**Sunday 21 July 2019**

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| 06:00 | **Better Homes And Gardens (R) ’CC’**  Joh is introduced to falcons in Abu Dhabi. Joh and Adam explore Masdar City, designed to be the most sustainable community in the world. Dr Harry checks in on a puppy with a missing paw. | **G**  +BHAG25-022+ |

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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. | +WSUN19-029+ |

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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. | +GAMD19-018+ |

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| 11:30 | **Crash Investigation Unit: Redfern (R) ’CC’**  Working through the intricate anatomy of a car crash, we see the fascinating aspects of an accident from the initial call-out to case-closed. | **PG**  +CIU-001+ |

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| 12:00 | **AFL: Heart Of The Nation: Alice Springs v Darwin (R) ’CC’**  The Northern Territory's best players will clash when Central Australian Redtails meet Top End Storm in the curtain-raiser to the Melbourne-West Coast game in Alice Springs. Bounce time: 11.40am AEST | +AFLG19-254+ |

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| 15:00 | **AFL: Rnd 18: Melbourne v West Coast ’CC’**  The Demons gave the reigning premiers an almighty scare in round nine at Optus Stadium, so will head to TIO Traeger Park in Alice Springs confident of upsetting the Eagles. Bounce time: 3.20pm AEST | +AFLG19-188+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-202+ |

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| 19:00 | **House Rules ’CC’**  The final garden reveal is the most spectacular yet, and when the scores are tallied the House Rules Grand Final teams will be revealed. | **PG**  +HOSR07-041+ |

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| 20:45 | **Sunday Night ’CC’**  Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT19-025+ |

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| 21:45 | **Special: The Day We Walked On The Moon ’CC’ (2019)**  The inside story of the first moon landing, from the first-hand perspective of the astronauts and other key figures on the Apollo 11 Mission and those left behind - watching, waiting, and witnessing. | +SPEC89-001+ |

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| 22:45 | **Criminal Confessions: Midland, Tx ’CC’**  Kathy Lujan, a married mother of two young boys, is believed to have run away with one of her lover; Detectives chase a trail of evidence and suspects that reveal the truth about Kathy's whereabouts. | **M (A,V)**  +CCON02-006+ |

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| 23:45 | **Autopsy USA: Rodney King (R) ’CC’**  A look at the death of Rodney King, whose beating by police officers inspires the infamous LA riots. He was found by his wife face down in his own swimming pool, despite being fit and a good swimmer. | **MA (D,A,V)**  +AUTU01-005+ |

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| 00:45 | **American Crime: Episode Nine (R) ’CC’**  Following the on-campus murder of a Leyland student, the community re-examines the choices they have made in the wake of the sexual encounter between Eric and Taylor. | **M (A,V)**  +AMEC02-009+ |

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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. Starring:MERRICK WATTS,TIM ROSS | **G**  +HPR-175+ |

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| 04:00 | **The Great Outdoors (R) ’CC’**  Fancy a 5-Star hotel for $50? Here's how to book a surprise weekend away. Behind the scenes at Australia's latest hit musical Billy Elliot. | **G**  +GO16-024+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-145+ |

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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. | +SUNR19-145+ |

**Monday 22 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. | +SUNR19-145+ |

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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**  +TMSW19-134+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-139+ |

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| 12:00 | **Midday Movie: The Hunt For The Labyrinth Killer (R) ’CC’ (2013)**  An assistant district attorney works with a detective to catch a serial killer who uses traps to lure his victims. Starring:AMANDA SCHULL,MICHAEL NOURI,COLBY MCLAUGHLIN | **M (V)**  +AETN02-016+ |

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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. | +TDED19-127+ |

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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**  +CHSE08-070+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-145+ |

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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**  +CHAU07-043+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-203+ |

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| 19:00 | **Home And Away ’CC’**  Colby treads carefully with Mackenzie's charges. Robbo decides to do something dangerous to make himself safer. Justin struggles in Tori’s absence. | **PG (V,A)**  +HAAW32-016+ |

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| 19:30 | **House Rules ’CC’**  The Grand Final challenge is here! Teams must create a luxury loft in just 7 days, and when the judges scores are in one team will be crowned the House Rules 2019 champions. | **PG**  +HOSR07-042+ |

