**Sunday 22 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. | +NBCT19-227+ |

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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. | +WSUN19-038+ |

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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. | +GAMD19-027+ |

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| 11:30 | **VFL: VFLW Grand Final: WB v Coll ’CC’**   | +VAFL19-027+ |

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| 13:30 | **VFL: Grand Final: Richmond v Williamstown ’CC’**   | +VAFL19-028+ |

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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. | +7NAF19-076+ |

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| 17:30 | **The Great Weekend ’CC’** Jane reveals Melbourne’s newly awarded “best pizza bar in Australia”, Jack uses unusual ingredients to brew beer in Abbotsford, and BT and Brooke learn to paint with the help of wine and cheese. | **PG** +LWND01-012+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-265+ |

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| 19:00 | **Australia's Got Talent ’CC’ SEASON FINAL**The power is in your hands as Australia decides the winner of Australia's Got Talent. Ten incredible acts will perform but only one can be crowned 2019 Champion and take home the $100,000 prize. | **PG (A)**+AGTA09-013+ |

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| 21:00 | **Sunday Night ’CC’** Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT19-034+ |

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| 22:00 | **Criminal Confessions: King County, Wa ’CC’ NEW EPISODE**After authorities finally identify the prolific Green River Killer, it becomes a cat-and-mouse game as they must get inside his mind to get him to lead them to the remains of other missing women. | **MA (V,A)**+CCON02-008+ |

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| 00:00 | **Quantico: The Conscience Code DOUBLE EPISODE**Alex has a peaceful, anonymous life in Italy. However, Alex must abandon this idyllic existence when Ryan persuades her to help him rescue Shelby from an international arms dealer, The Widow. | **M (D,V)**+QUAN03-001+ |

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| 01:00 | **Quantico: Fear And Flesh** In tracking down the origin of a deadly strain of tuberculosis threatening Americans, Ryan must go undercover and infiltrate a white supremacist organisation. | **M (V,A)**+QUAN03-002+ |

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| 02:00 | **Quantico: Hell's Gate** The team must protect an ex-CIA Agent to take down a cartel kingpin, an assignment that puts all of their lives in danger. | **M (V)**+QUAN03-003+ |

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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-184+ |

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| 04:00 | **Meet The Press ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-038+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-190+ |

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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. | +SUNR19-190+ |

 **Monday 23 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. | +SUNR19-190+ |

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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** +TMSW19-179+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-184+ |

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| 12:00 | **Midday Movie: Beaches (R) ’CC’ (2017)** The friendship between two women from childhood onwards. | **PG (A)**+AETN03-005+ |

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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. | +TDED19-172+ |

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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** +CHSE08-106+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-190+ |

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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** +CHAU08-033+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-266+ |

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| 19:00 | **Home And Away ’CC’** Colby is burning out but is determined to help a distressed Jasmine. Martha and Alf leave on a romantic road trip. Mackenzie starts to doubt her relationship with Colby. Robbo is held hostage. | **PG (V)**+HAAW32-070+ |

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| 19:30 | **2019 AFL Brownlow Medal - Red Carpet: 2019 AFL Brownlow Medal - Red Carpet ’CC’ (2019) LIVE**AFL players and their partners hit the red carpet at the annual Brownlow Medal. | **PG** +SPSP19-214+ |

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| 20:20 | **2019 AFL Brownlow Medal: 2019 AFL Brownlow Medal ’CC’ (2019) LIVE**AFL's night of nights as the 2019 home-and-away season's fairest and best player is awarded the prestigious Charles Brownlow Medal. | +SPSP19-215+ |

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| 23:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-164+ |

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| 23:30 | **Flights From Hell: Caught on Camera (R) ’CC’** This shocking, surprising and entertaining documentary uses footage captured on passengers' cameras and phones to reveal extreme behaviour in airports and on planes | **M (L,A)**+FFHE01-003+ |

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| 00:30 | **Quantico: Odenvy (R) ’CC’** Lydia and Owen teach the group about the necessity of lying and cutting off relationships. Perfect timing for Alex, since she is feeling disconnected from Ryan personally and professionally. | **M (A,V)**+QUAN02-008+ |

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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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| 04:00 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-228+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-191+ |

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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. | +SUNR19-191+ |

 **Tuesday 24 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. | +SUNR19-191+ |

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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** +TMSW19-180+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-185+ |

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| 12:00 | **Midday Movie: Love In The Vineyard ’CC’ (2016)** A woman's life gets thrown into turmoil when her boyfriend's ex claims that he is the father of her child. | **PG (S)**+AETN08-008+ |

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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. | +TDED19-173+ |

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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** +CHSE08-107+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-191+ |

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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** +CHAU08-034+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-267+ |

