**Sunday 15 September 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. | +NBCT19-221+ |

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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. | +WSUN19-037+ |

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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. | +GAMD19-026+ |

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| 11:30 | **Jabba's School Holiday Movie Special: Jabba's School Holiday Movie Special ’CC’ (2019)**  Join Jason 'Jabba' Davis as he takes a look at some of the best movies for kids coming up in the school holidays. | **PG**  +NFFI80-003+ |

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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**  +HOWL03-030+ |

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| 13:00 | **TBA:**  TBC | ++ |

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| 14:00 | **VFL Preliminary Final Williamstown v Essendon ’CC’**  TBC | +VAFL19-026+ |

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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. | +7NAF19-074+ |

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| 17:30 | **The Great Weekend ’CC’**  Jane unearths truffles in the Mornington Peninsula, Jack and Brooke visit a Melbourne bar that is also a prison and BT meets a local who has spent his life building a most amazing collection. | **PG**  +LWND01-011+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-258+ |

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| 19:00 | **Australia's Got Talent ’CC’**  In the Semi-Final, special guest Natalie Bassingthwaighte joins judges Shane Jacobson, Lucy Durack, Nicole Scherzinger and Manu Feildel as Nicole's Golden Buzzer recipient. | **PG**  +AGTA09-012+ |

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| 20:30 | **Sunday Night ’CC’**  Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT19-033+ |

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| 21:30 | **What The Killer Did Next: Kate Prout ’CC’**  Kate Prout was murdered by her husband Adrian in 2007 at their country estate. After strangling his wife, he poured himself some whisky, wrapped her body in a curtain and put it in the boot of his car | **M (V,A)**  +WKDN01-008+ |

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| 22:30 | **Criminal Confessions: Edmonton (R) ’CC’**  When a hardworking single mother with a history of heart issues is found dead, detectives assume she died of natural causes, but as the investigation progresses, it's made clear foul play was involved | **M (V,L)**  +CCON01-004+ |

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| 23:30 | **Autopsy: Bobbi Kristina Brown: Autopsy: Bobbi Kristina Brown (R) ’CC’ (2016)**  Documentary on the death of Bobbi Kristina Brown, the daughter of Whitney Houston and Bobby Brown. | **MA (D,A,V)**  +SPEC34-001+ |

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| 00:30 | **Bates Motel: Marion (R)**  A special guest checks into the motel; Dylan grapples with devastating news; Sam and Madeleine's marriage reaches a crossroads. | **MA (V,A,S)**  +BATE05-006+ |

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| 01:30 | **Travel Oz: Sunshine Coast (R) ’CC’**  On the Sunshine Coast, Greg looks at the botanical gardens and food trail in Maleny, and swims with whales. There's also some kayaking, bike riding and 4-wheel driving to be had. | **G**  +TRAV4-014+ |

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

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| 03:30 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-183+ |

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| 04:00 | **Meet The Press ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM19-037+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-185+ |

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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. | +SUNR19-185+ |

**Monday 16 September 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. | +SUNR19-185+ |

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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**  +TMSW19-174+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-179+ |

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| 12:00 | **Midday Movie: My Father Must Die ’CC’**  When Cassie's father finds himself vulnerable and bedridden, she believes she has the perfect revenge for her mother's death. | **M (A,V)**  +AETN06-040+ |

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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. | +TDED19-167+ |

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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**  +CHSE08-102+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-185+ |

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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**  +CHAU08-029+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-259+ |

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| 19:00 | **Home And Away ’CC’**  Dean's struggles over having children manifests into egregious behaviour towards Ziggy. Roo wants Ryder to study for his HSC, but he’s distracted by the car of his dreams. Tommy comes after Irene. | **PG (A)**  +HAAW32-064+ |

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| 19:30 | **Highway Patrol: Diarrhoea Disaster ’CC’ NEW EPISODE**  A man's desperate dash for the dunny because of diarrhea nearly ends in disaster when he's caught by officers Andy Oakley and Rob Jones. | **PG (L)**  +HWYP11-004+ |

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| 20:00 | **Motorbike Cops ’CC’ NEW EPISODE**  Catching speeding drivers at this spot south of Sydney is like shooting fish in a barrel and it only takes a minute for Phil and Mark to hook a good one. | **PG (L)**  +MTCP02-004+ |

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| 20:30 | **The Rookie: The Ride Along ’CC’**  Sgt. Grey informs officer Nolan and officer Bishop that they are going to have a movie director as a ride-along; officer Bradford learns that his wife has been arrested for drug possession. | **M (D,V)**  +ROKE01-007+ |