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| 21:10 | **S.W.A.T.: Imposters ’CC’ DOUBLE EPISODE**  When a series of home invasions are committed by SWAT imposters in an upscale neighborhood, Hondo and the team suspect the burglarized families are all hiding something. | **M (A,V)**  +SSWA01-005+ |

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| 22:10 | **S.W.A.T.: Octane ’CC’**  Hondo puts aside his misgivings about Jim Street's recklessness and allows the newbie to go undercover as a broker in a luxury car theft ring to bust a ruthless trafficker. | **M (V,A)**  +SSWA01-006+ |

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| 23:10 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-129+ |

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| 23:40 | **Talking Footy (R) ’CC’ ENCORE**  Luke Darcy, Tim Watson, Wayne Carey, Mick Warner dissect the week's AFL news and issues. | +TFOO19-018+ |

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| 00:40 | **Me, Myself & I: There She Goes ’CC’ SEASON FINAL**  Young Alex attempts to move on from his crush on Nori by inviting his lab partner, Julia, to the dance. Mid-life Alex entertains the prospect of getting back together with his ex-wife Sarah. | **PG (S)**  +MEMI01-013+ |

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| 01:10 | **Travel Oz: Melbourne-Sydney Drive 3 (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-030+ |

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| 01:35 | **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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| 04:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-174+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-146+ |

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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. | +SUNR19-146+ |

**Tuesday 23 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. | +SUNR19-146+ |

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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**  +TMSW19-135+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-140+ |

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| 12:00 | **Midday Movie: A Mother's Nightmare ’CC’**  A recently divorced woman's worst nightmares come to life when she discovers her son's new love interest has left a string of dead boyfriends in her wake. Starring:ANNABETH GISH,JESSICA LOWNDES,GRANT GUSTIN | **M (D,A,V,S)**  +AETN06-038+ |

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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. | +TDED19-128+ |

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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**  +CHSE08-071+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-146+ |

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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**  +CHAU07-078+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-204+ |

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| 19:00 | **Home And Away ’CC’**  Will Justin and Robbo come to blows over Tori? Irene's sanity is hanging on by a thread. Raffy and Ryder continue to grow apart. | **PG (V,A)**  +HAAW32-017+ |

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| 19:30 | **House Rules ’CC’ SEASON FINAL**  The Grand Final reveal is here! Judges will score the final challenge and one team will be crowned the House Rules 2019 champions and walk away with $250,000 plus a fully renovated home and garden. | **PG**  +HOSR07-043+ |

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| 21:15 | **Andrew Denton's Interview ’CC’**  Andrew Denton sits down with interesting, amazing people, and finds out what makes them tick. | **M**  +IVEW02-014+ |

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| 22:15 | **True Stories: True Stories: Death Row Mum (R) ’CC’**  A look at Lisa Cunningham, the first Australian woman in US history to face the death penalty. She faces execution by lethal injection over the murder of her stepdaughter. | **M**  +TRUS19-006+ |

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| 23:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-130+ |

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| 23:30 | **The Goldbergs: Our Perfect Strangers ’CC’ NEW EPISODE**  Erica, Barry and Adam are not happy when their distant relative Gleb visits from Russia, until they realize he can make their lives easier. Beverly starts working on her cookbook. | **PG**  +GOLB06-017+ |

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| 00:00 | **Deception: Black Art (R) ’CC’ DOUBLE EPISODE**  When Cameron's ex-girlfriend is robbed during Fashion Week, he insists on helping Kay with the investigation; the team find themselves in the middle of a high-speed chase. | **M (V)**  +DECE01-006+ |

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| 01:00 | **Deception: Sacrifice 99 to Fool One (R) ’CC’**  When the mystery woman kidnaps Cameron, the FBI calls on Jonathan Black to help find him and stop the woman from committing her next crime. | **M**  +DECE01-007+ |

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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. | +NBCT19-175+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-147+ |

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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. | +SUNR19-147+ |

**Wednesday 24 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. | +SUNR19-147+ |

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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**  +TMSW19-136+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-141+ |

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| 12:00 | **Midday Movie: Layover (R) ’CC’ (2012)**  The world's most influential hotel exec and meanest boss, is flying from New York to LA to open a new hotel when bad weather diverts her to Detroit. Starring:LAUREN HOLLY,KAYLEE DEFER,JOE LANDO | **M (V)**  +AETN02-020+ |

