 | **Movie: The Saint Meets The Tiger (R) (1943)**  The Saint trails a gang that plans to transport stolen gold to a worthless South American mine. Starring:ANTHONY QUINN,JAN GILLIE,GORDON MCLEOD,DENNIS ARUNDELL,WYLIE WATSON,CLIFFORD EVANS,HUGH SINCLAIR | **PG (V)**  +RKO-088+ |

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| 04:30 | **Movie: Action In Arabia (R) (1944)**  A newsman investigating his friends murder, uncovers a Nazi plot to turn the Arabs against the Allies. Starring:GEORGE SANDERS,H.B. WARNER,ROBERT ARMSTRONG,GENE LOCKHART,MICHAEL ANSARA,VIRGINIA BRUCE | **PG (V)**  +RKO-001+ |

**Monday 29 July 2019**

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| 06:00 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-029+ |

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| 06:30 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-030+ |

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| 07:00 | **Sofia The First: New Genie On The Block (R)**  During a trip to the kingdom of Tangu, Sofia accidentally releases a kid genie from a lamp who causes chaos throughout the kingdom. | **G**  +SOFF03-006+ |

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| 07:30 | **Sofia The First: The Fliegel Has Landed (R)**  When an evil witch threatens Sofia's troll friends, Sofia must show the trolls how to stand up for themselves. | **G**  +SOFF03-007+ |

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| 08:00 | **The Evermoor Chronicles: Drifty (R)**  Tara is reunited with her teddy bear who helped Tara sleep as a baby. | **PG**  +EVER01-004+ |

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| 08:30 | **The Evermoor Chronicles: Tallulah Brinkworth Meets Her Match (R)**  Tara hatches a plan to pull her magical self out of the tapestry to help defeat Bridget. However, instead she pulls out Tallulah Brinkworth, her fictional alter-ego. | **PG**  +EVER01-005+ |

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| 09:00 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-011+ |

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| 09:30 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-012+ |

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| 10:00 | **James Robison: Dr. Robert Jeffress**  Religious Program. | **PG (A)**  +JARO01-682+ |

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| 10:30 | **Travel Oz: Melbourne-Sydney Drive 1 Mackay (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-028+ |

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| 11:15 | **Travel Oz: Melbourne-Sydney Drive 2 (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-029+ |

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| 12:00 | **Marvel's Agents Of S.H.I.E.L.D.: The Good Samaritan (R) ’CC’**  The shocking origin story of Robbie's transition into Ghost Rider is revealed as the lives of Coulson and the team hang in the balance. | **M (V)**  +MAOS04-006+ |

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| 13:00 | **Marvel's Agents Of S.H.I.E.L.D.: Deals With Our Devils (R) ’CC’**  With the loss of half the team, the remaining members search for answers as the clock counts down for Ghost Rider. | **M (V)**  +MAOS04-007+ |

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| 14:00 | **Marvel's Agent Carter: The Lady In The Lake (R)**  Peggy is reassigned to LA to help new bureau chief Daniel with the case of a deep-frozen corpse... and the freezing temperatures are contagious. | **M (V)**  +MACA02-001+ |

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| 15:00 | **Diff'rent Strokes: The Loan (R)**  Arnold learns the true value of a dollar when Drummond turns down his request to lend $4,000 to the apartment building doorman anxious to take part in an attractive business deal. | **G**  +DIFS03-011+ |

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| 15:30 | **Diff'rent Strokes: Roots (R)**  Willis and Arnold turn the Drummond household upside down as they try to prove to their old Harlem neighbors -- and themselves -- that they haven't lost touch with their cultural roots. | **G**  +DIFS03-012+ |

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| 16:00 | **Just Shoot Me!: Fast Times At Finchmont High (R) ’CC’**  Maya has a problem when a reporter scheduled to pose as a high school student calls in sick. Needing someone for the assignment, Jack turns to Finch. | **PG**  +JUSM04-024+ |

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| 16:30 | **Just Shoot Me!: Hit The Road, Jack (R) ’CC’**  Elliot hears Allie break up with Jack on the answering machine. Finch shares a passionate kiss with Nina and then insults her by telling her she's not his type. | **PG**  +JUSM05-001+ |

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| 17:00 | **Dr. Ken: A Day In The Life (R)**  A documentary about his life as a doctor causes Ken to reconsider his career choice. | **PG (L,S)**  +DKEN02-014+ |

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| 17:30 | **Dr. Ken: Ken And The Basketball Star (R)**  Ken's diagnosis jeopardises a high school basketball star's future. Allison falls in love with Pat's coffee. | **PG**  +DKEN02-015+ |

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| 18:00 | **The Nanny: The Two Mrs. Sheffields (R)**  A visit by Maxwell's mother results in an unexpected marriage proposal. | **PG**  +NANN03-009+ |

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| 18:30 | **The Nanny: Having His Baby (R)**  Fran decides to have a baby. | **PG**  +NANN03-010+ |

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| 19:00 | **M\*A\*S\*H: No Sweat (R)**  The summer heat has the members of the 4077th wrestling with hot, sleepless nights as well as a heap of personal problems. | **PG**  +MASH9-011+ |

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| 19:30 | **Weird, True And Freaky: World Gone Mad NEW EPISODE**  Saviours turned savage, camouflaged ambush killers and creatures too bizarre to be true. Each mind-bending moment is so unbelievable, you'll question whether it's fiction, or frightening fact. | **PG**  +WTAF01-005+ |

