**Sunday 27 January 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. | +NBCT19-023+ |

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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. | +WSUN19-004+ |

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| 10:00 | **Surf Patrol (R) ’CC’**  When a Japanese tourist in Surfers Paradise finds herself in trouble, a local man comes to her aid, but he too ends up needing help! | **G**  +SPTL-009+ |

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| 10:30 | **Cycling: Cadel Evans Great Ocean Road Race - Elite Men ’CC’ (2019)**  An annual professional one-day road bicycle racing for both men and women starting and finishing in Geelong, Victoria, and routed along the picturesque Great Ocean Road. | +SPSP19-004+ |

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| 13:00 | **Test Cricket: Aust v Sri Lanka: Pre Game ’CC’**  A look ahead at day 4 of the fifth test between Australian and Sri Lanka. | +CRIC18-519+ |

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| 14:00 | **Test Cricket: Aust v Sri Lanka: Test 1 - Day 4 ’CC’ LIVE**  Start time: 1.00pm AEDT. Australia and Sri Lanka are set for a big day four LIVE from The Gabba, Brisbane. | +CRIC18-520+ |

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| 16:00 | **Test Cricket: Aust v Sri Lanka: Tea Break ’CC’**  Tea break. | +CRIC18-521+ |

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| 16:20 | **Test Cricket: Aust v Sri Lanka: Test 1 - Day 4 ’CC’ LIVE**  Start time: 1.00pm AEDT. Australia and Sri Lanka are set for a big day four LIVE from The Gabba, Brisbane. | +CRIC18-522+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-027+ |

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| 19:00 | **Test Cricket: Aust v Sri Lanka: Test 1 - Day 4 ’CC’ LIVE**  Start time: 1.00pm AEDT. Australia and Sri Lanka are set for a big day four LIVE from The Gabba, Brisbane. | +CRIC18-524+ |

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| 21:30 | **Movie: Why Him? ’CC’ (2016)**  A loving but overprotective dad travels to visit his daughter at Stanford, where he meets his biggest nightmare: her well-meaning but socially awkward Silicon Valley billionaire boyfriend. Starring:BRYAN CRANSTON,JAMES FRANCO,MEGAN MULLALLY,ZOEY DEUTCH | **MA (L,S)**  +FOXF06-011+ |

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| 00:00 | **Dr. Ken: Dave's Valentine (R)**  Dave asks a girl to a dance for Valentine's Day with some help from Ken. | **PG (S)**  +DKEN01-014+ |

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| 00:30 | **Dr. Ken: The Wedding Sitter (R)**  Ken discovers his manic dancing at weddings leaves Allison in the cold. Dave uses an imposter to sneak out from under an elderly babysitter's nose. | **PG**  +DKEN01-015+ |

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| 01:00 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-030+ |

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| 01:30 | **Travel Oz (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-031+ |

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

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

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| 03:30 | **Harry's Practice: Baby Animal Special (R) ’CC’**  Dr. Harry treats a little kitten who's been stung by a bee, while Dr. Katrina hosts the Puppy Challenge. | **G**  +HPR-149+ |

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| 04:00 | **Meet The Press ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM19-004+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-020+ |

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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. | +SUNR19-020+ |

**Monday 28 January 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. | +SUNR19-020+ |

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| 10:00 | **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**  +TMSW19-011+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-017+ |

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| 12:00 | **Better Homes and Gardens Summer (R) ’CC’**  Joh and Fast Ed travel to Kakadu for an epic foodie adventure. Adam and Tara give you some small space living ideas. Karen and Jason make a barbecue butterflied chicken with smoky paprika and chips. | **G**  +BHGS15-005+ |

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| 13:00 | **Test Cricket: Aust v Sri Lanka: Pre Game ’CC’**  A look ahead at day 5 of the fifth test between Australian and Sri Lanka. | +CRIC18-525+ |

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| 14:00 | **Test Cricket: Aust v Sri Lanka: Test 1 - Day 5 ’CC’ LIVE**  Start time: 1.00pm AEDT. Australia and Sri Lanka take to the pitch on the final day in Brisbane LIVE from The Gabba, Brisbane. | +CRIC18-526+ |

