**Sunday 14 July 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. | +NBCT19-167+ |

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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. | +WSUN19-028+ |

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| 10:00 | **AFL Game Day ’CC’** Hamish McLachlan hosts the biggest names in the game for a lively look at all the weekend's action, footy news and issues. | +GAMD19-017+ |

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| 11:30 | **VFL: Rnd 15: Footscray vs Casey ’CC’** The Bulldogs remain in the mix for a top-four finish but face a tough game against 2018 Grand Finalist Casey, with the Demons keen to finish a disappointing season strongly. Bounce time: 11.50am AEST | +VAFL19-015+ |

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| 14:30 | **Sunday Soapbox ’CC’** Pre-game coverage of the AFL match. | +SOAP19-014+ |

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| 15:00 | **AFL: Rnd 17: Western Bulldogs v Melbourne ’CC’** The Bulldogs will be out to break a three game losing streak against the Demons, although Simon Goodwin's men are hell-bent on finishing 2019 strongly after a tough season. Bounce time: 3.20pm AEST. | +AFLG19-178+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-195+ |

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| 19:00 | **House Rules ’CC’** It's a double whammy judgement day as our homeowners and judges return for the garden reveal. With a place in the grand final on the line, who will top the leaderboard? | **PG** +HOSR07-038+ |

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| 20:30 | **Sunday Night ’CC’** Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT19-024+ |

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| 21:45 | **Manhunt: Predator Couples (R) ’CC’** When a young married couple go missing from their suburban Melbourne home, their families are distraught. Police would discover that they were involved with a sinister child pornography syndicate. | **MA (A,V)**+MAHU01-006+ |

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| 22:45 | **Wimbledon 2019: Gentlemens Final ’CC’ LIVE**Live coverage of the oldest and most prestigious tennis tournament in the world, the Championships, Wimbledon. | +WMBL19-039+ |

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| 04:00 | **Meet The Press ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-028+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-140+ |

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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. | +SUNR19-140+ |

 **Monday 15 July 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. | +SUNR19-140+ |

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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** +TMSW19-129+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-134+ |

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| 12:00 | **Midday Movie: Honor Student (R) ’CC’** At a book signing for his best seller, Nicholas Howarth is confronted by sexy Teresa Smith, who claims he stole the story when he was her teacher in a woman's prison. Starring:JOSIE LOREN,NIALL MATTER,SHAUNA JOHANNESEN | **M (V,S,A)**+AETN06-010+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-122+ |

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| 15:00 | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK.  | **G** +CHSE08-066+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-140+ |

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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** +CHAU07-089+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-196+ |

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| 19:00 | **Home And Away ’CC’** Tori, Robbo and Jasmine's worlds are changed forever. Bella friendship with Tommy takes a dangerous turn. Past trauma consumes Irene.  | **PG (V,A)**+HAAW32-010+ |

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| 19:30 | **House Rules ’CC’** The semi-finals continue with Pete & Courtney's house getting a much needed garden makeover and it's the last chance for teams to fight for a place in the House Rules Grand Final.  | **PG** +HOSR07-039+ |

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| 21:00 | **S.W.A.T.: Pamilya ’CC’** Newcomer Jim Street jeopardizes his spot on Hondo's team. The team searches for a ruthless drug trafficker who is using immigrants as couriers. | **M (D,A,V)**+SSWA01-003+ |

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| 22:00 | **S.W.A.T.: Radical ’CC’** A domestic terrorists dies in an explosion and the S.W.A.T. must race to find his partner before more devices are detonated. | **M (V,A)**+SSWA01-004+ |

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| 23:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-125+ |

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| 23:30 | **Talking Footy (R) ’CC’** Luke Darcy, Tim Watson, Wayne Carey, Mick Warner dissect the week's AFL news and issues. | +TFOO19-017+ |

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| 00:30 | **Me, Myself & I: The Breakup ’CC’** Young Alex runs against Nori for Student Council President. Mid-life Alex tries to break up with his girlfriend Lisa, but Darryl asks him to wait until after Wendy's birthday party. | **PG (S)**+MEMI01-012+ |