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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. | +TDED19-129+ |

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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**  +CHSE08-072+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-147+ |

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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**  +CHAU07-057+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-205+ |

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| 19:00 | **Home And Away ’CC’**  Ben tries and fails to find a silver lining in his situation. Ryder is made to choose between freedom and his relationship. Irene decides to take action over the Tommy situation. | **PG (V,A)**  +HAAW32-018+ |

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| 19:30 | **Britain's Got Talent: Final ’CC’ SEASON FINAL**  After weeks of competition, the winner of Britain's Got Talent will at last be crowned in the grand final. | **PG**  +BRGT13-014+ |

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| 22:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-131+ |

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| 22:30 | **The Day We Walked On The Moon: The Day We Walked On The Moon (R) ’CC’ (2019)**  The inside story of the first moon landing, from the first-hand perspective of the astronauts and other key figures on the Apollo 11 Mission and those left behind - watching, waiting, and witnessing. | +SPEC89-001+ |

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| 23:30 | **Blindspot: Check Your Ed ’CC’**  Weller approves an experimental brain treatment that could eliminate Remi and restore Jane or kill them both; during the procedure, Jane must face her broken past to secure her future. | **M (V,A)**  +BDSP04-009+ |

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| 00:30 | **Life Sentence: Pilot (R) ’CC’**  A woman learns her cancer has been cured, which means she must face the consequences of living like she was dying for the past eight years. | **M (D,S)**  +LISE01-001+ |

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| 01:30 | **Travel Oz: Lord Howe Island to Middleton Reef (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-031+ |

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| 04:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-176+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-148+ |

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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. | +SUNR19-148+ |

**Thursday 25 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. | +SUNR19-148+ |

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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**  +TMSW19-137+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-142+ |

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| 12:00 | **Midday Movie: Murder In Mexico: The Bruce Beresford-Redman Story (R) ’CC’ (2015)**  Bruce Beresford-Redman, a producer for the reality TV show "Survivor," becomes the prime suspect in the strangulation death of his wife in Mexico. Starring:COLIN EGGLESFIELD,LISA CONRAD,MENDEL FOGELMAN | **M (A)**  +AETN02-025+ |

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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. | +TDED19-130+ |

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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**  +CHSE08-073+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-148+ |

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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**  +CHAU07-058+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-206+ |

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| 19:00 | **Home And Away ’CC’**  Can Mackenzie and Dean repair their rift? Irene is on edge when she learns Tommy has been identified. An upset Raffy is still in disbelief. | **PG (V,S,A)**  +HAAW32-019+ |

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| 19:30 | **Home And Away ’CC’**  Dean struggles to deal with Colby and Mackenzie's relationship. Ryder opens up to Raffy in order to save their friendship. Bella is rattled by what Irene is considering. | **PG (S,A)**  +HAAW32-020+ |

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| 20:00 | **Home And Away ’CC’**  Irene faces the music. Colby is furious. A stir-crazy Jasmine is desperate to leave the apartment and visit Irene. | **PG (V,A)**  +HAAW32-021+ |

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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**  +FBAR19-019+ |

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| 21:30 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-132+ |

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| 22:00 | **Movie: The Full Monty (R) ’CC’ (1997)**  Robert Carlyle stars in this hilarious comedy about a group of guys who hatch a plan to launch a striptease act in the hope of making some much-needed money. Starring:MARK ADDY,TOM WILKINSON,WILLIAM SNAPE,STEVE HUISON,ROBERT CARLYLE | **M (N,L,S)**  +FOXF08-028+ |

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| 00:00 | **Hannibal: The Great Red Dragon (R) ’CC’**  Hannibal has been imprisoned for three years at the Baltimore State Hospital when a new villain emerges in one Francis Dolarhyde. Jack reaches out to Will to help him track down the brutal killer. | **MA (V,H)**  +HANI03-008+ |

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| 01:00 | **Travel Oz: Hamilton Island (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-035+ |

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| 01:30 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-099+ |

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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. | +NBCT19-177+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-149+ |

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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. | +SUNR19-149+ |

**Friday 26 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. | +SUNR19-149+ |

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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**  +TMSW19-138+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-143+ |