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| 20:30 | **Bones: Pilot (R) ’CC’ SERIES RETURN**  Brennan and Booth investigate the famous unsolved murder of a young female Senate intern. Guest starring SAM TRAMMELL. | **M (A,V)**  +BONE-001+ |

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| 21:30 | **Bones: The Man In The SUV (R) ’CC’**  When an SUV driven by a Middle Eastern man explodes in front of a busy Washington DC cafe. Was this murder or an act of terrorism? | **M (A,V)**  +BONE-002+ |

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| 22:30 | **Bones: A Boy In A Tree (R) ’CC’**  Dr. Brennan and FBI agent Booth investigate the mysterious hanging death of a student at an elite prep school; all signs point to suicide, but their investigation leads them to two students who might be to blame. | **M (V)**  +BONE-003+ |

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| 23:20 | **Bones: Bones In The Woods (A.K.A. The Man In The Bear) (R) ’CC’**  Forensic anthropologist Dr. Temperence Brennan, is called in to assist with murder investigation when the remains are so badly decomposed, burned, or destroyed that the standard identification methods are useless. | **M (A,V)**  +BONE-004+ |

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| 00:20 | **Grimm: El Cuegle (R) ’CC’**  A menacing new Wesen terrorizes a young family; Capt. Renard is shocked by an unexpected guest. Diana has news for Monroe and Rosalee. | **M (H,V)**  +GRIM06-004+ |

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| 01:20 | **Grimm: The Seven Year Itch (R) ’CC’**  Nick and Hank join Wu to investigate a bizarre murder in a local park. Elsewhere, Capt. Renard continues to deal with a ghost from his past. | **MA (V,H)**  +GRIM06-005+ |

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| 02:10 | **Grimm: Breakfast In Bed (R) ’CC’**  A grisly murder in a hotel leads to a guest who claims to be haunted by a terrifying creature in the night; at the Spice Shop, Monroe, Rosalee and Eve investigate the origins of symbols on the cloth. | **M (H,V)**  +GRIM06-006+ |

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| 03:10 | **Bones: Pilot (R) ’CC’**  Brennan and Booth investigate the famous unsolved murder of a young female Senate intern. Guest starring SAM TRAMMELL. | **M (A,V)**  +BONE-001+ |

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| 04:10 | **Bones: The Man In The SUV (R) ’CC’**  When an SUV driven by a Middle Eastern man explodes in front of a busy Washington DC cafe. Was this murder or an act of terrorism? | **M (A,V)**  +BONE-002+ |

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| 05:00 | **Bones: A Boy In A Tree (R) ’CC’**  Dr. Brennan and FBI agent Booth investigate the mysterious hanging death of a student at an elite prep school; all signs point to suicide, but their investigation leads them to two students who might be to blame. | **M (V)**  +BONE-003+ |

**Tuesday 30 July 2019**

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| 06:00 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-031+ |

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| 06:30 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-032+ |

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| 07:00 | **Sofia The First: The Princess Ballet (R)**  When Sofia invites Princess Kari to perform ballet at Royal Prep's Open House, she struggles to learn the steps and Sofia must help Kari realise it's okay not to be perfect at everything. | **G**  +SOFF03-008+ |

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| 07:30 | **Sofia The First: All The Sprite Moves (R)**  Princess Vivian is upset about her family's move to a new castle and enlists Sofia's Wee Sprite friends to help sabotage the move by making it seem like the new castle is cursed. | **G**  +SOFF03-009+ |

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| 08:00 | **The Evermoor Chronicles: Forevermoor (R)**  Tara and the whole village fall under Bridget's spell and wake up in her dream-like version of Evermoor. | **PG**  +EVER01-006+ |

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| 08:30 | **The Evermoor Chronicles: Day Of Hearts (R)**  Two of the three Founders have taken villagers as hosts, but Tara smashed the lantern before the third Founder could be released. Now the Founders are plotting their revenge on her. | **PG**  +EVER01-007+ |

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| 09:00 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-013+ |

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| 09:30 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-014+ |

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| 10:00 | **James Robison: David Barton**  Religious Program. | **PG (A)**  +JARO01-683+ |

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| 10:30 | **Travel Oz: Melbourne-Sydney Drive 3 (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-030+ |

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| 11:15 | **Travel Oz: Lord Howe Island to Middleton Reef (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-031+ |

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| 12:00 | **Marvel's Agents Of S.H.I.E.L.D.: The Laws Of Inferno Dynamics (R) ’CC’**  S.H.I.E.L.D. and Ghost Rider find themselves unlikely allies when the lives of all of Los Angeles hang in the balance. | **M (V)**  +MAOS04-008+ |

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| 13:00 | **Marvel's Agents Of S.H.I.E.L.D.: Broken Promises (R) ’CC’**  Though Coulson and May are growing closer, Coulson remains unaware of the dark secret May is hiding beneath the surface. Meanwhile, Aida is unrelenting in her search for the Darkhold. | **M (V)**  +MAOS04-009+ |

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| 14:00 | **Marvel's Agent Carter: A View In The Dark (R)**  While Peggy continues her investigation into Isodyne, Daniel is surprised when she and his new girlfriend hit it off. Meanwhile, Jason asks Peggy for help and offers her a way into the company. | **M (V)**  +MACA02-002+ |

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| 15:00 | **Diff'rent Strokes: Junk Food Junkie (R)**  Arnold's poor dental checkup and a visit by Drummond's health-conscious sister, Sophia, launches Drummond on a campaign to have "junk" food machines banned from Arnold's school. | **G**  +DIFS03-013+ |