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| 16:20 | **Test Cricket: Aust v Sri Lanka: Test 1 - Day 5 ’CC’ LIVE**  Start time: 1.00pm AEDT. Australia and Sri Lanka take to the pitch on the final day in Brisbane LIVE from The Gabba, Brisbane. | +CRIC18-528+ |

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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**  +CHAU07-001+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-028+ |

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| 19:00 | **My Kitchen Rules ’CC’ SERIES RETURN**  It’s the 10th Anniversary of MKR and to celebrate, our doors are open. For the first time, teams will be paired up in open homes to make a three-course menu for the public in Instant Restaurant. | **PG**  +MYKR10-001+ |

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| 21:00 | **The Good Doctor: Quarantine, Pt. 2 ’CC’ SERIES RETURN**  The hospital is still in quarantine as Shaun continues to be overwhelmed by the chaos and noise in the emergency room. Morgan struggles to keep her patients alive, and Audrey fights for her life. | **M**  +GOOD02-011+ |

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| 22:00 | **The Resident: After The Fall ’CC’ SERIES RETURN**  Lane Hunter's victims and their families become outraged when she is released from prison. | +RESI02-010+ |

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| 23:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-028+ |

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| 23:30 | **Botched Up Bodies ’CC’ NEW EPISODE**  Meet the people whose bodies have been botched and the renowned plastics unit whose job it is to fix these problems and give these people the bums, boobs, faces and tums they’ve always wanted. | **MA (A)**  +BOTB04-003+ |

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| 00:30 | **Mistresses: Gone Girl. (R) ’CC’**  Having confessed their true feelings, Joss and Harry are making out on the beach when Karen calls with bad news and Joss races to be with Scott. | **M (V,A)**  +MSTR3-001+ |

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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-031+ |

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

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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. | +NBCT19-024+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-021+ |

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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. | +SUNR19-021+ |

**Tuesday 29 January 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. | +SUNR19-021+ |

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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**  +TMSW19-012+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-018+ |

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

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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. | +TDED19-008+ |

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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**  +CHSE07-105+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-021+ |

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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**  +CHAU07-002+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-029+ |

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| 19:00 | **My Kitchen Rules ’CC’**  Can proud Perth siblings Amanda & Blake turn their humble beginnings into a grand finale? Meanwhile, Josh's table manners go from bad to worse as the home schoolers refuse to learn a lesson. | **PG (L,A)**  +MYKR10-002+ |

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| 21:00 | **The Good Doctor: Aftermath ’CC’**  In the aftermath of the quarantine, hospital staff try to return to their normal routines as the Department of Public Health office decides they need to review what transpired. | **M**  +GOOD02-012+ |

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| 22:00 | **The Resident: Operator Error ’CC’**  When a medical device fails on a former Chastain employee, an investigation is opened up, which pits Dr. AJ Austin against Quovadis. | +RESI02-011+ |

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| 23:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-029+ |

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| 23:30 | **The Family: Pilot (R) ’CC’**  Ten years after disappearing, a politician's son suddenly returns, sending repercussions rippling through the family and the community. | **M (D,A,V)**  +FAMI01-001+ |

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| 00:30 | **The Catch: The Happy Couple (R) ’CC’**  Ben makes a critical decision just as the matriarch of the Kensington Firm, Sybil Griffiths, pays an unexpected visit that throws everyone off their game. | **M (V)**  +CATC01-009+ |

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| 01:30 | **Travel Oz: Royal Flying Doctor Service (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-032+ |

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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. | +NBCT19-025+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-022+ |

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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. | +SUNR19-022+ |

**Wednesday 30 January 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. | +SUNR19-022+ |

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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**  +TMSW19-013+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-019+ |

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

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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. | +TDED19-009+ |

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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**  +CHSE07-106+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-022+ |

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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**  +CHAU07-003+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-030+ |

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| 19:00 | **My Kitchen Rules ’CC’**  Family heritage is on the line as Karito & Ian showcase the food and fire of her native Colombia. But will their Latin fiesta become a fiasco? Meanwhile, Ibby’s ready to confess. | **PG**  +MYKR10-003+ |

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| 21:00 | **Undercurrent ’CC’ SEASON PREMIERE**  A true-crime series in the tradition of The Jinx and Making a Murderer. An active, unfolding investigation with twists, revelations and cliff-hangers. | **M (A,V)**  +UNDR01-001+ |