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| 19:00 | **Home And Away ’CC’** Bella is defensive when Mackenzie and Colby's relationship starts to break down. Leah explains why she shut down her blog. The Astonis are at a loss on how to help Ben's depression.  | **PG (V,A)**+HAAW32-071+ |

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| 19:30 | **Special: Counting Down To Australia’s Top Dog ’CC’ (2019) PREMIERE**We love our dogs, but which type of dog do we love the most? Dog loving Australian celebrities countdown the top 25 breeds in Australia. | **PG** +AUMS71-001+ |

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| 21:00 | **Special: I Am Patrick Swayze ’CC’ (2019) PREMIERE**A loving tribute to actor Patrick Swayze, showcasing his life and career through untold stories, exclusive interviews, heartfelt home movies, and family photos featuring those who knew him best. | +SPEC93-001+ |

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| 23:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-165+ |

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| 23:30 | **Blindspot: Coder To Killer ’CC’** A horrifying and vengeful villain threatens the FBI; Weller considers his priorities; Zapata and Reade try to navigate their living situation. Patterson explores a budding interest. | **M (V)**+BDSP04-020+ |

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| 00:30 | **Talking Footy (R) ’CC’ ENCORE**Luke Darcy, Tim Watson, Wayne Carey, Mick Warner dissect the week's AFL news and issues. | +TFOO19-027+ |

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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-115+ |

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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. | +NBCT19-229+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-192+ |

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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. | +SUNR19-192+ |

 **Wednesday 25 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. | +SUNR19-192+ |

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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** +TMSW19-181+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-186+ |

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| 12:00 | **Midday Movie: The Ballad Of Lucy Whipple (R) ’CC’ (2001)** A recently widowed mother decides to fulfil her long-held dream of moving west, taking her 13-year-old daughter with her. | **PG (N,V,L,A)**+SPCF08-003+ |

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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. | +TDED19-174+ |

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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** +CHSE08-108+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-192+ |

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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** +CHAU08-035+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-268+ |

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| 19:00 | **Home And Away ’CC’** Marilyn feels lost and needs a new purpose in life. How will Ben shake the black dog of depression? Justin learns how awful things were for Ava at home. Robbo makes a shocking discovery. | **PG (V,A)**+HAAW32-072+ |

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| 19:30 | **The Celebrity Chase ’CC’** Nazeem Hussain, Simon Burke, Lucy Durack and Merv Hughes compete to raise money for charity in The Celebrity Chase.  | **G** +CHAS01-006+ |

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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** +BTCH01-003+ |

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| 22:40 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-166+ |

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| 23:10 | **Surveillance Oz (R) ’CC’** A drunk man walks straight into a moving freight and miraculously escapes death. Also, a woman steals the tip jar and then stays to eat her breakfast, and a naked guy pays for his parking! | **PG (N)**+SURV04-002+ |

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| 23:40 | **Blindspot: Masters Of War 1:5-8 ’CC’** Dominic begins to enact Madeline's cataclysmic scheme as the team rushes to stop him; tensions rise as past secrets begin to unravel. | **M (V)**+BDSP04-021+ |

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| 00:40 | **Life Sentence: The Way We Work (R) ’CC’** When Stella and Wes realize that their issues are bigger than they thought, they seek professional help; Aiden starts looking for a job; Lizzie and Ida work together. | **M (A)**+LISE01-010+ |

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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. | +NBCT19-230+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-193+ |

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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. | +SUNR19-193+ |

 **Thursday 26 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. | +SUNR19-193+ |

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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** +TMSW19-182+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-187+ |

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| 12:00 | **Midday Movie: A Perfect Day ’CC’ (2006)** A family man and suddenly successful author encounters a mystic stranger who warns him he has only forty more days to live. | **PG (A,L)**+SPCF09-015+ |

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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. | +TDED19-175+ |

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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** +CHSE08-109+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-193+ |

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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** +CHAU08-036+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-269+ |

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| 19:00 | **Home And Away ’CC’** Thanks to Alex, Mason gets a second chance. Robbo’s need for justice for his family gets complicated. Ben's mental health struggles reach breaking point. | **PG (V,A)**+HAAW32-073+ |

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| 19:30 | **Home And Away ’CC’** Colby pushes Robbo to the limit in his quest for answers. Mackenzie struggles with her uncertainty about Colby. Alex diagnoses Ben and Maggie fears he no longer trusts her. | **PG (V,A)**+HAAW32-074+ |

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| 20:00 | **Home And Away ’CC’** An overworked Colby struggles to save his relationship with Mackenzie. Is Dean’s past the key to helping Ben's future? Bella wants revenge on Mackenzie. | **PG (V,A)**+HAAW32-075+ |

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| 20:30 | **The Front Bar: Grand Final Edition ’CC’ SEASON FINAL**Sam Pang, Mick Molloy and Andy Maher throw a grand final footy party like no other live from St Kilda's iconic Hotel Esplanade. | **M (L)**+FBAR19-028+ |

