**Sunday 29 September 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Big Angry Fish (R)** Milan meets an unlucky and lonely Australian angler and invites him out fishing for the day. | **PG** +BAFI03-009+ |

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| 07:30 | **TBA:** TBC | ++ |

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| 08:00 | **TBA:** TBC | ++ |

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| 08:30 | **TBA:** TBC | ++ |

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| 09:00 | **TBA:** TBC | ++ |

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| 09:30 | **Your 4x4 (R)** Join Simon and Danny along with a team of 4WDing experts as they traverse Australia, exploring ancient historical sites, meeting local characters and pushing the limits of where you can take your 4WD. | **PG** +YFBF03-008+ |

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| 10:00 | **STIHL Timbersports: Making The Cut (R)** Athletes compete in a series of wood chopping and sawing disciplines requiring athleticism, strength, precision and power. | **PG** +TIMB05-004+ |

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| 11:00 | **Zona's Awesome Fishing Show: Combs / Lake Fork** After a cold, tough grind on Falcon Lake in 2014. Z and Pro Angler Keith Combs are out for some Texas Largemouth redemption on hallowed ground at Lake Fork. | **PG** +ZAFS05-001+ |

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| 11:30 | **Mark Berg's Fishing Addiction: 100 Barra For Adam Pt 1 (R)** Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** +MBFA09-001+ |

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| 12:30 | **Mega Marine Machines: Navy Fleets (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-004+ |

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| 13:30 | **Storage Wars: Portrait Of The Gambler (R)** The buyers return to Montebello, CA. Previously Jarrod and Brandi lost money, and an employee. | **PG** +STOW04-006+ |

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| 14:00 | **Storage Wars: Portrait Of The Gambler (R)** The buyers return to Montebello, CA. Previously Jarrod and Brandi lost money, and an employee. | **PG** +STOW04-006+ |

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| 14:30 | **The Fishing Show** Host Nigel Webster travels around Australia, providing fishing tips and advice. | **PG** +AFNF08-020+ |

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| 15:30 | **Hook Line And Sinker** Join Nick Duigan and Andrew Hart on a fishing adventure around Australia and the world. | **PG** +HOLS19-012+ |

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| 16:30 | **Step Outside With Paul Burt** Paul Burt reels in the best fishing spots, angling tips and the latest product reviews. | **PG** +SOPB01-030+ |

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| 17:00 | **T20 International Women: Australia v Sri Lanka (R) ’CC’** The international summer of cricket opens with Australia’s powerhouse women’s team taking on Sri Lanka at North Sydney Oval in the first of a three-match T20 series. Start time: 2.40pm AEST | +TTWI19-002+ |

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| 17:30 | **Towies: Towies S1 Ep: 9 (R)** Big accidents, bigger machines and the toughest towies in the trade. When things go wrong, the country's largest towing company is there to pick up the pieces. | **PG** +TOWI01-009+ |

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| 17:45 | **American Restoration: Smoking Hot (R)** Rick turns up the heat when an 1881 potbelly stove whips into the shop. Can he cook this project to perfection, or will this old oven come out burnt to a crisp? | **PG** +AMER2-006+ |

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| 18:15 | **American Restoration: Milking It (R)** When Rick's brother Ron and son Tyler encounter a 1950s milk vending machine for sale, they attempt to squeeze out a good deal. Can they churn something out of this dairy discovery? | **PG** +AMER2-007+ |

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| 18:45 | **Movie: The Simpsons Movie (R) (2007)** After Homer accidentally pollutes the town's water supply, Springfield is encased in a gigantic dome by the EPA and the Simpson family are declared fugitives. | **PG (D,L,S,V)**+FOXF02-023+ |

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| 20:30 | **Movie: Red (R) ’CC’ (2010)** When his peaceful life is threatened by a high-tech assassin, former black-ops agent Frank Moses reassembles his old team in a last-ditch effort to survive and uncover his assailants. | **M (L,V)**+ICNF12-001+ |

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| 22:50 | **Movie: Cobra (R)** A tough-on-crime street cop must protect the only surviving witness to a strange murderous cult with far reaching plans. Starring:ANDREW ROBINSON,BRIAN THOMPSON,BRIGITTE NIELSEN,RENI SANTONI,SYLVESTER STALLONE | **MA (V)**+WBFF01-008+ |