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| 15:30 | **Diff'rent Strokes: The Bus (R)**  Arnold's excitement at being one of a small group of students in an exchange program with an all-white school is turned to fear by a threatening phone call from a zealous busing opponent. | **G**  +DIFS03-014+ |

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| 16:00 | **Just Shoot Me!: A Night At The Plaza (R) ’CC’**  Nina and Finch don't know about Jack's divorce yet and Jack moves into the Plaza Hotel for privacy. | **PG**  +JUSM05-002+ |

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| 16:30 | **Just Shoot Me!: Mum's The Word (R) ’CC’**  Maya learns of Elliot's criminal past. Nina dates a famous television actor, whose rough-n-tough nomad character melts away once she discovers he lives with his mother. | **PG**  +JUSM05-003+ |

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| 17:00 | **Dr. Ken: A Dr. Ken Valentine's Day (R)**  Watching their kids handle Valentine's Day prompts Allison to question how she's chosen to celebrate with Ken. | **PG**  +DKEN02-016+ |

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| 17:30 | **M\*A\*S\*H: No Sweat (R)**  The summer heat has the members of the 4077th wrestling with hot, sleepless nights as well as a heap of personal problems. | **PG**  +MASH9-011+ |

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| 18:00 | **The Nanny: The Unkindest Gift (R)**  Brighton's tape of a Fine family Bris leads him and his family to Hollywood for a TV appearance. | **PG**  +NANN03-011+ |

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| 18:30 | **The Nanny: The Kibbutz (R)**  Though Maxwell wants to send Maggie to a Swiss convent, Fran convinces her to try a kibbutz instead. | **PG**  +NANN03-012+ |

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| 19:00 | **M\*A\*S\*H: Depressing News (R)**  Klinger decides to give "The Stars and Stripes" some competition and starts a newspaper of his own. | **PG**  +MASH9-012+ |

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| 19:30 | **Marvel's Agents Of S.H.I.E.L.D.: Toldja NEW EPISODE**  Mack questions the captive Sarge, who has plans of his own. Fitz, Jemma and Enoch return to Kitson and Mr. Kitson has words with them. | **M (V)**  +MAOS06-007+ |

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| 20:30 | **Grey's Anatomy: What I Did For Love NEW EPISODE**  Maggie treats someone from Station 19. Jo learns a hard lesson and while working with a family seeking asylum, Meredith makes a call that could jeopardise her career. | **M (A)**  +GREY15-023+ |

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| 21:30 | **Grey's Anatomy: Drawn To The Blood NEW EPISODE**  Alex tries desperately to save his patient Gus while he waits for a severely agoraphobic blood donor to arrive from London. Jo reveals to Meredith why she's been so down. | **M (A)**  +GREY15-024+ |

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| 22:30 | **Grey's Anatomy: Jump Into The Fog SEASON FINAL**  As fog begins to cover Seattle, the doctors of Grey Sloan navigate through personal complications. Meredith and Alex attempt to save Gus, while Levi talks some sense into a struggling Nico. | **M (A,S)**  +GREY15-025+ |

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| 23:30 | **Code Black: The Fifth Stage (R) ’CC’**  Leanne goes to a prison to finally confront the drunk driver who killed her family. Also, Malaya begins to feel uncomfortable around her patient, Gordon Heshman. | **M (A,V)**  +CODE01-014+ |

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| 00:30 | **Grimm: Blind Love (R) ’CC’**  Rosalee surprises Monroe with a birthday getaway and invites the gang to join them; at a hotel, an employee targets Nick to avenge his father; Eve is visited by a familiar dark force. | **M (H,V)**  +GRIM06-007+ |

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| 01:30 | **Grimm: The Son Also Rises (R) ’CC’**  A team of scientists is the target of deadly attacks; research continues on the cloth's origins, while Eve still feels the effects of the death grip. | **M (H,V)**  +GRIM06-008+ |

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| 02:30 | **Grimm: Tree People (R) ’CC’**  Nick, Hank and Wu search the woods for a tree-like Wesen dedicated to protecting Mother Nature, while Capt. Renard seeks insight into Diana's drawings. | **MA (V,H)**  +GRIM06-009+ |

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| 03:30 | **Movie: The Saint's Vacation (R) (1941)**  The Saint must stop a valuable secret from falling into the wrong hands. Starring:CECIL PARKER,GORDON MC LEOD,HUGH SINCLAIR,LEUEEN MC GRATH,SALLY GRAY | **PG (V)**  +RKO-091+ |

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| 04:45 | **Movie: A Date With The Falcon (R) (1941)**  A scientist, who has perfected the process of making synthetic diamonds, is kidnapped, and his twin brother takes his place. Starring:ALLEN JENKINS,GEORGE SANDERS,JAMES GLEASON,FRANK MORAN,ED GARGAN,MONA MARIS,WENDY BARRIE | **PG (V)**  +RKO-020+ |

**Wednesday 31 July 2019**

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| 06:00 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-033+ |

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| 06:30 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-034+ |

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| 07:00 | **Sofia The First: Sofia In Elvenmoor (R)**  Sofia and Clover discover an enchanted land of elves. | **G**  +SOFF03-010+ |