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| 01:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-100+ |

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| 01:30 | **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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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-168+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-141+ |

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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. | +SUNR19-141+ |

 **Tuesday 16 July 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. | +SUNR19-141+ |

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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** +TMSW19-130+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-135+ |

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| 12:00 | **Midday Movie: The Perfect Boss (R) ’CC’** A rep for a pharmaceutical company goes to extremes to prevent a researcher from exposing the truth about a dangerous drug intended to keep the company afloat. Starring:ASHLEY LEGGAT,LINDEN ASHBY,JAMIE LUNER | **M (A,V)**+AETN06-022+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-123+ |

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| 15:00 | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK.  | **G** +CHSE08-067+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-141+ |

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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** +CHAU07-090+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-197+ |

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| 19:00 | **Home And Away ’CC’** A frazzled Irene tries to maintain a façade. Robbo, Jasmine and Tori are horrified by the current situation. Justin and Mason's fears for Tori are heightened.  | **PG (V,S,A)**+HAAW32-011+ |

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| 19:30 | **House Rules ’CC’** The semi-finals continue with Pete & Courtney's house getting a much needed garden makeover, and it's the last chance for teams to fight for a place in the House Rules Grand Final. | **PG** +HOSR07-040+ |

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| 21:00 | **Andrew Denton's Interview ’CC’** Andrew Denton sits down with interesting, amazing people, and finds out what makes them tick.  | **M** +IVEW02-013+ |

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| 22:00 | **True Stories: True Stories: Brenda Lin (R) ’CC’** Brenda Lin, the sole survivor of a massacre by her uncle, confronts the awful truth of what happened to her family and why. | **M (V,A)**+TRUS19-005+ |

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| 23:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-126+ |

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| 23:30 | **The Goldbergs: There Can Be Only One Highlander Club ’CC’ NEW EPISODE**Despite Beverly wanting the two boys to bond, Adam and Johnny compete for the head of the Highlander Club at school; Barry tries to ensure that the JTP doesn't fall out of touch after high school. | **PG (L)**+GOLB06-016+ |

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| 00:00 | **Deception: Divination (R) ’CC’ DOUBLE EPISODE**When a psychic is murdered, Kay and Cam investigate, only to learn she had a partner who's now on the run; enlisting her help, Cameron and the team take down an international arms dealer. | **M (V)**+DECE01-004+ |

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| 01:00 | **Deception: Masking (R) ’CC’** When a church's stained-glass window is stolen while a famous street artist is painting a mural, Cam and the team's investigation leads them to the criminal. | **M (V)**+DECE01-005+ |

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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. | +NBCT19-169+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-142+ |

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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. | +SUNR19-142+ |

 **Wednesday 17 July 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. | +SUNR19-142+ |

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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** +TMSW19-131+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-136+ |

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| 12:00 | **Midday Movie: My Daughter Must Live (R) ’CC’** Desperate to find a liver donor for her child, a woman tries to track down the girl's biological father. Starring:MADELEINE MARTIN,JOELLE CARTER,PAUL POPOWICH | **M (V,A)**+AETN06-039+ |

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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. | +TDED19-124+ |

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| 15:00 | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK.  | **G** +CHSE08-068+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-142+ |

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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** +CHAU07-056+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-198+ |

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| 19:00 | **Home And Away ’CC’** Mackenzie causes unexpected trouble for Dean. Raffy feels a growing gulf between herself and Ryder. Maggie worries Ben’s deal will fall through. | **PG** +HAAW32-012+ |

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| 19:30 | **Border Security - Australia's Front Line ’CC’ NEW EPISODE**TBC  | **PG** +BORD14-006+ |

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| 20:00 | **The Force - Behind The Line ’CC’** TBC  | **PG** +TRUE12-004+ |

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| 22:30 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-127+ |

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| 23:00 | **Surveillance Oz (R) ’CC’** Tonight, a man dangles a child over train tracks and a brazen man tries to steal a snake. | **PG** +SURV3-001+ |

