**Sunday, July 15, 2018**

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| 06:00 AM | **Better Homes And Gardens (R) ’CC’** This week, Better Homes celebrates 1000 shows. The team gives an exclusive look at their everyday lives and homes. Karen makes steak with roasted shallots. Graham gives a tour of his home garden. | **G** +BHAG24-020+ |

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| 07:00 AM | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Basil Zempilas and Monique Wright, for all the latest entertainment, news, sport and weather. | +WSUN18-028+ |

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| 10:00 AM | **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. | +GAMD18-016+ |

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| 11:30 AM | **Bewitched: Weep No More, My Willow (R) ’CC’** Samantha weeps when a spell to save an ailing tree goes wrong. | **G** +BWTC5-006+ |

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| 12:00 PM | **House Of Wellness ’CC’** Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL01-035+ |

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| 01:00 PM | **Kochie's Business Builders ’CC’** David Koch lends a helping hand to owners of small and medium-sized businesses. | **PG** +KHBB11-028+ |

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| 01:30 PM | **TBA:** TBC | ++ |

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| 02:30 PM | **Sunday Soapbox: North Melbourne v Sydney ’CC’**   | +SOAP18-017+ |

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| 03:00 PM | **AFL: Rnd 17: North Melbourne v Sydney ’CC’**   | +AFLG18-178+ |

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| 06:00 PM | **Seven News ’CC’**   | +7NNM18-196+ |

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| 07:00 PM | **House Rules ’CC’** It’s judgement day as the House Rules judges score the final backyard battle in SA and Tweed Heads.  | **PG** +HOSR06-041+ |

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| 08:20 PM | **Sunday Night ’CC’** Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT18-019+ |

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| 09:20 PM | **Crimes That Shook The World: The Lucie Blackman Murder ’CC’** Exploring the death of Lucie Blackman, who left her home in Sevenoaks, Kent, to live in Japan, but was murdered while working at a hostess bar in Tokyo in July 2000. | **M (A)**+CTSW02-010+ |

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| 10:20 PM | **Surveillance Oz ’CC’** Tonight, operators are shocked when they spot the lifeless body of a man being pulled out of a car on a Sydney motorway late at night. | **PG** +SURV3-002+ |

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| 10:45 PM | **2018 Wimbledon: Day 13 - Mens Final ’CC’ LIVE**Live coverage of the oldest and most prestigious tennis tournament in the world, the Championships, Wimbledon. | +WMBL18-039+ |

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| 04:00 AM | **Meet The Press ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM18-028+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-141+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-141+ |

 **Monday, July 16, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-141+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW18-112+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-111+ |

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| 12:00 PM | **Midday Movie: Witch Hunt (R) ’CC’ (1999)** A father desperate to get his daughter back battles a manipulative grandmother with an interest in the occult. | **M (A,V)**+SPCF02-050+ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED18-097+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE08-012+ |

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| 04:00 PM | **Seven News At 4 ’CC’**   | +7ANM18-109+ |

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| 05:00 PM | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU05-245+ |

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| 06:00 PM | **Seven News ’CC’**   | +7NNM18-197+ |

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| 07:00 PM | **Home And Away ’CC’** Robbo struggles to play by the rules set by his bail. Maggie frets over how to reconnect with her mother, Diana. Ziggy and Brody have their first fight as a married couple. | **PG** +HAAW10-230+ |

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| 07:30 PM | **House Rules ’CC’** The final scores of backyard battles are in and everything is on the line as half of the teams will be eliminated leaving the top three standing.  | **PG** +HOSR06-042+ |

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| 08:45 PM | **First Dates Australia ’CC’ SEASON FINAL**A motivational speaker is motivated to find love for himself, a frequent friend-zone visitor tries to break through that barrier, and do the laughs flow when two self-proclaimed ‘goof-balls’ match? | **PG (S)**+FDAT03-012+ |

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| 09:55 PM | **Ramsay's Kitchen Nightmares: Clubway 41 (R) ’CC’** Gordon tries to help the struggling Clubway 41 restaurant, which has bizarre dishes on its menu, ranging from tomato and cointreau soup to pork with brie, nectarine and whiskey sauce. | **M (L)**+RAKN02-005+ |

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| 11:00 PM | **Air Crash Investigations: Deadly Discussions ’CC’** The crash of LAPA Flight 3142 leaves an entire nation stunned, but nothing prepares Argentinians for the staggering blunder that caused it. | **PG** +MDAY17-009+ |