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| 07:30 | **Sofia The First: The Secret Library: Olaf And The Tale Of Miss Nettle (R)**  Sofia arrives in the Secret Library, having been summoned there by her amulet. The Library selects the story called The Tale of Miss Nettle, to Sofia's horror. | **G**  +SOFF03-011+ |

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| 08:00 | **The Evermoor Chronicles: The Labours Of Bella (R)**  Tara has a terrible admission to make to Cameron. Bella learns the cost of lying when Esmerelda makes her take an exam to prove her right to the title Supreme Everine. | **PG**  +EVER01-008+ |

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| 08:30 | **The Evermoor Chronicles: Spellbound (R)**  Tara is ready to turn her back on magic forever. | **PG**  +EVER01-009+ |

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| 09:00 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-015+ |

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| 09:30 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-016+ |

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| 10:00 | **James Robison: Sheila Walsh: Christ In The Storms**  Religious Program. | **PG**  +JARO01-684+ |

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| 10:30 | **Travel Oz: Melbourne-Sydney Drive 5 (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-033+ |

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| 11:15 | **Travel Oz: Murray River Kayak To Hume Weir (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-034+ |

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| 12:00 | **Marvel's Agents Of S.H.I.E.L.D.: The Patriot (R) ’CC’**  Separated from their team, Coulson and Mack discover a shocking secret about Mace, leaving all of S.H.I.E.L.D. in a precarious position. | **M (V)**  +MAOS04-010+ |

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| 13:00 | **Marvel's Agents Of S.H.I.E.L.D.: Wake Up (R) ’CC’**  May races to find the truth about what happened to her, while Aida's next move could mean the death of them all. | **M (V)**  +MAOS04-011+ |

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| 14:00 | **Marvel's Agent Carter: Better Angels (R)**  Jack flies out to LA to shut down the SSR's investigation into Isodyne thanks to the influence of his friend Vernon. Meanwhile, Isodyne frames the dead Jason Wilkes as a Communist spy. | **M (V)**  +MACA02-003+ |

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| 15:00 | **Diff'rent Strokes: The Older Man (R)**  Through Blair's makeup artistry, Kimberly discovers she can pass for 20, but when she accepts a date with a 25-year-old, she finds there may be more to being older than looking it. | **G**  +DIFS03-015+ |

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| 15:30 | **Diff'rent Strokes: Where There's Hope (R)**  Arnold's 10th birthday party means a lot to him, but for some reason it means a whole lot more to the one person he's determined won't be invited - a pesky young lady who tries too hard to be friends. | **G**  +DIFS03-016+ |

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| 16:00 | **Just Shoot Me!: Donnie Returns (R) ’CC’**  Elliot's brother Donnie who once feigned being mentally challenged so that he could be waited on by his mother returns. | **PG**  +JUSM05-004+ |

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| 16:30 | **Just Shoot Me!: Choosing To Be Super (R) ’CC’**  Maya's high school friend tells her he is responsible for a bad rumor that caused her unpopularity. He's come back to make it up to her. | **PG**  +JUSM05-005+ |

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| 17:00 | **Dr. Ken: Pat's Rash (R)**  Ken and Allison tell Pat his rash is caused by an allergy to his new girlfriend. | **PG**  +DKEN02-017+ |

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| 17:30 | **M\*A\*S\*H: Depressing News (R)**  Klinger decides to give "The Stars and Stripes" some competition and starts a newspaper of his own. | **PG**  +MASH9-012+ |

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| 18:00 | **The Nanny: An Offer She Can't Refuse (R)**  Fran unwittingly accepts a date with a suave mobster. | **PG**  +NANN03-013+ |

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| 18:30 | **The Nanny: Fashion Show (R)**  Maxwell hires Fran to design the costumes for a charity benefit. | **PG**  +NANN03-014+ |

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| 19:00 | **M\*A\*S\*H: No Laughing Matter (R)**  Hawkeye bets B.J. he can go an entire day without cracking a joke in order to disprove a theory that joking stems from chronic insecurity. | **PG**  +MASH9-013+ |

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| 19:30 | **M\*A\*S\*H: Oh, How We Danced (R)**  The 4077th plan a surprise for a homesick B.J. while Charles is sent to front lines to make an inspection of the medical facilities. | **PG**  +MASH9-014+ |

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| 20:00 | **M\*A\*S\*H: Bottoms Up (R)**  One of Margaret's nurses tries to hide her severe drinking problem, and Hawkeye is scorned after a practical joke he plays on Winchester backfires. | **PG**  +MASH9-015+ |

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| 20:30 | **The Super Switch ’CC’ NEW EPISODE**  It's the last day of the experiment as the couples prepare to head home to be reunited with their partners. | **M (N,L)**  +SYSW03-013+ |

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| 21:30 | **The Super Switch ’CC’ NEW EPISODE**  The couples settle back into their lives at home with their partners. Determined to get things back on track after Marcus's recent storm out, he and Aimee head out for dinner. | **M (L,S)**  +SYSW03-014+ |

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| 22:30 | **Movie: Dangerous Liaisons (R) (1988)**  Just prior to the French Revolution, a time of legendary decadence, the corseted and perfumed French aristocracy are wealthy beyond reckoning and fully dedicated to the pursuit of their own pleasure. Starring:GLENN CLOSE,KEANU REEVES,JOHN MALKOVICH,PETER CAPALDI,UMA THURMAN,SWOOSIE KURTZ,MICHELLE PFEIFFER | **M (N,S,A,V)**  +WBFF02-075+ |