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| 21:30 | **S.W.A.T.: Crews ’CC’**  The job becomes personal for Hondo when a friend is killed during a joint FBI/S.W.A.T. mission to stop a robbery crew. Jessica worries the behavior of the task force leader will endanger the team. | **M (V)**  +SSWA01-015+ |

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| 22:30 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-160+ |

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| 23:00 | **Talking Footy (R) ’CC’ ENCORE**  Luke Darcy, Tim Watson, Wayne Carey, Mick Warner dissect the week's AFL news and issues. | +TFOO19-026+ |

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| 00:00 | **Quantico: Lcflutter (R) ’CC’**  At the Farm, Owen teaches the trainees about enhanced interrogation techniques, and turns the tables on his students by putting himself in the hot seat. | **M (A,V)**  +QUAN02-007+ |

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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-114+ |

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| 01:30 | **Travel Oz: Blue Mountains - Forbes (R) ’CC’**  Check out the top ten attractions in the blue mountains, from the artists retreat in hill end to the illuminate light show in Bathurst. | **G**  +TRAV4-015+ |

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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. | +NBCT19-222+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-186+ |

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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. | +SUNR19-186+ |

**Tuesday 17 September 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. | +SUNR19-186+ |

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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**  +TMSW19-175+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-180+ |

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| 12:00 | **Midday Movie: Psycho-In-Law ’CC’ (2017)**  A woman finds love with a man whose former wife died in an accident. However the man's former mother-in-law is determined not to allow him to move on and has deadly plans to disrupt his relationship. | **M (V)**  +AETN08-020+ |

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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. | +TDED19-168+ |

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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**  +CHSE08-103+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-186+ |

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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**  +CHAU08-030+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-260+ |

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| 19:00 | **Home And Away ’CC’**  Dean and Ziggy come together to talk about kids. Ryder gets a big incentive to do well on his HSC. Irene's support network takes a sinister turn. | **PG (V,A)**  +HAAW32-065+ |

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| 19:30 | **Dogs Behaving (Very) Badly ’CC’ SEASON FINAL**  Graeme takes on Rome! First up is an out of control 71 kilo Great Dane from South Shields who intimidates all in his path. | **PG**  +DOBB01-007+ |

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| 20:30 | **The Proposal ’CC’**  Frustrated with dating apps and in awe of her parent’s successful 32 year arranged marriage, 30-year-old Selina is looking for the one. | **M**  +PROP01-004+ |

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| 21:40 | **Ramsay's 24 Hours To Hell And Back: Catfish Cabin**  Ramsay and his team try to revamp Catfish Cabin, a traditional Southern-style restaurant in Memphis, Tenn. | **M**  +GRHB02-004+ |

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| 22:40 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-161+ |

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| 23:10 | **Modern Family: A Fair To Remember ’CC’**  The family attends the annual school fair and Phil has a wedding anniversary surprise planned for Claire at the fairgrounds, but unfortunately, she simultaneously has a surprise for him back at home. | **PG (S)**  +MOFA05-007+ |

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| 23:40 | **Blindspot: 'Ohana ’CC’**  Patterson's father, Bill Nye, returns for a case that pits the team against a pestiferous foe; Zapata goes rogue with an old friend; Jane and Weller continue their search for the hooded figure. | **M (V)**  +BDSP04-018+ |

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| 00:40 | **Botched Up Bodies (R) ’CC’**  Meet the people whose bodies have been botched and the renowned plastics unit whose job it is to fix these problems and give these people the bums, boobs, faces and tums they've always wanted. | **MA (A)**  +BOTB04-003+ |

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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. | +NBCT19-223+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-187+ |

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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. | +SUNR19-187+ |

**Wednesday 18 September 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. | +SUNR19-187+ |

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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**  +TMSW19-176+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-181+ |

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| 12:00 | **Midday Movie: Hometown Killer ’CC’ (2018)**  A woman finds her life in danger when she reconnects with an old high school friend who is now a police officer. | **M**  +AETN08-006+ |

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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. | +TDED19-169+ |

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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**  +CHSE08-104+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-187+ |

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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**  +CHAU08-031+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-261+ |

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| 19:00 | **Home And Away ’CC’**  Community shock about Teresa. Colby tries to find balance between duty and family. Afraid of sending the wrong message, Leah decides to shut down her vlog. Will Robbo cross the line to save Jasmine? | **PG (V,A)**  +HAAW32-066+ |