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| 22:10 | **Criminal Minds: Twenty Seven ’CC’ SERIES RETURN**  It's literally a race against the clock for the BAU to capture the vigilantes behind a series of attacks taking place every 27 minutes in the nation's capital. | **M (V)**  +CRMD14-007+ |

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| 23:10 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-030+ |

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| 23:40 | **The Family: All You See Is Dark (R) ’CC’**  Both newly freed from their respective captivity, Adam Warren and Hank Asher find homecoming is a thing easier said than done. After meeting Adam face to face, Hank grapples with a dark secret. | **M (A,S)**  +FAMI01-002+ |

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| 00:40 | **Quantico: Closure (R) ’CC’**  The NATS are excited that graduation is near as they prepare to leave Quantico. Later, Alex learns someone she cared about is not who they seemed, as she finds herself at the heart of another attack. Starring:AUNJANUE ELLIS,JAKE MCLAUGHLIN,JOSH HOPKINS,JOHANNA BRADDY,PRIYANKA CHOPRA,ROGERS FAMILY,YASMINE AL MASRI | **M (V)**  +QUAN01-021+ |

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| 01:35 | **Travel Oz: Sichuan (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-033+ |

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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. | +NBCT19-026+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-023+ |

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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. | +SUNR19-023+ |

**Thursday 31 January 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. | +SUNR19-023+ |

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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**  +TMSW19-014+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-020+ |

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

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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. | +TDED19-010+ |

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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**  +CHSE07-107+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-023+ |

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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**  +CHAU07-004+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-031+ |

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| 19:00 | **Big Bash League: Pre-Game: Hob v Adel ’CC’**  A look ahead at tonight's Big Bash League game between Hobart and Adelaide. | +BBLC18-201+ |

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| 19:30 | **Big Bash League: Hobart v Adelaide ’CC’ LIVE**  Start time: 7.30pm AEDT. There will be plenty of excitement as Matthew Wade and the Hurricanes host the Strikers LIVE from Launceston. | +BBLC18-100+ |

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| 23:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-031+ |

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| 23:30 | **The Family: Of Puppies And Monsters (R) ’CC’**  FBI Agent Gabe Clements joins the investigation and makes it clear to Nina how he would like to handle the case. | **M (A,V)**  +FAMI01-003+ |

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| 00:30 | **Grey's Anatomy: Games People Play ’CC’**  Maggie's relationship with Clive starts to progress. Meredith and Jo meet with the owner of the patent to the polymer they need for their project, who is a friend of the family. | **M (D,S)**  +GREY14-014+ |

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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-034+ |

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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. | +NBCT19-027+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-024+ |

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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. | +SUNR19-024+ |

**Friday 01 February 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. | +SUNR19-024+ |

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| 09:30 | **Test Cricket: Aust v Sri Lanka: Pre Game ’CC’**  A look ahead at day 1 of the test match between Australia and Sri Lanka. | +CRIC18-601+ |

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| 10:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 1 ’CC’ LIVE**  Start time: 9.30am AEDT. The Aussies are vying for Victoria as they take on Sri Lanka on day one at Manuka Oval LIVE from Canberra. | +CRIC18-602+ |

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| 12:30 | **Test Cricket: Aust v Sri Lanka: Lunch Break ’CC’**  A look at the day of play so far between Australia and Sri Lanka. Hosted by Bruce McAvaney. | +CRIC18-603+ |

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| 13:10 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 1 ’CC’ LIVE**  Start time: 9.30am AEDT. The Aussies are vying for Victoria as they take on Sri Lanka on day one at Manuka Oval LIVE from Canberra. | +CRIC18-604+ |

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| 15:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 1 ’CC’ LIVE**  Start time: 9.30am AEDT. The Aussies are vying for Victoria as they take on Sri Lanka on day one at Manuka Oval LIVE from Canberra. | +CRIC18-606+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-032+ |

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| 19:00 | **Better Homes And Gardens ’CC’**  Joh and Pete visit a luxury home in the Adelaide Hills. Dr Harry discovers some of the issues facing turtles off the Great Barrier Reef. Karen makes prawn and chive spring onion dumplings. | **G**  +BHAG25-001+ |