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| 01:00 | **Galavant: Dungeons And Dragon Lady (R)**  Richard must cope with some startling self-revelations and his older, meaner brother Kingsley. Meanwhile, Galavant learns the truth about Madalena. | **PG**  +GALA01-006+ |

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| 01:30 | **Galavant: My Cousin Izzy (R)**  Isabella wants Galavant to try and impress her parents, and he figures that the best way to do that is to rescue them. | **PG**  +GALA01-007+ |

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| 02:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 02:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 03:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 03:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 04:00 | **Movie: Little Jungle Boy (R) (1971)**  The story of a twelve year-old boy who grows up in the jungle with animals but is kidnapped and taken to Singapore. Starring:AMID DAUB,DOLLAH SARAWAK,RAHMAN RAHMIND,MIKE DORSEY,NICKI HUEN,HAMZAH HAUSSEIN,LESLIE BERYMAN,NOEL FERRIER,MICHAEL PATE,MAHMUB HARAHAP,WILLIE FENNELL,HARIFF MEBAN | **G**  +SMIS-041+ |

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| 05:30 | **Fresh TV (R) ’CC’**  Cooking and lifestyle show uncovering some of the best places to eat in WA. Presented by Myes Pollard and Jasmine Homer. | **G**  +FRTV02-005+ |

**Thursday 01 August 2019**

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| 06:00 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-035+ |

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| 06:30 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-036+ |

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| 07:00 | **Sofia The First: Stormy Lani (R)**  Sofia discovers that her friend, Princess Lani, has the power to alter the weather according to her moods. | **G**  +SOFF03-012+ |

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| 07:30 | **Sofia The First: Bunny Swap (R)**  When Clover and a wild bunny named Barley mistakenly switch places, Clover must rediscover his wild side so he can find his way home. | **G**  +SOFF03-013+ |

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| 08:00 | **The Evermoor Chronicles: Nothing Rhymes With Cameron (R)**  Tara gets golden thread on her watch and can turn back time, which is useful when a humiliating poem about Cameron goes public. | **PG**  +EVER01-010+ |

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| 08:30 | **The Evermoor Chronicles: Twist Of Fate (R)**  The tapestry has been defaced and must be protected, but it's prom night. Tara has an idea to save the tapestry and the prom. | **PG**  +EVER01-011+ |

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| 09:00 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-017+ |

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| 09:30 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-018+ |

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| 10:00 | **James Robison: David Barton And Dr. Robert Jeffress**  Religious Program. | **PG**  +JARO01-685+ |

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| 10:30 | **Travel Oz: Hamilton Island (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-035+ |

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| 11:15 | **Travel Oz: Mary Mackillop (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-036+ |

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| 12:00 | **Marvel's Agents Of S.H.I.E.L.D.: Hot Potato Soup (R) ’CC’**  Agents Sam and Billy Koenig are hunted down to get at the Darkhold book, and only Coulson and the team can save them before the clock ticks out. | **M (V)**  +MAOS04-012+ |

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| 13:00 | **Marvel's Agents Of S.H.I.E.L.D.: Boom (R) ’CC’**  Daisy, Mace and the S.H.I.E.L.D. team must find a way to contain an explosive Inhuman. Meanwhile, Coulson and Mack come face-to-face with Radcliffe's inspiration for Aida. | **M (V)**  +MAOS04-013+ |

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| 14:00 | **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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| 15:00 | **Diff'rent Strokes: The Magician (R)**  Arnold's "famous" magic disappearing act, designed to impress a reporter and guest star Dallas Cowboys' defensive end Ed "Too Tall" Jones, leaves him with no place to go but down -- about 30 stories. | **G**  +DIFS03-017+ |

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| 15:40 | **Diff'rent Strokes: Drummond's Fair Lady (R)**  Drummond runs into some stiff opposition to the candidate he's chosen to head a new division of his company -- his board members think the attractive young executive's sex disqualifies her. | **G**  +DIFS03-018+ |

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| 16:15 | **M\*A\*S\*H: No Laughing Matter (R)**  Hawkeye bets B.J. he can go an entire day without cracking a joke in order to disprove a theory that joking stems from chronic insecurity. | **PG**  +MASH9-013+ |

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| 16:50 | **M\*A\*S\*H: Oh, How We Danced (R)**  The 4077th plan a surprise for a homesick B.J. while Charles is sent to front lines to make an inspection of the medical facilities. | **PG**  +MASH9-014+ |

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| 17:25 | **M\*A\*S\*H: Bottoms Up (R)**  One of Margaret's nurses tries to hide her severe drinking problem, and Hawkeye is scorned after a practical joke he plays on Winchester backfires. | **PG**  +MASH9-015+ |

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| 18:00 | **The Nanny: Where's Fran? (R)**  Maxwell's insults cause Fran to quit. | **PG**  +NANN03-015+ |

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| 18:30 | **The Nanny: The Grandmas (R)**  Fran lobbies for change, only to discover her parents are getting divorced. | **PG**  +NANN03-016+ |

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| 19:00 | **M\*A\*S\*H: The Red/White Blues (R)**  Colonel Potter nearly blows his stack when his well-intentioned colleagues mollycoddle him in order to lower his blood pressure. | **PG**  +MASH9-016+ |

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| 19:30 | **M\*A\*S\*H: Bless You, Hawkeye (R)**  When Hawkeye begins sneezing for no apparent reason he is tested for every possible allergy. | **PG**  +MASH9-017+ |