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| 19:30 | **The Celebrity Chase ’CC’**  Derryn Hinch, Lauren Jackson, Joel Creasey and Anne Edmonds face off to raise money for charity in The Celebrity Chase. | **G**  +CHAS01-005+ |

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| 20:40 | **Britain's Got Talent - The Champions ’CC’**  The competition rolls on, as acts from all over the world compete to prove who is the best of the best. | **PG**  +BTCH01-002+ |

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| 22:40 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-162+ |

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| 23:10 | **Surveillance Oz (R) ’CC’**  A man trips and spins into a speeding train then onto the tracks. Also, a shopkeeper confronts an armed robber, and a man takes a walk through a tunnel and doesn't want to stop for police. | **M**  +SURV04-001+ |

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| 23:40 | **Blindspot: Everybody Hates Kathy ’CC’**  The team discovers an international conspiracy when a deadly weapon is stolen. Jane supports Weller when someone from his past dredges up painful memories. | **M (V)**  +BDSP04-019+ |

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| 00:40 | **Life Sentence: What To Expect When You're Not Expecting (R) ’CC’**  Stella and Wes discuss the future and learn something unexpected; Aiden realizes he has feelings for a girl at his community service job; Diego's plan to impress his new boss at brunch turns awkward. | **M**  +LISE01-009+ |

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

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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. | +NBCT19-224+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-188+ |

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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. | +SUNR19-188+ |

**Thursday 19 September 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. | +SUNR19-188+ |

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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**  +TMSW19-177+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-182+ |

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| 12:00 | **Midday Movie: Tempting Fate ’CC’ (2019)**  Gabby's picture perfect marriage to Elliott is jeopardized when she meets Matt, a handsome younger man who ignites a fire and desire within her. | **M**  +AETN08-022+ |

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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. | +TDED19-170+ |

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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**  +CHSE08-105+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-188+ |

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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**  +CHAU08-032+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-262+ |

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| 19:00 | **Home And Away ’CC’**  Robbo and Colby clash before finally getting a breakthrough on Jasmine's whereabouts. Willow begins to fear the worst for Jasmine. John and Marilyn are curious about Alf’s suspicious behaviour. | **PG (V,A)**  +HAAW32-067+ |

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| 19:30 | **Home And Away ’CC’**  A concerned Robbo makes a big decision for Jasmine's future. Martha's return brings joy. Willow and Alex's friendship takes an unexpected turn. | **PG (V,A)**  +HAAW32-068+ |

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| 20:00 | **Home And Away ’CC’**  Willow clears the awkwardness with Alex. Distraught Jasmine is faced with more torment. Martha and Alf’s family unit becomes rocky. | **PG (V,A)**  +HAAW32-069+ |

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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 (L)**  +FBAR19-027+ |

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| 21:30 | **Inside The 'G': Inside The 'G' - AFL ’CC’ PREMIERE**  A never seen before insight into one of the world’s biggest stadiums, the beloved MCG. This episode looks at how an army of 2,500 staff manage 100,000 dedicated fans during AFL's Anzac round. | **PG**  +INSG01-001+ |

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| 22:30 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-163+ |

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| 23:00 | **Mighty Cruise Ships: Regal Princess ’CC’**  The crew of Regal Princess, Princess Cruises' largest ship, faces narrow channels, shifting waters, shallow harbours, and transport vehicles. | **PG**  +MCRU03-003+ |

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| 00:00 | **Trial And Error: The Other Man (R) ’CC’ DOUBLE EPISODE**  Josh and his team discover a "sex print" on the wall that leads to a shocking new suspect. Plus, Josh gets sloppy and gives a piece of damning evidence to the Prosecution. | **M (S)**  +TRAE01-003+ |

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| 00:30 | **Trial And Error: An Unwelcomed Distraction (R) ’CC’**  A new suspect turns up in a coma and Josh becomes a suspect himself. Meanwhile, Margaret Henderson's autopsy report leads to a frantic search for the murder weapon. | **M (A)**  +TRAE01-004+ |

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| 01:00 | **Grandfathered: Jimmy & Son (R) DOUBLE EPISODE**  Jimmy hires Gerald as the new host at his restaurant and gives him a crash course in hospitality. | **PG (S)**  +GRAN01-009+ |