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| 12:00 | **Midday Movie: Maid Of Honor (R) ’CC’**  An insanely jealous woman wants to prevent her brother-in-law, a widower, from marrying another woman. Starring:LINDA PURL,LINDEN ASHBY,SHANNON STURGES | **M (V)**  +AETN06-014+ |

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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. | +TDED19-131+ |

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| 15:00 | **The Chase ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE07-009+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-149+ |

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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**  +CHAU06-019+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-207+ |

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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**  +BHAG25-026+ |

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| 19:30 | **AFL: Rnd 19: Collingwood v Richmond ’CC’ LIVE**  Last year's preliminary final foes do battle. The Pies are shooting for their third straight win over their long-time rivals, but the Tigers are desperately keen to stop them. Bounce time: 7.50pm AEST | +AFLG19-191+ |

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| 22:30 | **AFL Post Game ’CC’ LIVE**  Post-game discussion and interviews. | +AFPG19-045+ |

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| 23:30 | **Movie: Skiptrace (R) ’CC’ (2016)**  A detective from Hong Kong teams up with an American gambler to battle against a notorious Chinese criminal. Starring:JACKIE CHAN,EVE TORRES,JOHNNY KNOXVILLE,FAN BINGBING,ERIC TSANG | **M (A,V)**  +WDFC59-011+ |

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| 04:00 | **The Great Outdoors (R) ’CC’**  See the very best of Italy, including George Clooney's villa in beautiful Lake Como. Andrew Daddo explores Sicily, where you can learn to cook an authentic Italian feast. | **G**  +GO16-025+ |

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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. | +NBCT19-178+ |

**Saturday 27 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. | +NBCT19-178+ |

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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. | +SSUN19-030+ |

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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**  +TMSA19-025+ |

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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**  +HOWL03-023+ |

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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**  +BRIK01-002+ |

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| 13:30 | **World's Deadliest Weather: Caught On Camera (R) ’CC’**  A tornado tears a mile wide path through the American town of Moore, Oklahoma, destroying two schools while the pupils were inside. | **PG (A)**  +WDWC01-002+ |

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| 14:30 | **TBA:**  TBC | ++ |

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| 16:00 | **Better Homes And Gardens (R) ’CC’**  Joh visits the home of X-Games competitor Ryan Williams. Adam, Jason and Tara team up to turn a pergola into a luxurious outdoor living area for the winter months. Pete makes cauliflower nasi goreng. | **G**  +BHAG24-017+ |

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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. | +7NAF19-059+ |

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| 17:30 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger who is carrying clumps of human hair becomes hysterical when her luggage returns positive readings for drugs. An Indonesian man is found traveling with disturbing documents. | **PG**  +BORD-179+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-208+ |

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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. | +TKIC19-019+ |

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| 19:00 | **AFL: Rnd 19: St Kilda V Melbourne ’CC’ LIVE**  The Saints are aiming for their third win in a row over the Demons, however Melbourne is out to turn the tables as it looks to salvage something from a disappointing 2019. Bounce time: 7.25pm AEST | +AFLG19-195+ |

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| 22:00 | **AFL Post Game ’CC’ LIVE**  Post-game discussion and interviews. | +AFPG19-046+ |

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| 23:00 | **S.W.A.T.: Cuchillo (R) ’CC’ ENCORE**  The team must find four escaped convicts before a rival team finds them. Hondo's leadership is called into question when Street flagrantly disregards protocol. | **M (V)**  +SSWA01-002+ |

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| 00:00 | **The Real O'Neals: The Real Man (R)**  When Pat plans a camping trip to enjoy some father-and-son bonding time with Jimmy. | **M (A)**  +REAL01-006+ |

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| 00:30 | **The Real O'Neals: The Real Grandma (R)**  Eileen's strict, Catholic-abiding mother arrives unannounced at the O'Neals' home. | **M (A,S)**  +REAL01-007+ |

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| 01:00 | **Travel Oz: Limestone Coast (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV3-038+ |

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| 01:30 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-104+ |

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| 04:00 | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**  Alison's involvement with Gordon brings her to the brink of disaster. Meanwhile, Andy faces a new threat to his role as bachelor father. Starring:NORMIE ROWE | **PG**  +SAD-967+ |

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| 04:30 | **Sons And Daughters (R) ’CC’**  A devastated Alison finds her world crumbling beneath her. | **PG**  +SAD-968+ |

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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**  +HOWL03-022+ |