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| 20:00 | **M\*A\*S\*H: Blood Brothers (R)**  A wounded soldier is stunned when doctors discover that he has Leukaemia and as a result cannot give blood to help his wounded friend. | **PG**  +MASH9-018+ |

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| 20:30 | **Criminal Minds: The Tall Man (R) ’CC’**  The BAU investigates a spooky local ghost story of the "Tall Man" and the clues it provides when two people go missing in the woods of East Allegheny's Dead Man's Conservatory. | **M (H,A,V)**  +CRMD14-005+ |

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| 21:30 | **Criminal Minds: Luke (R) ’CC’**  The BAU heads to Bethesda, Md, to investigate four murders in the span of three days along the eastern seaboard. The crimes become personal for Alvez. | **M (V)**  +CRMD14-006+ |

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| 22:30 | **Criminal Minds: Twenty Seven (R) ’CC’**  It's literally a race against the clock for the BAU to capture the vigilantes behind a series of attacks taking place every 27 minutes in the nation's capital. | **M (V)**  +CRMD14-007+ |

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| 23:30 | **The Blacklist: Cape May (R) ’CC’**  A mysterious beauty on the run from unknown assailants accidentally crosses paths with Red and enlists his help to fight back against her attackers. | **M (A,V)**  +BLKL03-019+ |

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| 00:30 | **Blindspot: Devil Never Even Lived (R) ’CC’**  When an unusual tattoo leads back to Roman, the team must decide whether to send him into the field, to go undercover with a dangerous biker gang. | **M (V)**  +BDSP02-012+ |

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| 01:30 | **M\*A\*S\*H: The Red/White Blues (R)**  Colonel Potter nearly blows his stack when his well-intentioned colleagues mollycoddle him in order to lower his blood pressure. | **PG**  +MASH9-016+ |

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| 02:05 | **M\*A\*S\*H: Bless You, Hawkeye (R)**  When Hawkeye begins sneezing for no apparent reason he is tested for every possible allergy. | **PG**  +MASH9-017+ |

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| 02:40 | **M\*A\*S\*H: Blood Brothers (R)**  A wounded soldier is stunned when doctors discover that he has Leukaemia and as a result cannot give blood to help his wounded friend. | **PG**  +MASH9-018+ |

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| 03:15 | **Movie: The Saint Strikes Back (R) (1939)**  The Saint helps the daughter of a police inspector clear her father's name and catch the thieves who framed him. Starring:BARRY FITZGERALD,GEORGE SANDERS,EDWARD GARGAN,NEIL HAMILTON,WENDY BARRIE,JONATHAN HALE,JEROME COWAN | **PG (V)**  +RKO-089+ |

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| 04:30 | **Movie: The Gay Falcon (R) (1941)**  Amateur sleuth and ladies' man, the Falcon, is called in to break up a phony jewellery insurance scam. Starring:ALLEN JENKINS,GEORGE SANDERS,GLADYS COOPER,EDWARD S.BROPHY,WENDY BARRIE,ANNE HUNTER,ARTHUR SHIELDS,TURHAN BEY | **PG (V)**  +RKO-041+ |

**Friday 02 August 2019**

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| 06:00 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-037+ |

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| 06:30 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-038+ |

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| 07:00 | **Sofia The First: Gone With The Wand (R)**  During a trip to Merlin's castle, Cedric's trouble-making niece swipes the famous magician's wand, which summons his arch-enemy Morgana who wants to keep the wand for herself. | **G**  +SOFF03-014+ |

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| 07:30 | **Sofia The First: Best In Air Show (R)**  Grand Mum comes to visit Enchancia and Sofia helps Minimus muster the confidence to perform a bold stunt routine in his parents' flying horse show. | **G**  +SOFF03-015+ |

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| 08:00 | **The Evermoor Chronicles: A Fuffwah Too Far (R)**  The tapestry has been stolen and Tara is the scapegoat. Sorsha is expelled from the Circle, and Otto meets a terrible fate. | **PG**  +EVER01-012+ |

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| 08:30 | **The Evermoor Chronicles: Valentina (R)**  Otto has been turned into a statuette by the lantern and needs a true love's kiss to bring him back to life. Fortunately, the beautiful demi-goddess of love has just appeared on Earth. | **PG**  +EVER01-013+ |

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| 09:00 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-019+ |

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| 09:30 | **Spit It Out (R) ’CC’**  An exciting, fast-paced word game that requires lateral thinking and loads of teamwork! Hosted by Elliot Spencer. | **G**  +SIO-020+ |

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| 10:00 | **James Robison: WFL Special #1**  Religious Program. | **PG**  +JARO01-686+ |

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| 10:30 | **Travel Oz: Yanga Homestead (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-037+ |

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| 11:15 | **Travel Oz: Limestone Coast (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-038+ |

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| 12:00 | **Marvel's Agents Of S.H.I.E.L.D.: The Man Behind The Shield (R) ’CC’**  Mace fights for his life while Coulson and team find themselves in a deadly cat-and-mouse game as they attempt his rescue. | **M (V)**  +MAOS04-014+ |

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| 13:00 | **Marvel's Agents Of S.H.I.E.L.D.: Self Control (R) ’CC’**  Suspicion turns to paranoia when the team doesn't know who can be trusted as more LMDs infiltrate S.H.I.E.L.D. | **M (V)**  +MAOS04-015+ |

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| 14:00 | **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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| 15:00 | **Diff'rent Strokes: The Ancestors (R)**  Drummond and his sister inherit a prime piece of land in Harlem from a long lost ancestor, but their plan to dedicate it to a cultural center in his name could spell disaster. | **G**  +DIFS03-019+ |