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| 20:30 | **Big Bash League: Brisbane v Perth ’CC’ LIVE**  Start time: 8.40pm AEDT. Things are sure to heat up during this Friday night match between the Heat and The Scorchers LIVE from The Gabba, Brisbane. | +BBLC18-103+ |

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| 00:00 | **Grey's Anatomy: Old Scars, Future Hearts ’CC’**  Meredith tries to learn more about Marie Cerone's history with her mother. Meanwhile, Jo is applying for fellowships around the country and it throws Alex for a loop. | **M (A,S)**  +GREY14-015+ |

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| 01:00 | **Grey's Anatomy: Caught Somewhere In Time ’CC’**  Maggie and Jackson are enjoying spending time together, but he must turn his concentration toward the groundbreaking vaginoplasty surgery he has scheduled with Catherine and Richard. | **M (A,S)**  +GREY14-016+ |

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

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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’**  Great Mysteries of the World - visit Australia's UFO hotspot. Tom Williams takes a Scoobycamper to Loch Ness, home of the world's favourite monster. Starring:LEW FARKAS | **G**  +GO17-014+ |

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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. | +NBCT19-028+ |

**Saturday 02 February 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. | +NBCT19-028+ |

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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. | +SSUN19-005+ |

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| 09:30 | **Test Cricket: Aust v Sri Lanka: Pre Game ’CC’**  A look ahead at day 2 of the test match between Australia and Sri Lanka. | +CRIC18-607+ |

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| 10:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 2 ’CC’ LIVE**  Start time: 9.30am AEDT. Get set for a cracking day of cricket as Australia continues to battle Sri Lanka at Manuka Oval LIVE from Canberra. | +CRIC18-608+ |

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| 12:30 | **Test Cricket: Aust v Sri Lanka: Lunch Break ’CC’**  A look at the day of play so far between Australia and Sri Lanka. Hosted by Bruce McAvaney. | +CRIC18-609+ |

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| 13:10 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 2 ’CC’ LIVE**  Start time: 9.30am AEDT. Get set for a cracking day of cricket as Australia continues to battle Sri Lanka at Manuka Oval LIVE from Canberra. | +CRIC18-610+ |

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| 15:30 | **Test Cricket: Aust v Sri Lanka: Test 2 - Day 2 ’CC’ LIVE**  Start time: 9.30am AEDT. Get set for a cracking day of cricket as Australia continues to battle Sri Lanka at Manuka Oval LIVE from Canberra. | +CRIC18-612+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-033+ |

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| 18:30 | **AFL Women's: Rnd 1: Geelong v Collingwood ’CC’ LIVE**  Start time: 6.40pm AEDT. AFLW is back in 2019 as the Geelong Cats take on Collingwood at GMHBA stadium LIVE from Geelong. | +AFLW19-001+ |

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| 20:30 | **AFL Women's: Rnd 1: Adelaide v Western Bulldogs ’CC’ LIVE**  Start time: 8.40pm AEDT. The Adelaide Crows aim to create the first upset of the season as they take on last year's premiers the Western Bulldogs LIVE from Norwood, Adelaide. | +AFLW19-002+ |

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| 22:45 | **Movie: Pain & Gain (R) ’CC’ (2013)**  A trio of bodybuilders in Florida get caught up in an extortion ring and a kidnapping scheme that goes terribly wrong. Starring:ANTHONY MACKIE,BAR PALY,DWAYNE JOHNSON,ED HARRIS,MARK WAHLBERG,REBEL WILSON,TONY SHALHOUB | **MA (V,D,S)**  +PAFF01-001+ |

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| 01:15 | **Grey's Anatomy: One Day Like This (R) ’CC’**  April's crisis of faith is challenged by a patient she treats who is a rabbi, and Meredith treats a patient who is a transplant surgeon from another hospital. | **M (A,S)**  +GREY14-017+ |

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| 04:00 | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**  Susan agonises over an important decision. | **PG**  +SAD-917+ |

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| 04:30 | **Sons And Daughters (R) ’CC’**  Caroline is floored by Doug's money making efforts. | **PG**  +SAD-918+ |

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| 05:00 | **House Of Wellness: Summer Special (R) ’CC’ ENCORE**  Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG**  +HOWL02-047+ |