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| 23:30 | **Blindspot: Screech, Thwack, Pow ’CC’** Just as Weller reveals the truth about Jane to Patterson and Rich Dotcom, a nuclear threat connected to Boston Arliss Crab hovers over New York City. | **M (V)**+BDSP04-008+ |

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| 00:30 | **Movie: Lizzie Borden Took An Ax ’CC’ (2014) PREMIERE**In 1892, Lizzie Borden stands trial for the brutal murder of her father and stepmother. | **MA (V)**+SPCF08-019+ |

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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. | +NBCT19-170+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-143+ |

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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. | +SUNR19-143+ |

 **Thursday 18 July 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. | +SUNR19-143+ |

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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** +TMSW19-132+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-137+ |

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| 12:00 | **Midday Movie: Secrets In The Attic (R) ’CC’** A teenage girl moves into an old house that her mother has inherited and discovers a youth in the attic of the property, where he has been hiding out for months. Starring:ABBIE COBB,MAX LLOYD-JONES,GINA HOLDEN | **M (V)**+AETN06-042+ |

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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. | +TDED19-125+ |

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| 15:00 | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK.  | **G** +CHSE08-069+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-143+ |

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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** +CHAU07-092+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-199+ |

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| 19:00 | **Home And Away ’CC’** Ryder learns the root cause of Raffy's dependency. Dean tries to keep a level head as Rick's agenda becomes apparent. | **PG (V,A)**+HAAW32-013+ |

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| 19:30 | **Home And Away ’CC’** Shock for Ben. Irene struggles to keep it together. Dean's dad doesn't have Dean's best intentions at heart.  | **PG (V,A)**+HAAW32-014+ |

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| 20:00 | **Home And Away ’CC’** Ziggy unravels under pressure and makes a shocking confession. Dean takes the fight back to Rick. Ben's life goes from bad to worse. | **PG (V,A)**+HAAW32-015+ |

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| 20:30 | **The Front Bar ’CC’** Join Sam Pang, Mick Molloy and Andy Maher as they share a laugh about the AFL world and catch up with stars of yesteryear and today. | **M** +FBAR19-018+ |

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| 21:30 | **Movie: Snatched ’CC’ (2017)** When her boyfriend dumps her before their exotic vacation, a young woman persuades her ultra-cautious mother to travel with her to paradise, with unexpected results. | **MA (S)**+FOXF10-004+ |

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| 23:30 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-128+ |

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| 00:00 | **Hannibal: Digestivo (R) ’CC’** Captured in Italy, Hannibal and Will are brought to Muskrat Farm, where Mason awaits. | **MA (V)**+HANI03-007+ |

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| 01:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-101+ |

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| 01:30 | **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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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-171+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-144+ |

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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. | +SUNR19-144+ |

 **Friday 19 July 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. | +SUNR19-144+ |

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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** +TMSW19-133+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-138+ |

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| 12:00 | **Midday Movie: Heroes' Mountain - The Thredbo Story (R) ’CC’ (2002)** The story of Stuart Diver, the only person to survive the 1997 Thredbo tragedy that came about when a landslide engulfed a ski lodge situated in the Snowy Mountains. Starring:ANTHONY HAYES,CRAIG MCLACHLAN,TOM LONG | **M (A,L)**+SPCF08-009+ |

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| 14:00 | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-126+ |

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| 15:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE07-008+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-144+ |

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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** +CHAU05-245+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-200+ |

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| 19:00 | **Better Homes And Gardens ’CC’** Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G** +BHAG25-025+ |

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| 19:30 | **AFL: Rnd 18: Adelaide v Essendon ’CC’ LIVE**Clashing for the first time since round one last year, Don Pyke's men will be keen to avenge their fadeout loss. Bounce time: 7.50pm AEST | +AFLG19-181+ |

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| 22:30 | **AFL Post Game ’CC’ LIVE**Post-game discussion and interviews. | +AFPG19-043+ |

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| 23:30 | **Britain's Got Talent: Semi Final 5 (R) ’CC’ ENCORE**In the last of the semi final rounds, contestants show the judges that they have what it takes to reach the finale of Britain's Got Talent. | **PG** +BRGT13-013+ |

