**Sunday, July 24, 2016**

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| 06:00 AM | **Doc McStuffins: Crikey! It's Wildlife Will! / Rootin' Tootin' Southwest Sal (R) ’CC’** With Doc's help, Wildlife Will learns there is more than one way to get around after he loses his legs. Then Sal's spring breaks and she can no longer throw a lasso. | **G** +DSTU2-016+ |

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| 06:30 AM | **Henry Hugglemonster: Where's Beckett? / Huggleflight (R) ’CC’** Henry and his family search Roarsville for Beckett when he runs off to play with Meg's monsterpet Shakey. Later, Henry tries to teach his friends Gertie and Denzel to fly. | **G** +HEHU2-003+ |

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| 07:00 AM | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Andrew O'Keefe and Angela Cox for all the latest news, sport and weather. | +WSUN16-030+ |

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| 10:00 AM | **AFL Game Day ’CC’ LIVE**Hamish McLachlan hosts the biggest names in the game for a lively look at all the weekend’s action, footy news and issues. | +GAMD16-018+ |

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| 11:30 AM | **Seven's VFL 2016 ’CC’** It’s the latest round of VFL action. | +VAFL16-020+ |

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| 02:30 PM | **2016 AFL Premiership Season: Pre Game Rnd 18: Hawthorn v Richmond ’CC’ LIVE**The Hawks are eyeing off a coveted top two spot with a home final and double chance, but their bogey side Richmond could dent their hopes. Dennis Cometti and Basil Zempilas lead the call. | +AFLP16-053+ |

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| 03:00 PM | **2016 AFL Premiership Season: Rnd 18: Hawthorn v Richmond ’CC’** The Hawks are eyeing off a coveted top two spot with a home final and double chance, but their bogey side Richmond could dent their hopes. Dennis Cometti and Basil Zempilas lead the call. | +AFLG16-152+ |

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| 06:00 PM | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates.  | +7NNM16-206+ |

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| 07:00 PM | **Sunday Night ’CC’** Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT16-021+ |

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| 08:00 PM | **Border Security - Australia's Front Line ’CC’ NEW EPISODE**Officers must establish whether an Indonesian woman is lying or the victim of identity theft. Also, Officers catch a Vietnamese student with a stash of seafood infested by exotic pests. | **PG** +BORD-217+ |

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| 08:30 PM | **Billy Connolly's Tracks Across America ’CC’ SEASON FINAL**Billy arrives in Texas for Friday night, which can mean only one thing, football. Next up Louisiana where he meets the frog princesses of Rayne. Then, a moving tribute to Hank Williams. | **PG (A)**+BTAA01-003+ |

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| 09:30 PM | **Bones: The Head In The Abutment ’CC’ DOUBLE EPISODE**The team investigates the death of a popular professional hockey player whose headless corpse was dumped in the river. | **M (D,A)**+BONE11-019+ |

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| 10:30 PM | **Bones: The Stiff In The Cliff ’CC’** When the remains of famous billionaire explorer Henry Charles are found in Antarctica, the high profile case is brought to Brennan and Booth to determine if his death was a murder. | **M (A)**+BONE11-020+ |

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| 11:30 PM | **Castle: Dressed To Kill (R) ’CC’** When the assistant to a fashion magazine's editor is found murdered, Castle and Beckett investigate the glitzy, ruthless world of high fashion in search for the killer. Starring:FRANCES FISHER | **M** +CSTL6-014+ |

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| 12:30 AM | **Beauty And The Geek Australia (R) ’CC’ SEASON FINAL**In tonight's season finale, the remaining couples aim for a happy ever after to their fairytale. Which geek will transform into Prince Charming and win the crown for his beauty? Hosted by Bernard Curry. | **PG** +BATA4-010+ |

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| 03:30 AM | **Harry's Practice (R) ’CC’** Dr Harry helps JACQUI COOPER's cat who thinks it's a dog! Dr Katrina visits Olympic Gold Medallist LAUREN BURNS. | **G** +HPR-160+ |