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| 12:00 AM | **Talking Footy (R) ENCORE**Luke Darcy, Wayne Carey, Brian Taylor and Sam McClure dissect the week's AFL news and issues. | +TFOO18-016+ |

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| 01:00 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-084+ |

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| 01:30 AM | **Travel Oz: Cape Leveque: Mud Crabbing (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-007+ |

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| 02:00 AM | **TBA:** TBC | ++ |

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-169+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-142+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-142+ |

 **Tuesday, July 17, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-142+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW18-113+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-112+ |

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| 12:00 PM | **Midday Movie: Seduced (R) ’CC’ (2016)** A woman is conned by a man who uses online dating ads to rob women. Starring:ELISABETH ROHM,JESSICA AMLEE,JOHN PRESCOTT,ROBERT MAILHOUSE,JULIE MOND | **M (S,A,V)**+MARV01-037+ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED18-098+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE08-013+ |

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| 04:00 PM | **Seven News At 4 ’CC’**   | +7ANM18-110+ |

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| 05:00 PM | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe.. | **G** +CHAU05-246+ |

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| 06:00 PM | **Seven News ’CC’**   | +7NNM18-198+ |

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| 07:00 PM | **Home And Away ’CC’** A pressured Willow and Dean clash over the mounting debt. Dean realises he needs something from Justin. Roo returns home to find a mini crime wave in the Bay. | **PG** +HAAW31-001+ |

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| 07:30 PM | **Sunday Night: Endless Summer 30 Years of Home And Away ’CC’** An exciting look at the iconic show that has taken the world by storm. Melissa George, Dannii Minogue, Steve Peacocke and MANY more reveal behind-the-scenes secrets during this emotional reunion. | **PG (A)**+SNIT18-004+ |

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| 08:30 PM | **Interview ’CC’** Andrew Denton makes his long-awaited return. Australia's shortest (some would say greatest) interviewer will sit opposite a range of fascinating people and try to find out what makes them tick. | **M** +IVEW01-014+ |

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| 09:30 PM | **Swipe Right For Murder: Clare ’CC’** How the brutal murder of Clare Wood by an-ex boyfriend she had met online led to the rolling out of a new law to protect people against violent partners. | **M (V)**+SRFM01-006+ |

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| 10:30 PM | **Autopsy USA: Corey Haim ’CC’ NEW EPISODE**Corey Haim was the poster boy of 1980's Hollywood. Forensic Pathologist Dr. Michael Hunter examines Corey's autopsy report to dispel the rumors, and reveal the real cause of the actor's tragic death. | **M (D,A)**+AUTU02-020+ |

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| 11:30 PM | **Grimm: The Son Also Rises ’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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| 12:30 AM | **Hannibal: Su-Zakana (R) ’CC’** Will assists the investigation into a woman's body found inside a horse, while Alana frets about Will's intentions toward Hannibal. | **MA (V)**+HANI2-008+ |

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| 01:30 AM | **Travel Oz: Crossing The Simpson Desert (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-009+ |

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-170+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-143+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-143+ |

 **Wednesday, July 18, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-143+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW18-114+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-113+ |

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| 12:00 PM | **TBA:** TBC | ++ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED18-099+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE08-014+ |

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| 04:00 PM | **Seven News At 4 ’CC’**   | +7ANM18-111+ |

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| 05:00 PM | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU05-247+ |

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| 06:00 PM | **Seven News ’CC’**   | +7NNM18-199+ |

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| 07:00 PM | **Home And Away ’CC’** Willow finally admits that she has a gambling problem. Raffy is bullied at school over her break-up with Ty. Hunter and Olivia encounter exciting new career opportunities. | **PG** +HAAW31-002+ |

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| 07:30 PM | **The Single Wives: 10 Dates In 1 Day ’CC’** A new show following four women searching for a second chance at love after heartbreak. Hosted by Fifi Box, with expert advice from Matthew Hussey, they undertake a crash-course in dating. | **M (A)**+TSWV01-001+ |

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| 08:50 PM | **Modern Family: Mother! / The Escape / Clash of Swords ’CC’ SEASON FINAL**When Dede drops by unexpectedly, Mitchell and Cam come to a realization about her effect on their lives. The family goes to a nursing home to visit with Jay's sister. Mitchell sneaks out to Hero-Con. | **PG (D,A)**+MOFA09-711+ |