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| 01:30 | **The Real O'Neals: Pilot (R)** After a traditional Irish-Catholic family finds their perfect reputation damaged, due to a series of revelations, they work to explore their new dynamic. | **M (S)**+REAL01-001+ |

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| 04:00 | **The Great Outdoors (R) ’CC’** Guest host SONIA KRUGER (and sister) shows us what to do, where to eat and where to shop in her home- town, the Gold Coast. | **G** +GO16-023+ |

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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. | +NBCT19-172+ |

 **Saturday 20 July 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. | +NBCT19-172+ |

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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. | +SSUN19-029+ |

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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** +TMSA19-024+ |

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| 12:00 | **House Of Wellness ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-022+ |

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| 13:00 | **Bricks & Clicks (R) ’CC’** Kochie's Business Builders transforms six local brick and mortar retailers into global online brands. They've been selected for an intensive course about how to take their businesses digital. | **G** +BRIK01-001+ |

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| 13:30 | **World's Deadliest Weather: Caught On Camera (R) ’CC’** Explore the very personal stories of people caught in different meteorological phenomenon who in turn have caught the entire event on camera - from hurricanes to earthquakes, monsoons and more. | **PG (A)**+WDWC01-001+ |

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| 16:00 | **Better Homes And Gardens (R) ’CC’** Joh is shown around the family home of opera singer Greta Bradman, granddaughter of Don Bradman. Fast Ed goes on a recipe road trip through the southern highlands. Jason meets a chainsaw sculptor. | **G** +BHAG24-016+ |

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| 17:00 | **Seven News At 5 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7NAF19-057+ |

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| 17:30 | **Border Security - Australia's Front Line (R) ’CC’** A busy day at Sydney Airport sees officers making a bust when a mystery bag contains a massive concealment, two suspicious travellers claim to be related and a boxer arrives ready for a fight. | **PG** +BORD-177+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-201+ |

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| 18:30 | **The Kick ’CC’ LIVE**Footy's biggest personalities and current stars join Nat Edwards, Richo, Campbell Brown, Byron Cooke, and Jacqui Felgate for all the latest news and highlights of the weekend's AFL action. | +TKIC19-018+ |

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| 19:00 | **AFL: Rnd 18: Brisbane v North Melbourne ’CC’ LIVE**The Lions defeated North for the first time in five years in round two, but the Roos are hopeful of reversing that result at the Gabba, having won their past four games there. Bounce time: 7.25pm AEST | +AFLG19-185+ |

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| 22:00 | **AFL Post Game ’CC’ LIVE**Post-game discussion and interviews. | +AFPG19-044+ |

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| 23:00 | **S.W.A.T.: Pilot (R) ’CC’ ENCORE**S.W.A.T. lieutenant Hondo is torn between loyalty to the streets and duty to his fellow officers when he's tasked to run a highly trained unit that's the last stop for solving crimes in Los Angeles. | +SSWA01-001+ |

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| 00:00 | **The Real O'Neals: The Real Lent (R) DOUBLE EPISODE**When Eileen asks the family to give up the things they truly love for Lent, she in particular, asks Kenny to stop keeping secrets. | **M (S)**+REAL01-003+ |

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| 00:30 | **The Real O'Neals: The Real 'F' Word (R)** Kenny faces his first day at school after coming out. | **M (S)**+REAL01-004+ |

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| 01:00 | **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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| 01:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. Starring:CAROLINE CRAIG | **G** +HPR-103+ |

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| 04:00 | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**Fiona and Michael are unsuspecting accomplices in Wayne's evil plot. Meanwhile, Caroline receives some devastating news. Starring:NORMIE ROWE | **PG** +SAD-965+ |

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| 04:30 | **Sons And Daughters (R) ’CC’** An unexpected arrival increases Caroline's anxiety. Andy's worst fears are confirmed. | **PG** +SAD-966+ |

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| 05:00 | **House Of Wellness (R) ’CC’ ENCORE**Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-021+ |