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| 04:00 AM | **Meet The Press** Chuck Todd interviews newsmakers from around the world. | +NBCM16-030+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7ENN16-147+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-147+ |

 **Monday, July 25, 2016**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-147+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics.  | **PG** +TMSW16-126+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7MNN16-138+ |

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| 12:00 PM | **Midday Movie: Like Mother Like Daughter (R) ’CC’ (2007)** When a mother finds out her college-aged daughter has gone missing, she seeks help from people at her daughter's college, unaware that she is seeking assistance from the one who harmed her. Starring:JOHN MACLAREN,MICHELLE STAFFORD,WILLIAM R. MOSES,DANI KIND | **M (V,S)**+REEL-006+ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED16-136+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE06-012+ |

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| 04:00 PM | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates.  | +7ANM16-138+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-045+ |

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| 06:00 PM | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates.  | +7NNM16-207+ |

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| 07:00 PM | **Home and Away ’CC’** Kat hands in her police badge – did she confess about the dirty cash? Aaron denies having robbed Marilyn and John. Evelyn goes hard at a Uni party – much to Matt’s concern. | **PG** +HAAW09-019+ |

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| 07:30 PM | **Highway Patrol: What's The Emergency ’CC’ NEW EPISODE**A local know-it-all decides to side with a man driving like a bat out of hell in a residential area where kids are playing in parks and on bikes. | **PG** +HWYP8-005+ |

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| 08:00 PM | **World's Angriest: Travel ’CC’ PREMIERE**This series reveals some of the angriest footage ever caught on camera by members of the public, from holiday mishaps and road rage to vile neighbours and work colleagues in meltdown, | **M (L)**+WORA-004+ |

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| 09:00 PM | **Monday Night Movie: The Bourne Ultimatum (R) ’CC’ (2007)** Jason Bourne travels from Europe to New York City to find the real Jason Bourne - all the while trying to out manoeuvre scores of federal officers and Interpol agents who have him in their crosshairs. Starring:ALBERT FINNEY,COLIN STINTON,DANIEL BRUHL,DAVID STRATHAIRN,EDGAR RAMIREZ,MATT DAMON,JULIA STILES,JOAN ALLEN,JOEY ANSAH,PADDY CONSIDINE,TOM GALLOP,SCOTT GLENN | **M (V)**+NBCR5-032+ |

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| 11:20 PM | **Car Crash TV (R) ’CC’** A look at some of the most unpredictable occurrences on the road, whether it’s motorists being chased down the road by hapless lunatics, or having to avoid giant craters in the road. | **PG** +CARC-003+ |

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| 12:00 AM | **Packed To The Rafters: The Taste Of Freedom (R) ’CC’ DOUBLE EPISODE**Nathan examines what it means to be free when he receives upsetting news. Then, the day of Coby's hearing arrives. Starring:EDWINA RUTHERFORD,MARTIN HARPER | **PG** +PTTR4-005+ |

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| 01:00 AM | **Packed To The Rafters: The Dollhouse (R) ’CC’** Jake risks everything when he decides to confront Jodi. Then, Ben's ulterior motives get the best of Nathan. Starring:MARTIN LYNES,JOHN MARTIN | **PG** +PTTR4-006+ |

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| 02:30 AM | **Home Shopping: Nopalea (NOPA130315C) (R)** Home Shopping | **PG** +EMCO-010+ |

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| 04:00 AM | **NBC Today** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-148+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7ENN16-148+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-148+ |

 **Tuesday, July 26, 2016**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-148+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics.  | **PG** +TMSW16-127+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7MNN16-139+ |

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| 12:00 PM | **Midday Movie: Jack Reed: Search for Justice (R) ’CC’ (1994)** BRIAN DENNEHY reprises his role as Police Sergeant Jack Reed when he investigates a brutal murder case while battling corruption within his own department. Starring:BRIAN DENNEHY,CHARLES DUTTON,CHARLES HALLAHAN,JOE GRIFASI,REX LINN,MIGUEL FERRER,SUSAN RUTTAN | **M (V)**+AAPS-006+ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED16-137+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE06-013+ |