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| 00:40 | **Towies: Towies S1 Ep: 3 (R)** Big accidents, bigger machines and the toughest towies in the trade. When things go wrong, the country's largest towing company is there to pick up the pieces. | **PG** +TOWI01-003+ |

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| 01:00 | **American Restoration: Smoking Hot (R)** Rick turns up the heat when an 1881 potbelly stove whips into the shop. Can he cook this project to perfection, or will this old oven come out burnt to a crisp? | **PG** +AMER2-006+ |

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| 01:30 | **American Restoration: Milking It (R)** When Rick's brother Ron and son Tyler encounter a 1950s milk vending machine for sale, they attempt to squeeze out a good deal. Can they churn something out of this dairy discovery? | **PG** +AMER2-007+ |

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| 02:00 | **Sound FX: Best Of: Steve Mariucci (R)** NFL Game Day's own Steve Mariucci gets the Sound FX treatment. Take a look back at his distinguished coaching career with the San Francisco 49ers and the Detroit Lions. | +SFXB01-009+ |

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| 02:30 | **Sound FX: Best Of: Chad Ochocino (R)** A legendary NFL wide receiver for the Bengals and the Pats, it was Ochocinco's off field antics that garnered him the most attention. Listen up as this troublesome teammate goes under the mic. | +SFXB01-010+ |

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| 03:00 | **NFL: Week 4: Chiefs at Lions** The Chiefs loom as one of this season’s strongest contenders, but the Lions will fancy their chances of causing a boilover at their Ford Field home. Start time: 3.00am AEST | +NFLI19-008+ |

 **Monday 30 September 2019**

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| 06:00 | **NFL: Week 4: Chiefs at Lions** The Chiefs loom as one of this season’s strongest contenders, but the Lions will fancy their chances of causing a boilover at their Ford Field home. Start time: 3.00am AEST | +NFLI19-008+ |

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| 06:30 | **NFL: Week 4: Vikings at Bears** A fierce battle is always assured when these two NFC North rivals clash, with the Bears sure to give the Vikings a hostile reception at Soldier Field. Start time: 6.25am AEST | +NFLI19-009+ |

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| 09:30 | **Sound FX: Best Of: Adrian Peterson (R)** Minnesota Vikings RB, Adrian Peterson, dominates defences and posts big numbers on a weekly basis. Take a look back at the best Sound FX from some of his impressive performances. | +SFXB01-011+ |

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| 10:00 | **Swamp People: Under Siege (R)** With half the season over, the best hunters are back on track and ahead of last year's pace. R.J. and Jay Paul are after a nasty gator that's been wreaking havoc. | **PG** +SWMP3-011+ |

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| 11:00 | **Mega Marine Machines: Mississippi (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-005+ |

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| 12:00 | **Doomsday Preppers: No Such Thing As A Fair Fight (R)** Businessman by day, prepper by night. Brent lives in fear of an electromagnetic pulse (EMP) that will make the world go dark, leaving his family of 12 with nothing. | **PG** +DOOP2-008+ |

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| 13:00 | **American Restoration: Smoking Hot (R)** Rick turns up the heat when an 1881 potbelly stove whips into the shop. Can he cook this project to perfection, or will this old oven come out burnt to a crisp? | **PG** +AMER2-006+ |

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| 13:30 | **American Restoration: Milking It (R)** When Rick's brother Ron and son Tyler encounter a 1950s milk vending machine for sale, they attempt to squeeze out a good deal. Can they churn something out of this dairy discovery? | **PG** +AMER2-007+ |

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| 14:00 | **Blokesworld: Laos, Pt. 4 (Ado Vs Border Security) (R)** Ado and Camera 3 travel the world to prove that Blokes are the same all over the world and they all share the same passions. | **PG (L)**+BLKE09-015+ |

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| 14:30 | **Alaska's Ultimate Bush Pilots: Meet Island Air (R)** Veteran bush pilot Bob Stanford risks everything to save hunters struggling to stay alive in a remote area of Kodiak. | **PG** +AUBP01-001+ |

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| 15:00 | **Swamp People: Under Siege (R)** With half the season over, the best hunters are back on track and ahead of last year's pace. R.J. and Jay Paul are after a nasty gator that's been wreaking havoc. | **PG** +SWMP3-011+ |

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| 16:00 | **Mega Marine Machines: Mississippi (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-005+ |