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| 10:20 PM | **Modern Family: En Garde (R) ’CC’** The whole family comes out to support Manny's newfound interest: fencing; it turns out he's quite masterful in this sport, and Jay's prideful enthusiasm triggers an old childhood wound for Mitchell. | **PG (S,L)**+MOFA01-007+ |

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| 10:50 PM | **Splitting Up Together: Star Of Milo / Heat Wave ’CC’ DOUBLE EPISODE**Despite Lena and Martin getting along as co-parents, they must determine the best way to orchestrate Milo’s upcoming birthday festivities based on their new system of boundaries. | **M (S)**+SPUT01-704+ |

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| 11:50 PM | **Hell's Kitchen USA ’CC’** Twenty aspiring chefs arrive at Hell's Kitchen with the hope and excitement of becoming the next winner of Hell's Kitchen. | **MA (L)**+HEKI10-014+ |

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| 12:50 AM | **Battle Creek: Cereal Killer (R) ’CC’** When someone attempts to assassinate Battle Creek's mayor during the annual "Breakfast Day" celebration, Russ and Milt must protect the unorthodox politician while trying to track down the attacker. | **M (D,V)**+BTLC-006+ |

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-171+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-144+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-144+ |

 **Thursday, July 19, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-144+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW18-115+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-114+ |

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| 12:00 PM | **TBA:** TBC | ++ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED18-100+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE08-015+ |

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| 04:00 PM | **Seven News At 4 ’CC’**   | +7ANM18-112+ |

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| 05:00 PM | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU05-248+ |

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| 06:00 PM | **Seven News ’CC’**   | +7NNM18-200+ |

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| 07:00 PM | **Home And Away ’CC’** DJ Ryder hijacks the school PA system and Ty owns his sexuality. Hunter is offered the chance at an exciting sports internship. Maggie receives great news about her health. | **PG** +HAAW31-003+ |

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| 07:30 PM | **The Single Wives: First Dates And Girls Night Out ’CC’** The Single Wives embark on their dating journey by lining up their first single dates - and at least one of them has an instant connection. Hosted by Fifi Box, with expert advice from Matthew Hussey. | **M (L,S)**+TSWV01-002+ |

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| 08:45 PM | **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** +FBAR18-021+ |

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| 09:45 PM | **Flights From Hell: Caught on Camera ’CC’ PREMIERE**This shocking, surprising and entertaining documentary uses footage captured on passengers' cameras and phones to reveal extreme behaviour in airports and on planes | **PG** +FFHE01-001+ |

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| 10:45 PM | **World's Deadliest Weather: Caught On Camera ’CC’ NEW EPISODE**Tourists in Thailand are totally unprepared as the boxing day Tsunami crashes into 14 countries killing 250,000 people. On another boxing day a Texas town torn apart by a tornado.  | **PG** +WDWC01-011+ |

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| 11:45 PM | **Autopsy USA: John Belushi (R) ’CC’** Using information revealed in John Belushi’s autopsy report, Dr Michael Hunter investigates his final days and hours to reveal the cause of his death.  | **MA (D)**+AUTU01-006+ |

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| 12:45 AM | **Marry Me: Test Me (R) DOUBLE EPISODE**The gang makes preparations to attend a baby shower but nobody can remember the first name of the host and they have developed elaborate ways to hide this fact.  | **M (S)**+MAME-009+ |

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| 01:15 AM | **Marry Me: Spoil Me (R)** When Annie and Jake sit down to watch the highly-anticipated season finale of their favorite program they are shocked to discover that someone appears to have watched it already. | **M (S)**+MAME-010+ |

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| 03:30 AM | **TBA:** TBC | ++ |

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| 04:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-172+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN18-145+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-145+ |

 **Friday, July 20, 2018**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR18-145+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG** +TMSW18-116+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN18-115+ |

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| 12:00 PM | **TBA:** TBC | ++ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED18-101+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE08-016+ |

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| 04:00 PM | **Seven News At 4 ’CC’**   | +7ANM18-113+ |

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| 05:00 PM | **The Chase Australia ’CC’** It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G** +CHAU05-094+ |

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| 06:00 PM | **Seven News ’CC’**   | +7NNM18-201+ |

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| 07:00 PM | **Better Homes And Gardens ’CC’** Joh meets up with three time X-Games gold medallist Jackson Strong at his family home. Tara, Adam and Graham team up to show how you can create a cafe-style feel at your place. | **G** +BHAG24-023+ |