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| 04:00 PM | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates.  | +7ANM16-139+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-046+ |

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| 06:00 PM | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates.  | +7NNM16-208+ |

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| 07:00 PM | **Home and Away ’CC’** Kat pushes Ash further away, as her world comes crashing down. John and Marilyn grapple with a shock change of heart. Evie shows Mason her wild side, and lands in hot water with Zac. | **PG** +HAAW09-020+ |

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| 07:30 PM | **Special: Christmas Make You Laugh Out Loud ’CC’** The most amusing and outrageous Christmas themed videos. | **PG** +MLOL02-001+ |

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| 08:30 PM | **Winners & Losers: Hook, Line & Sinker / Caught In The Crossfire ’CC’ DOUBLE EPISODE**Frances has shut out the world in the wake of Keith’s scam. Also, Riley’s determined to impress Colin Gammell, a hotshot investor, but she’s worried he won’t take her seriously because of her age. | **M (D,A,V)**+WILO5-702+ |

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| 10:30 PM | **Ramsay's Kitchen Nightmares: The Granary (R) ’CC’** Chef Gordon Ramsay attempts to save failing restaurants across Britain. Gordon visits upmarket restaurant, The Granary where despite a relaunch is still losing money and the front-of-house is chaotic. Starring:GORDON RAMSAY | **M (L)**+RAKN04-006+ |

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| 11:30 PM | **Bates Motel: Norma Louise ’CC’** Norma contemplates a life outside of White Pine Bay; Emma and Dylan bond while helping Norman. | **M (A,V)**+BATE03-006+ |

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| 12:30 AM | **Wild Boys (R) ’CC’** With body parts turning up around Hopetoun, rumour is there's a cannibal on the loose. But when Scanlon pulls a dead woman from the river, he realises that a villain from the past has returned. Starring:NOCHOLAS HOPE | **PG (A,V,S)**+WLDB-006+ |

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| 01:30 AM | **The Body Specialists (R) ’CC’** Explore the fascinating and innovative cosmetic and plastic surgical procedures through the deeply personal journeys of the people experiencing them. | **PG (S)**+TSHP-009+ |

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| 03:30 AM | **Home Shopping: Hurricane Spin Mop (HMOP2830C10956) (R)** Shopping program. | **PG** +GSD-025+ |

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| 04:00 AM | **NBC Today** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-149+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7ENN16-149+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-149+ |

 **Wednesday, July 27, 2016**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-149+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics.  | **PG** +TMSW16-128+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7MNN16-140+ |

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| 12:00 PM | **Midday Movie: Unanswered Prayers ’CC’ (2010)** Based on the popular Garth Brooks song of the same name, this film explores the themes of marriage, family, community and second chances with love. Starring:DAN CHAMBERS,ERIC CLOSE,MADCHEN AMICK,JENNIFER ASPEN,SAMANTHA MATHIS | **M (S)**+SPCF02-046+ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED16-138+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE06-014+ |

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| 04:00 PM | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates.  | +7ANM16-140+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-047+ |

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| 06:00 PM | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates.  | +7NNM16-209+ |

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| 07:00 PM | **Home and Away ’CC’** Kat questions her relationship with Ash. Do they have a future? Has Nate missed his chance with Tori?Duncan realises there’s still a long way to go with Alf. | **PG** +HAAW09-021+ |

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| 07:30 PM | **Border Security - Australia's Front Line ’CC’ NEW EPISODE**High Traces of Methamphetamines are detected on an American woman’s luggage and officers suspect a pregnant Japanese woman is trying to courier drugs when they see something concealed in her bag. | **PG** +BORD-208+ |