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| 22:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-167+ |

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| 22:30 | **Mighty Cruise Ships: Koningsdam ’CC’** The crew of the Koningsdam, Holland America's latest, largest and most technologically-advanced ship, face sailing through the narrow Norwegian fjords. | **PG** +MCRU03-001+ |

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| 23:30 | **Mafia's Greatest Hits: Arnold Rothstein (R) ’CC’** A profile of Arnold Rothstein, who was accused of conspiring to fix Major League Baseball's 1919 World Series, and was the criminal genius behind a bootleg empire. | **M (D,V,A)**+MAGH01-001+ |

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| 00:30 | **Trial And Error: Right-Hand Man (R) ’CC’ DOUBLE EPISODE**A new piece of evidence leads Josh to an unlikely new suspect: Larry's brother in law. Meanwhile the case takes another turn when Dwayne finds a dismembered human arm. | **M (L,S)**+TRAE01-005+ |

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| 01:00 | **Trial And Error: Secrets and Lies (R) ’CC’** Larry insists on a lie-detector test to prove his innocence, but the results drop a bombshell. Dwayne becomes a hometown celebrity and the team gets a surprising new benefactor. | **M (A)**+TRAE01-006+ |

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| 01:30 | **Grandfathered: The Sat Pack (R)** When Jimmy reunites with his old buddies the "Sat Pack", his friend Ronnie gives him a hard time about his new life as a family man. | **PG (S,L)**+GRAN01-011+ |

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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. | +NBCT19-231+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-194+ |

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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. | +SUNR19-194+ |

 **Friday 27 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. | +SUNR19-194+ |

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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** +TMSW19-183+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-188+ |

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| 12:00 | **Midday Movie: Hidden Family Secrets ’CC’ (2018)** A recently widowed woman frantically searches for her daughter who mysteriously disappeared after having a heated argument with her. | **PG** +AETN08-004+ |

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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. | +TDED19-176+ |

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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** +CHSE07-018+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-194+ |

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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** +CHAU06-011+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-270+ |

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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** +BHAG25-035+ |

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| 20:30 | **Movie: Dirty Dancing (R) ’CC’ (1987)** Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle. | **M (S,A)**+LION01-001+ |

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| 22:45 | **Armchair Experts: Grand Final Special** Brownlow Medallist Adam Cooney and AFL Super Fan Cam Luke bring you their unique and interactive analysis from the week in footy and leading up to the Grand Final. | **M** +ARMC19-028+ |

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| 23:30 | **TBA:** TBC | ++ |

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

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| 05:30 | **Footy's Funniest (R) ’CC’ ENCORE**As the AFL Grand Final draws closer, Dennis Cometti celebrates footy’s funniest moments from the last 50 years with special guests Matthew Richardson, Brian Taylor, Brendan Fevola and more. | **PG** +FOOT17-801+ |

 **Saturday 28 September 2019**

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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. | +SSUN19-039+ |

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| 09:00 | **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. | +GAMD19-028+ |

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| 11:00 | **AFL Pre-Game ’CC’** A look ahead at today's AFL games. | +AFLP19-008+ |

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| 14:00 | **AFL: Grand Final: TBA vs TBA ’CC’** TBC  | +AFLG19-248+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-271+ |

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| 19:00 | **Movie: Harry Potter And The Philosopher's Stone (R) ’CC’ (2001)** A boy learns on his 11th birthday that he is the orphaned son of two powerful wizards and is invited to attend Hogwarts School of Witchcraft and Wizardry to learn how to become a wizard himself. | **PG (H)**+WBFF02-034+ |

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| 22:00 | **Movie: The November Man (R) ’CC’ (2014)** An ex-CIA operative is brought back in on a very personal mission and finds himself pitted against his former pupil in a deadly game involving high level CIA officials and the Russian president-elect. Starring:BILL SMITROVICH,CATERINA SCORSONE,ELIZA TAYLOR,LUKE BRACEY,PIERCE BROSNAN,OLGA KURYLENKO,WILL PATTON | **MA (V)**+WDFC53-018+ |

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| 00:15 | **Training Day: Blurred Lines (R) ’CC’ DOUBLE EPISODE**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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| 01:15 | **Training Day: Bad Day At Aqua Mesa (R) ’CC’** Frank and Kyle seek justice for a community organizer who is accidentally killed in a gang-related shooting. | **M (D,V)**+TRDA01-009+ |

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

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

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

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| 04:00 | **The Great Outdoors (R) ’CC’** Journey into the heartland of the world's most amazing an animal sanctuary - Africa's unforgettable Serengeti. | **G** +GO14-004+ |

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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** +HOWL03-031+ |