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| 01:30 | **Grandfathered: Perfect Physical Specimen (R)**  After hearing that Jimmy hasn't been to the doctor in over ten years, Sara and Gerald trick him into seeing their family doctor for a routine physical, which results in an unsettling discovery. | **PG (S)**  +GRAN01-010+ |

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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. | +NBCT19-225+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-189+ |

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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. | +SUNR19-189+ |

**Friday 20 September 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. | +SUNR19-189+ |

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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**  +TMSW19-178+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-183+ |

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| 12:00 | **Midday Movie: The Lover In The Attic: A True Story ’CC’ (2018)**  Tired of her wealthy but boorish husband, a woman begins an affair with her repairman. The affair grows so strong that she convinces her new lover to live in the attic, remaining hidden at all times. | **M**  +AETN08-009+ |

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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. | +TDED19-171+ |

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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**  +CHSE07-017+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-189+ |

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| 17:00 | **The Chase Australia (R) ’CC’**  It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G**  +CHAU05-242+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-263+ |

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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**  +BHAG25-034+ |

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| 22:30 | **TBA:**  TBC | ++ |

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| 23:30 | **Armchair Experts**  Brownlow Medallist Adam Cooney and AFL Super Fan Cam Luke bring you their unique and interactive analysis from the week in footy. | **M**  +ARMC19-027+ |

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| 00:00 | **Training Day: Wages Of Sin (R) ’CC’**  An internal investigation could cost Frank his badge and freedom, forcing Kyle to help Frank clear his name or risk losing his one connection to his father’s murder. | **M (V)**  +TRDA01-005+ |

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| 01:00 | **Training Day: Faultlines (R) ’CC’**  An investigation into weapons trafficking becomes personal for Tommy when an old friend becomes connected to the case. | **M (V)**  +TRDA01-006+ |

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| 04:00 | **The Great Outdoors: Around The World In One Hour (R) ’CC’**  The best of seven continents, with hundreds of spectacular places to see in Europe, Africa, North and South America, Antarctica. | **G**  +GO14-001+ |

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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. | +NBCT19-226+ |

**Saturday 21 September 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. | +NBCT19-226+ |

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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. | +SSUN19-038+ |

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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**  +TMSA19-033+ |

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| 12:00 | **Seven's Horse Racing: Caulfield: Rupert Clarke Stakes Day, Randwick: George Main Stakes ’CC’**  Spring racing heats up in Sydney and Melbourne on a day featuring the prestigious Group 1 George Main Stakes over 1600m at Randwick and the Group 1 Sir Rupert Clarke Stakes over 1400m at Caulfield. | +SHRC19-021+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-264+ |

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| 19:00 | **Movie: The Good Dinosaur ’CC’ (2015) PREMIERE**  In a world where dinosaurs and humans live side-by-side, an Apatosaurus named Arlo makes an unlikely human friend. Starring:ANNA PAQUIN,FRANCES MCDORMAND,JEFFREY WRIGHT,SAM ELLIOTT,STEVE ZAHN,RAYMOND OCHOA | +WDFC59-006+ |

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| 21:00 | **Movie: Safe House (R) ’CC’ (2014)**  A young CIA agent is tasked with looking after the most wanted fugitive in a safe house. But when the safe house is attacked, he finds himself on the run with his charge. Starring:BRENDAN GLEESON,DENZEL WASHINGTON,ROBERT PATRICK,RYAN REYNOLDS,SAM SHEPARD,VERA FARMIGA | **M (V,L)**  +NBCF28-008+ |

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| 23:20 | **The Goldbergs: Stefan King (R) ’CC’**  Hoping to be the next Stephen King, Adam writes a horror story whose monster is based on Beverly. Erica schemes to get a date with Geoff on Halloween. | **PG**  +GOLB04-005+ |

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| 00:00 | **Training Day: Quid Pro Quo (R) ’CC’ DOUBLE EPISODE**  Kyle's morals are put to the test when Frank involves him in a plan to take down a criminal defense attorney who has been helping his clients eliminate witnesses. | **M (V,S)**  +TRDA01-007+ |

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| 01:00 | **Training Day: Blurred Lines (R) ’CC’**  The hunt for a father-and-son crime team becomes personal for Frank, who is forced to face the parallels between the duo and his own childhood as the son of an outlaw. | **M (V)**  +TRDA01-008+ |

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| 04:00 | **The Great Outdoors (R) ’CC’**  Jennifer Hawkins takes us to her favourite place in the world and take a train trip through Canada to the breathtaking Rocky Mountains. | **G**  +GO14-002+ |

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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**  +HOWL03-030+ |