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| 08:00 PM | **The Force - Behind The Line ’CC’ NEW EPISODE**“Operation Roder” sees the cleaning up of a Methyl amphetamine syndicate in the Albury local area, with the 'Top Dog' arrested in Penrith. | **PG** +TRUE10-015+ |

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| 08:30 PM | **Criminal Minds: Derek ’CC’** When Morgan is abducted, the BAU scrambles to find him and save his life.  | **MA (V)**+CRMD11-016+ |

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| 09:30 PM | **Criminal Minds: Beyond Borders: El Toro Bravo ’CC’** The IRT heads to Pamplona, Spain during the running of the bulls. The ears of a missing American tourist are found and the team speculates that the crime is politically motivated. | **M (A,V)**+CMBB01-012+ |

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| 10:30 PM | **Motive: Oblivion ’CC’** Angie and Vega’s investigation of two seemingly unrelated murders is hampered by Vega’s need to pass his weapons recertification in order to stay in the field.  | **M (V)**+MOTV03-003+ |

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| 11:30 PM | **Defiance: I Almost Prayed ’CC’ SEASON FINAL**With New York destroyed and Defiance at risk, Nolan must race against the clock to stop Irzu and save Irisa in the process. | **M (V)**+DEFI2-013+ |

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| 12:30 AM | **Last Chance Learners (R) ’CC’ DOUBLE EPISODE**In this week's country driving challenge, the learners take a not-so- leisurely drive in the country - how will they cope with the very real farming hazards? | **PG** +DLRN-009+ |

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| 01:00 AM | **Last Chance Learners (R) ’CC’** This week's city driving challenge proves all too much for one relationship. Will a change of attitude see David through his driving test? | **PG** +DLRN-010+ |

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| 01:30 AM | **The Body Specialists (R) ’CC’ SEASON FINAL**Explore the fascinating and innovative cosmetic and plastic surgical procedures through the deeply personal journeys of the people experiencing them. | **PG (A)**+TSHP-010+ |

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

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| 02:30 AM | **Home Shopping: Nopalea (NOPA130315C) (R)** Home Shopping | **PG** +EMCO-010+ |

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| 03:00 AM | **Home Shopping: Power Pressure Cooker (PPCO2830A10137) (R)** Shopping program. | **G** +GSD-024+ |

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

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| 04:00 AM | **NBC Today** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-150+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7ENN16-150+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-150+ |

 **Thursday, July 28, 2016**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-150+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics.  | **PG** +TMSW16-129+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7MNN16-141+ |

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| 12:00 PM | **Midday Movie: No Way Back (R) ’CC’ (1995)** When F.B.I. Agent Zack Grant's partner is killed during a blown-up operation, he attempts to find the person responsible. Starring:HELEN SLATER,ETSUSHI TOYOKAWA,RUSSELL CROWE | **M (V,L,S)**+SPCF02-034+ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED16-139+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE06-015+ |

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| 04:00 PM | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates.  | +7ANM16-141+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-048+ |

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| 06:00 PM | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates.  | +7NNM16-210+ |

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| 07:00 PM | **Home and Away ’CC’ DOUBLE EPISODE**Tori and Duncan go on a date while Nate stews. Brody warns Phoebe and Justin away from each other. Olivia falls for Tabitha’s manipulations, pushing Hunter away. | **PG (A)**+HAAW09-711+ |

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| 08:00 PM | **Surveillance Oz ’CC’ NEW EPISODE**A spectacular crash as a car flies through a train station and onto the tracks. Also, a road rage incident in the Sydney Harbour Tunnel creates chaos and a car crashes through a busy supermarket, | **PG (A)**+SURV04-702+ |

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| 09:00 PM | **The Big Bang Theory: The Countdown Reflection / Pilot ’CC’ DOUBLE EPISODE**When Howard and Bernadette decide they want to be married before his NASA space launch, the gang rushes to put on a wedding. | **PG** +BBTH05-719+ |