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| 07:30 PM | **AFL: Rnd 18: St Kilda v Richmond ’CC’ LIVE**  | +AFLG18-181+ |

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| 11:00 PM | **TBA:** TBC | ++ |

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| 12:20 AM | **Movie: Rites Of Passage (R) ’CC’ (1998)** An attorney decides to take a trip with his estranged father, but their plans change when they meet up with two escaped convicts. Starring:JASON BEHR,JAIMZ WOOLVETT,JAMES REMAR,DEAN STOCKWELL,MARIANNA ELLIOTT,JOSEPH KELL,ROBERT KEITH,RONDELL SHERIDAN,THOMAS G. WAITES | **M (V)**+WILF-038+ |

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| 02:30 AM | **TBA:** TBC | ++ |

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| 03:00 AM | **TBA:** TBC | ++ |

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| 03:30 AM | **TBA:** TBC | ++ |

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| 04:00 AM | **The Great Outdoors (R) ’CC’** Nicole and Keith's Honeymoon Hideaway - we take you to the Tahitian resort and see exactly why it's on Hollywood's A-List. Starring:DOMINIC PURCELL | **G** +GO15-025+ |

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| 05:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-173+ |

 **Saturday, July 21, 2018**

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| 06:00 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT18-173+ |

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| 07:00 AM | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Basil Zempilas and Monique Wright, for all the latest entertainment, news, sport and weather. | +SSUN18-029+ |

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| 10:00 AM | **The Morning Show - Weekend ’CC’** Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news and entertainment. | **PG** +TMSA18-022+ |

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| 12:00 PM | **Bewitched: Mirror, Mirror On The Wall (R) ’CC’** Endora casts a spell and Darrin falls in love with his own image. | **G** +BWTC5-007+ |

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| 12:30 PM | **TBA:** TBC | ++ |

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| 02:00 PM | **VFL: Rnd 16: Williamstown v Footscray ’CC’** Bounce Time: 2.10pm AEST  | +VAFL18-018+ |

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| 05:00 PM | **Seven News At 5 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7NAF18-053+ |

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| 05:30 PM | **Border Security - Australia's Front Line (R) ’CC’** A woman goes to pieces when asked if she has drugs in her stomach, while a drawn out battle at the border for a famous artist occurs. | **PG** +BORD-132+ |

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| 06:00 PM | **Seven News ’CC’**   | +7NNM18-202+ |

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| 06:30 PM | **The Kick: Geelong v Melbourne ’CC’ LIVE**Coveted finals spots are on the line for both teams here as they search for September action after some indifferent mid-season form. Bounce time: 7.25pm AEST | +TKIC18-018+ |

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| 07:00 PM | **AFL: Rnd 18: Geelong v Melbourne ’CC’ LIVE**Coveted finals spots are on the line for both teams here as they search for September action after some indifferent mid-season form. Bounce time: 7.25pm AEST | +AFLG18-185+ |

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| 10:30 PM | **Movie: Ride Along (R) ’CC’ (2014)** When a fast-talking guy joins his girlfriend's brother to patrol the streets of Atlanta, he gets entangled in the officer's latest case - an undercover effort to take down a notorious drug kingpin. Starring:BRUCE MCGILL,BRYAN CALLEN,ICE CUBE,LAURENCE FISHBURNE,KEVIN HART,JOHN LEGUIZAMO,TIKA SUMPTER | **M (V,L)**+NBCR30-003+ |

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| 12:35 AM | **Travel Oz: North Keeling Island: Indian Ocean Bird Haven (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-011+ |

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| 01:05 AM | **The Great Outdoors (R) ’CC’** Jennifer Hawkins tries out Australia's Number One Spring Wedding destination, while 'Home and Away's', Chris Hemsworth takes us to his favourite island in Victoria. Starring:CHRIS HEMSWORTH | **G** +GO15-030+ |

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| 04:00 AM | **Sons And Daughters (R) ’CC’** Fiona meets strong opposition in attempting to help Janice. | **PG** +SAD-865+ |

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| 04:30 AM | **Sons And Daughters (R) ’CC’** Wayne makes a shocking accusation to Susan. Doug shows that the sky's the limit when it comes to winning Caroline. | **PG** +SAD-866+ |

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| 05:00 AM | **House Of Wellness (R) ’CC’ ENCORE**Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG** +HOWL01-034+ |