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| 17:00 | **Storage Wars: Breathalyze This (R)** The buyers are back in Surf City, USA. Barry brings the king of kitsch, Charles Phoenix to "view" an auction first hand. | **PG** +STOW04-008+ |

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| 17:30 | **American Pickers: Museum Man (R)** In Indiana, the guys discover a collection so big and rare it's enough to start a one-man museum, but how do you put a price on the priceless? | **PG** +APIC07-022+ |

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| 18:30 | **Storage Wars: Texas: Home On The Strange NEW EPISODE**When the buyers head to the conservative town of Burelson, Texas, they find items that are anything but ordinary! Moe Prigoff is on the hunt for oddities. | **PG** +SWTE01-007+ |

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| 19:00 | **T20 International Women: Australia v Sri Lanka ’CC’** The international summer of cricket continues. | +TTWI19-003+ |

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

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| 23:00 | **Movie: Contraband (R) ’CC’ (2014)** To protect his brother-in-law from a notorious drug lord, a former smuggler heads to Panama to score millions of dollars in counterfeit bills. Starring:BEN FOSTER,J.K. SIMMONS,GIOVANNI RIBISI,MARK WAHLBERG,LUCAS HAAS,KATE BECKINSALE,LANDRY JONES CALEB | **MA (L,V)**+NBCF28-002+ |

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| 01:15 | **Alaska's Ultimate Bush Pilots: Meet Island Air (R)** Veteran bush pilot Bob Stanford risks everything to save hunters struggling to stay alive in a remote area of Kodiak. | **PG** +AUBP01-001+ |

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| 02:00 | **Doomsday Preppers: No Such Thing As A Fair Fight (R)** Businessman by day, prepper by night. Brent lives in fear of an electromagnetic pulse (EMP) that will make the world go dark, leaving his family of 12 with nothing. | **PG** +DOOP2-008+ |

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| 03:00 | **America's Game: The Super Bowl Champions: 1973 Miami Dolphins (R)** They came by land and by air, if not by sea, and they didn't squeak by the Vikings, but roared over them in an awesome display of offense and defense to win their second straight Super Bowl. | +AGSB01-008+ |

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| 04:00 | **Storage Wars: Breathalyze This (R)** The buyers are back in Surf City, USA. Barry brings the king of kitsch, Charles Phoenix to "view" an auction first hand. | **PG** +STOW04-008+ |

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| 04:30 | **Storage Wars: Texas: Home On The Strange (R)** When the buyers head to the conservative town of Burelson, Texas, they find items that are anything but ordinary! Moe Prigoff is on the hunt for oddities. | **PG** +SWTE01-007+ |

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| 05:00 | **Swamp People: Under Siege (R)** With half the season over, the best hunters are back on track and ahead of last year's pace. R.J. and Jay Paul are after a nasty gator that's been wreaking havoc. | **PG** +SWMP3-011+ |

 **Tuesday 01 October 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Big Angry Fish (R)** Milan and Nathan are visiting Vanuatu and hook into a real Big and Angry one. | **PG** +BAFI03-010+ |

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| 07:30 | **Creek To Coast: Creek To Coast 2019 Ep: 8 (R) ’CC’** Scotty enjoys the thrills of sight fishing for Saratoga. Olivia tries wakeboarding. We find out what is in Roothy's shed while Roger has tips on how to get yourself out, when bogged on the beach. | **PG** +7CTC19-008+ |

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| 08:00 | **American Pickers: Museum Man (R)** In Indiana, the guys discover a collection so big and rare it's enough to start a one-man museum, but how do you put a price on the priceless? | **PG** +APIC07-022+ |

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| 09:00 | **Mega Marine Machines: Mississippi (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-005+ |

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| 10:00 | **A Football Life: Ray Lewis (R)** Two-time Super Bowl Champion Ray Lewis was the cornerstone of the Ravens' defense for 17 seasons. Take a look into Lewis' life as a player, father, and inspirational leader to teammates and fans. | **PG** +FOLI01-010+ |

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| 11:00 | **America's Game: The Super Bowl Champions: 1976 Oakland Raiders (R)** The Vikings were all but wiped out in the Super Bowl as Oakland ran and passed pretty much as it pleased in setting a record for total offense. The final score may be of interest, only to trivia fans. | +AGSB01-011+ |