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| 10:00 PM | **Dynamo: Magician Impossible: Paris ’CC’ NEW EPISODE**Street magician Dynamo travels across the English Channel to Paris where he stuns residents and visitors. Back in the UK he amazes Coldplay in their studio. | **PG** +DYMO4-003+ |

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| 11:00 PM | **Rush Hour: Familee Ties ’CC’ SEASON FINAL**In a reimagining of the hit feature film franchise, cultures clash and tempers flare when a stoic, by-the-book Hong Kong police detective is paired with a maverick LAPD detective. | **M (V)**+RUSH01-013+ |

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| 12:00 AM | **Grey's Anatomy: Perfect Storm (R) ’CC’ SEASON FINAL**Grey Sloan Memorial Hospital enters crisis mode as the storm rages, resources become scarce and patients flood in by the busload. Meanwhile, one of the doctors fights for their life. | **M** +GREY9-024+ |

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| 01:00 AM | **Dr Oz: What To Eat For Every Body Type (R) ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG** +DROZ06-018+ |

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| 04:00 AM | **NBC Today** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-151+ |

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| 05:00 AM | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7ENN16-151+ |

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| 05:30 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-151+ |

 **Friday, July 29, 2016**

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| 06:00 AM | **Sunrise ’CC’** Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather.  | +SUNR16-151+ |

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| 09:00 AM | **The Morning Show ’CC’** Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics.  | **PG** +TMSW16-130+ |

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| 11:30 AM | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world.  | +7MNN16-142+ |

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| 12:00 PM | **Midday Movie: Nowhere To Run (R) ’CC’ (1993)** Escaped convict Sam Gillen single handily takes on ruthless developers determined to evict Clydie - a widow with two young children. Nobody knows who Sam is. Starring:ANTHONY STARKE,JEAN-CLAUDE VAN DAMME,EDWARD BLATCHFORD,KIERAN CULKIN,JOSS ACKLAND,ROSANNA ARQUETTE,TED LEVINE,TIFFANY TAUBMAN | **M (V,L)**+SPF7-012+ |

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| 02:00 PM | **The Daily Edition ’CC’** Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED16-140+ |

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| 03:00 PM | **The Chase ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE06-016+ |

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| 04:00 PM | **Seven News At 4 ’CC’** Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates.  | +7ANM16-142+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, hosted by Andrew O’Keefe. | **G** +CHAU01-054+ |

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| 06:00 PM | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates.  | +7NNM16-211+ |

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| 07:00 PM | **Better Homes and Gardens ’CC’** Joh meets up with two rising starrs of Rugby Sevens, lovebirds Charlotte Caslick and Lewis Holland, who have a barbecue cook-off. Karen makes a salted peanut butter cookie ice cream sandwich. | **G** +BHAG22-026+ |

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| 07:30 PM | **2016 AFL Premiership Season: Rnd 19: Geelong v Western Bulldogs ’CC’ LIVE**The Bulldogs are aiming to break a run of nine losses to the Cats in this high stakes encounter at Simonds Stadium as both clubs aim for a top four finish in the run up to the finals. | +AFLG16-154+ |

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| 11:00 PM | **Friday Front Bar ’CC’** Enjoy the lighter side of the footy at the Friday Front Bar with Mick Molloy, Sam Pang and Andy Maher. | **M** +FBAR01-014+ |

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| 11:30 PM | **Olympians - Off The Record: Luc Longley (R) ’CC’** In this episode, basketballer Luc Longley goes Off the Record with Bruce McAvaney to share his best moments, from winning three NBA championships to playing for the Australian Boomers. | **PG** +OFTR01-012+ |

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| 12:00 AM | **Private Practice: The Next Episode (R) ’CC’** A reality show centered around Sam sheds some light on issues in his colleagues' personal lives. Meanwhile, Sam's mother seeks his help after her boss falls ill. | **M** +PRPR6-005+ |

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| 01:00 AM | **Dr Oz: Could Antibiotics In Meat Be Making You Sick? ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG** +DROZ06-019+ |