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| 15:45 | **Diff'rent Strokes: Almost American (R)**  Arnold's dejection at being grounded for a "D" on a history test turns to inspiration after an immigrant studying for naturalization introduces him to another perspective on America. | **G**  +DIFS03-020+ |

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| 16:15 | **Movie: Herbie: Fully Loaded (R) ’CC’ (2005)**  Lindsay Lohan stars as Maggie Peyton the new owner of Number 53, Herbie the Volkswagen bug with a mind of its own. Maggie puts Herbie to the test in preparation for the upcoming NASCAR competition. Starring:BRECKIN MEYER,MICHAEL KEATON,MATT DILLON,JUSTIN LONG,LINDSAY LOHAN,CHERYL HINES | **G**  +WDFR15-011+ |

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| 18:15 | **Movie: The Ant Bully (R) (2006)**  After Lucas Nickle floods an ant colony with his watergun, he's magically shrunken down to insect size and sentenced to hard labor in the ruins. Starring:BRUCE CAMPBELL,JULIA ROBERTS,REGINA KING,MERYL STREEP,PAUL GIAMATTI,NICOLAS CAGE | **G**  +WBFF02-003+ |

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| 20:00 | **Movie: Ice Age: The Meltdown (R) ’CC’ (2006)**  Manny, Sid, and Diego discover that the ice age is coming to an end and join everybody for a journey to higher ground. | **PG (A)**  +FOXF08-038+ |

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| 21:50 | **Movie: Fallen (R)**  Homicide detective John Hobbes witnesses the execution of serial killer Edgar Reese. Soon after the execution, the killings start again, and they are very similar to Reese's style. Starring:JAMES GANDOLFINI,ELIAS KOTEAS,DONALD SUTHERLAND,EMBETH DAVIDTZ,GABRIEL CASSEUS,DENZEL WASHINGTON,JOHN GOODMAN | **M (V,L)**  +WBFF01-017+ |

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| 00:30 | **Movie: Honeymoon (R) (1947)**  A romantic comedy about an American GI with a three day pass who misses his fiancee in Mexico for their wedding. Starring:GRANT MITCHELL,GENE LOCKHART,FRANCHOT TONE,LINA ROMAY,SHIRLEY TEMPLE,GUY MADISON | **G**  +RKO-050+ |

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| 02:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 02:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 03:00 | **Movie: The Saint In London (R) (1939)**  The Saint picks up a wounded man on a country road, leading him into a web of intrigue and super-crime. Starring:GEORGE SANDERS,HENRY OSCAR,DAVID BURNS,SALLY GRAY,NORAH HOWARD,RALPH TRUMAN | **PG (V)**  +RKO-085+ |

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| 04:30 | **Movie: Son Of Kong (R) (1933)**  In the sequel to the classic "King Kong", an adventurer and a girl return to the island where the mighty King Kong was captured seeking a long-lost treasure. Starring:HELEN MACK,FRANK REICHER,JOHN MARSTON,ROBERT ARMSTRONG,VICTOR WONG,LEE KOHLMAR | **G**  +RKO-102+ |

**Saturday 03 August 2019**

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| 06:00 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-039+ |

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| 06:30 | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **G**  +IAC18-040+ |

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| 07:00 | **Wander Over Yonder: The Matchmaker / The New Toy (R)**  Sylvia tries to distract Wander with a bunch of ridiculous adventures. Then Peepers comes up with a plan to stop Lord Dominator. | **PG**  +WAYO02-009+ |

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| 07:30 | **Wander Over Yonder: The Black Cube / The Eye On The Skullship (R)**  Wander convinces a villain to spend a day looking on the bright side, rather than hunting down the souls of others. | **PG**  +WAYO02-010+ |

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| 08:00 | **Lab Rats: Bionic Island: Ultimate Tailgate Challenge (R) ’CC’**  When Tasha gets everyone except Perry tickets to the big college football game, Perry creates mayhem. | **PG**  +LARA04-021+ |

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| 08:30 | **Lab Rats: Bionic Island: And Then There Were Four (R) ’CC’**  Everyone is shocked when Douglas introduces a fourth bionic sibling named Daniel who's been living a normal life with an adopted family. | **PG**  +LARA04-022+ |

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| 09:00 | **Gamer's Guide To Pretty Much Everything: The Penpal (R)**  Professional teenage video gamer, Conor, is forced to go to high school for the first time. Coping with his new lifestyle, he focuses on friendships and visualizes life as a video game. | **PG**  +GAGU01-013+ |

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| 09:30 | **Gamer's Guide To Pretty Much Everything: The Asteroid Blasters (R)**  Professional teenage video gamer, Conor, is forced to go to high school for the first time. Coping with his new lifestyle, he focuses on friendships and visualizes life as a video game. | **PG**  +GAGU01-014+ |

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| 10:00 | **Pickle And Peanut: Night Shift / Scalped (R)**  Jon Heder (Napoleon Dynamite) and Johnny Pemberton (21 Jump Street) are two unlikely friends, an emotional Pickle and a freewheeling Peanut. | **PG**  +PNUT01-020+ |

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| 10:30 | **Pickle And Peanut: Trick Or Treat (R)**  Jon Heder (Napoleon Dynamite) and Johnny Pemberton (21 Jump Street) are two unlikely friends, an emotional Pickle and a freewheeling Peanut. | **PG**  +PNUT01-021+ |