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| 12:00 | **Swamp People: Secret Weapons (R)** Jacob and Chase are once again operating their own boat to help their dad fill tags. Jacob is looking for new territory and he's bringing along the Landry secret weapon… his grandfather. | **PG** +SWMP3-012+ |

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| 13:00 | **American Pickers: Museum Man (R)** In Indiana, the guys discover a collection so big and rare it's enough to start a one-man museum, but how do you put a price on the priceless? | **PG** +APIC07-022+ |

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| 14:00 | **Storage Wars: Breathalyze This (R)** The buyers are back in Surf City, USA. Barry brings the king of kitsch, Charles Phoenix to "view" an auction first hand. | **PG** +STOW04-008+ |

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| 14:30 | **Storage Wars: Texas: Home On The Strange (R)** When the buyers head to the conservative town of Burelson, Texas, they find items that are anything but ordinary! Moe Prigoff is on the hunt for oddities. | **PG** +SWTE01-007+ |

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| 15:00 | **Alaska's Ultimate Bush Pilots: Fight Or Flight (R)** While on a routine sightseeing flight, a massive storm has the pilots fighting to keep their passengers safe. | **PG** +AUBP01-002+ |

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| 15:30 | **Alaska's Ultimate Bush Pilots: Deadman Survival (R)** Island Air battles time and the elements, to rescue a group trapped in Deadman's Bay. | **PG** +AUBP01-003+ |

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| 16:00 | **Mega Marine Machines: Harbors (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-006+ |

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| 17:00 | **Storage Wars: The Big Boy Vs. Heavyweight (R)** The buyers meet up in La Habra, CA and run into The King of Palmdale. Ivy Calvin, a former ultimate fighter gets into the ring and quickly goes toe to toe with Darrell. | **PG** +STOW04-009+ |

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| 17:30 | **American Pickers: Big Moe (R)** Big Moe's negotiating skills have Mike feeling a bit small; and Pastor Bill lives everyday like it's Christmas. | **PG** +APIC07-023+ |

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| 18:30 | **Storage Wars: Texas: The Surgeon, The Witch, And The Wardrobe NEW EPISODE**A tornado is coming! When the buyers head to East Texas, the race is on to grab a locker before the storm hits. Ricky and Bubba go after a table with an ancient purpose. | **PG** +SWTE01-008+ |

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| 19:00 | **Pawn Stars: Rough And Tumble (R)** Tame the beast with the Pawn Stars when Rick checks out some items signed by "Grizzly Adams" actor Dan Haggerty. | **PG** +PWNS13-003+ |

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| 19:30 | **Highway Patrol: Doped Driver (R) ’CC’** A night of random breath testing proves quite interesting for officers, police break up a roadside drinking session and black smoke signals a lot of problems with a wannabe mechanic's car. | **PG** +HWYP4-002+ |

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| 20:00 | **Highway Patrol: Asserting My Rights (R) ’CC’** A bolshy bike rider pulls a wheelie right in front of an unmarked cop car. The rider attempts to evade the police before falling off his bike, but continues to try and make a run for it. | **PG** +HWYP4-003+ |

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| 20:30 | **Towies ’CC’ NEW EPISODE**A young P Plater has crashed her car into a creek just off the Sunshine Motorway. A truck loaded up with rubbish has rolled down a hill, hitting trees and then ending up wedged between some boulders. | **PG** +TOWI02-007+ |

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| 21:00 | **Heavy Lifting: Son Of A Sailor NEW EPISODE**Dan and Francis help sailors remove their boats from the water before winter arrives. | **PG** +HEAL01-006+ |

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| 22:00 | **Counting Cars: Ready, Set, Van Gogh! NEW EPISODE**Ryan is challenged to paint a Harley Trike in the spirit of Van Gogh's "Starry Night," and Kevin finds a car that could be one the most valuable ones Danny has ever seen if it's an original. | **PG** +CCAR04-031+ |

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| 22:30 | **Counting Cars: Dune Buggy Blues NEW EPISODE**Danny has found and bought a replacement for his beloved Dune Buggy "Sparkles". | **PG** +CCAR04-032+ |

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| 23:00 | **Graveyard Carz NEW EPISODE**The world is littered with the decaying uni-body's of former muscle cars, but at Graveyard Carz, no classic Mopar is too rusted for it to not get restored. | **PG** +GRAC08-006+ |

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| 00:00 | **Mega Marine Machines: Harbors (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-006+ |