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| 02:30 AM | **Home Shopping: Nopalea (NOPA130315C) (R)** Home Shopping | **PG** +EMCO-010+ |

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| 03:00 AM | **Home Shopping: Hurricane Spin Mop (HMOP2830C10956) (R)** Shopping program. | **PG** +GSD-025+ |

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| 04:00 AM | **NBC Today** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-152+ |

 **Saturday, July 30, 2016**

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| 06:00 AM | **Saturday Disney ’CC’** Your favourite Disney shows along with lots of entertainment and fun. | **G** +7SDC16-031+ |

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| 07:00 AM | **Weekend Sunrise ’CC’** Wake up to a better breakfast with Andrew O'Keefe and Monique Wright for all the latest news, sport and weather.  | +SSUN16-031+ |

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| 10:00 AM | **The Morning Show - Weekend ’CC’** Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news and entertainment. | **PG** +TMSA16-031+ |

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| 12:00 PM | **Road To Rio ’CC’** All the latest news from home and overseas as Australia's team for the Rio 2016 Olympics takes shape, including interviews and panel discussions. Featuring Jim Wilson, Johanna Griggs and more. | +RRIO16-010+ |

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| 01:00 PM | **Olympians - Off The Record: Boomers Uluru Special ’CC’** The Australian Men’s Basketball Team take an incredibly unique Road to Rio, travelling to the heart of our country, Uluru. They’re on a mission to win an elusive Olympic medal in Rio. | **PG** +OFTR01-017+ |

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| 01:30 PM | **Footy Flashbacks**   | +FFBK16-011+ |

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| 03:00 PM | **2016 AFL Premiership Season: Rnd 19: GWS v Richmond ’CC’** As the Giants head towards their first ever finals appearance, they host the Tigers at Startrack Oval in Canberra with a win here keeping them in touch with a top four chance. | +AFLG16-155+ |

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| 06:00 PM | **Seven News ’CC’** Seven News live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates.  | +7NNM16-212+ |

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| 06:30 PM | **2016 AFL Premiership Season: Pre Game Rnd 19: North Melbourne v St Kilda ’CC’** The Kangaroos have won the last five clashes against the Saints and need this win to stay in touch with the rest of the top eight finals contenders. Can the Saints cause an upset?  | +AFLP16-055+ |

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| 07:00 PM | **2016 AFL Premiership Season: Rnd 19: North Melbourne v St Kilda ’CC’ LIVE**The Kangaroos have won the last five clashes against the Saints and need this win to stay in touch with the rest of the top eight finals contenders. Can the Saints cause an upset?  | +AFLG16-158+ |

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| 10:30 PM | **Saturday Late Movie: 16 Blocks (R) ’CC’ (2006)** An aging cop is assigned the mundane task of escorting a fast-talking young witness from police custody to a New York City courthouse. Starring:BRUCE WILLIS,CASEY SANDER,DAVID MORSE,JENNA STERN,MOS DEF | **M (V,L)**+SPF16-005+ |

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| 12:40 AM | **Private Practice: Apron Strings (R) ’CC’** Addison's role as a parent is challenged when Henry's biological mother reappears and asks to be more involved in her young son's life. | **M** +PRPR6-006+ |

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| 02:00 AM | **Home Shopping: Nopalea (NOPA130315C) (R)** Home Shopping | **PG** +EMCO-010+ |

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| 03:30 AM | **Home Shopping: Power Pressure Cooker (PPCO2830A10137) (R)** Shopping program. | **G** +GSD-024+ |

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| 04:00 AM | **It Is Written: Insecurities** Religious program. | **PG** +IIW12-024+ |

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| 04:30 AM | **Sons And Daughters (R) ’CC’** Sparks fly when Alison puts her plan against the Hamiltons into action. Fiona and Beryl's outings bear unexpected fruit. | **PG** +SAD-708+ |

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| 05:00 AM | **Dr Oz: 14 Days To Shut Down Your Sugar Cravings ’CC’** Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG** +DROZ06-021+ |