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| 11:00 | **Liv And Maddie: Continued-A-Rooney (R)**  Casting is underway for Liv's co-star in "Voltage" and some familiar faces show up for the auditions. Meanwhile, Karen arranges a "cleansing ceremony" for Maddie to help her deal with her feelings. | **PG**  +LIVM03-002+ |

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| 11:30 | **Liv and Maddie: Helgaween-A-Rooney (R)**  The Rooney's Halloween celebration takes an unexpected turn when a magic amulet turns twins Liv and Maddie into triplets and their sister is the frightening Helga. | **G**  +LIVM2-022+ |

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| 12:00 | **Good Times: Wilona The Fuzz (R)**  Willona is offered a new job working in security surveillance but her morals force her to refuse it. | **PG**  +GTM5-006+ |

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| 12:30 | **Good Times: Breaker (R)**  Bookman has just bought a CB radio and to hide it from Mrs. Bookman, he keeps in the Evans apartment. | **PG**  +GTM5-008+ |

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| 13:00 | **Diff'rent Strokes: Room For One More (R)**  A classmate, fearing his foster father's lost job means he's headed back to the orphanage, cons Arnold into getting Drummond to consider adopting him into their family. | **G**  +DIFS03-021+ |

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| 13:30 | **Diff'rent Strokes: Growing Up (R)**  Kimberly hopes a summer job will make her more independent, but when it becomes an undreamed chance at international modeling, it may be more independence than her father will agree to. | **PG**  +DIFS04-001+ |

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| 14:00 | **Yummy Mummies (R) ’CC’**  It's all fun and cheek when activating the ladies' butt cheeks. Lorinska gets back in touch with her gluteus maximus, when Rachel invites her along to a session with her hot personal trainer. | **PG (L,S,A)**  +YUMM02-005+ |

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| 14:30 | **Yummy Mummies (R) ’CC’**  Iva goes ahead with her "girls only" Sip and See Princess Party for baby Milana. Iva's full steam ahead with the preparations and nothing can be short of picture-perfect for Milana's big day! | **PG (L,S)**  +YUMM02-006+ |

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| 15:00 | **The Mentor: No Grainer Bakery (R) ’CC’**  Two sisters venture into a new bakery business that specialises in gluten free loaves. The products are selling, but they can't keep up with the demand. Mark only has five days to save the business. | **PG**  +MENT01-004+ |

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| 16:00 | **Zumbo's Just Desserts (R) ’CC’**  For tonight's Sweet Sensations Task, they have to demonstrate their burning passion by creating a dessert inspired by fire. Who will capture the drama of fire and set the judges world's alight? | **PG**  +ZBJD01-007+ |

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| 17:15 | **Movie: Robots (R) (2005)**  In a robot world, a young idealistic inventor travels to the big city to join his inspiration's company, only to find himself opposing its sinister new management. Starring:AMANDA BYNES,HALLE BERRY,MEL BROOKS,PAULA ABDUL | **G**  +FOXF08-054+ |

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| 19:00 | **Movie: The Sorcerer's Apprentice (R) (2010)**  Master sorcerer Balthazar Blake must find and train Merlin's descendant to defeat dark sorceress Morgana la Fée. Starring:ALFRED MOLINA,JAY BARUCHEL,PEYTON LIST,NICOLAS CAGE,MONICA BELLUCCI,TOBY KEBBELL,TERESA PALMER | **PG (H,V)**  +WDFR18-013+ |

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| 21:15 | **Movie: The Boy Next Door (R) ’CC’ (2015)**  A recently cheated on married woman falls for a younger man who has moved in next door, but their torrid affair soon takes a dangerous turn. Starring:IAN NELSON,KRISTIN CHENOWETH,JOHN CORBETT,JENNIFER LOPEZ,LEXI ATKINS,RYAN GUZMAN | **MA (V,S,L)**  +NBCR30-002+ |

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| 23:00 | **Movie: Cruel Intentions (R) ’CC’ (1999)**  Step-siblings, Kathryn and Sebastian, place a bet in which Sebastian must seduce the headmaster's daughter. If he loses, Kathryn gets his Jaguar. If he wins, he gets a night with Kathryn. Starring:CHRISTINE BARANSKI,ERIC MABIUS,JOSHUA JACKSON,REESE WITHERSPOON,RYAN PHILLIPPE,TARA REID,SEAN PATRICK THOMAS,LOUISE FLETCHER,SARAH MICHELLE GELLAR,SELMA BLAIR | **MA (S)**  +SPF16-014+ |

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| 01:00 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 01:30 | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 02:00 | **Movie: Born To Kill (R) (1947)**  A ruthless killer fleeing from his past, marries a wealthy woman for her money then begins an affair with her sister. Starring:AUDREY LONG,CLAIRE TREVOR,ELISHA COOK JR,WALTER SLEZAK,LAWRENCE TIERNEY,PHILIP TERRY | **M (V)**  +RKO-014+ |

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| 04:00 | **Movie: Bombardier (R) (1943)**  Maj. Chick Davis proves to the U.S. Army the superiority of high altitude precision bombing, establishing a school for bombardiers. Starring:ANNE SHIRLEY,EUGENE L. EUBANK,ROBERT RYAN,RANDOLPH SCOTT,WALTER REED,EDDIE ALBERT,BARTON MACLANE,PAT OBRIEN | **PG (V)**  +RKO-013+ |