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| 01:00 | **American Pickers: Big Moe (R)** Big Moe's negotiating skills have Mike feeling a bit small; and Pastor Bill lives everyday like it's Christmas. | **PG** +APIC07-023+ |

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| 02:00 | **Storage Wars: The Big Boy Vs. Heavyweight (R)** The buyers meet up in La Habra, CA and run into The King of Palmdale. Ivy Calvin, a former ultimate fighter gets into the ring and quickly goes toe to toe with Darrell. | **PG** +STOW04-009+ |

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| 02:30 | **Storage Wars: Texas: The Surgeon, The Witch, And The Wardrobe (R)** A tornado is coming! When the buyers head to East Texas, the race is on to grab a locker before the storm hits. Ricky and Bubba go after a table with an ancient purpose. | **PG** +SWTE01-008+ |

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| 03:00 | **America's Game: The Super Bowl Champions: 1974 Pittsburgh Steelers (R)** Pressuring the Vikings with a vigorous attack and an overwhelming defense, the Steelers bulled their way to sweet victory in the Super Bowl. | +AGSB01-009+ |

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| 04:00 | **Heavy Lifting: Son Of A Sailor (R)** Dan and Francis help sailors remove their boats from the water before winter arrives. | **PG** +HEAL01-006+ |

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| 05:00 | **Swamp People: Secret Weapons (R)** Jacob and Chase are once again operating their own boat to help their dad fill tags. Jacob is looking for new territory and he's bringing along the Landry secret weapon… his grandfather. | **PG** +SWMP3-012+ |

 **Wednesday 02 October 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Big Angry Fish (R)** Milan and Nathan are chasing big angry fish in Vanuatu and they get a real run for their money. | **PG** +BAFI03-011+ |

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| 07:30 | **Storage Wars: The Big Boy Vs. Heavyweight (R)** The buyers meet up in La Habra, CA and run into The King of Palmdale. Ivy Calvin, a former ultimate fighter gets into the ring and quickly goes toe to toe with Darrell. | **PG** +STOW04-009+ |

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| 08:00 | **American Pickers: Big Moe (R)** Big Moe's negotiating skills have Mike feeling a bit small; and Pastor Bill lives everyday like it's Christmas. | **PG** +APIC07-023+ |

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| 09:00 | **Mega Marine Machines: Harbors (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-006+ |

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| 10:00 | **A Football Life: Barry Sanders (R)** Barry Sanders was a defender's worst nightmare, a blend of speed and elusiveness that made him impossible to catch and tougher to tackle. | **PG** +FOLI01-011+ |

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| 11:00 | **America's Game: The Super Bowl Champions: 1977 Dallas Cowboys (R)** That ferocious Dallas defense forced and recovered four Denver fumbles and intercepted four passes as the Cowboys belted the Broncos in the Super Bowl. | +AGSB01-012+ |

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| 12:00 | **Swamp People: Scorched (R)** As the sun rises on day 18, it's already 96 degrees. Every hunter knows the heat drives the gators into a feeding frenzy. But the scorching sun can spoil hides and meat once the gators are in boat. | **PG** +SWMP3-013+ |

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| 13:00 | **Mega Marine Machines: Tidal Power (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-007+ |

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| 14:00 | **Counting Cars: Ready, Set, Van Gogh! (R)** Ryan is challenged to paint a Harley Trike in the spirit of Van Gogh's "Starry Night," and Kevin finds a car that could be one the most valuable ones Danny has ever seen if it's an original. | **PG** +CCAR04-031+ |

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| 14:30 | **Counting Cars: Dune Buggy Blues (R)** Danny has found and bought a replacement for his beloved Dune Buggy "Sparkles". | **PG** +CCAR04-032+ |

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| 15:00 | **Alaska's Ultimate Bush Pilots: Desperate Times (R)** Island Air drops off a group of desperate hunters in the heart of the bush as a deep freeze hits Kodiak. | **PG** +AUBP01-004+ |

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| 15:30 | **Graveyard Carz (R)** The world is littered with the decaying uni-body's of former muscle cars, but at Graveyard Carz, no classic Mopar is too rusted for it to not get restored. | **PG** +GRAC08-006+ |

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| 16:30 | **Storage Wars: The Kook, Chief, His Son And Brothers (R)** The buyers travel to far away Lake Elsinore, CA and run into The Kings of Swag appraisers who caught the auction bug from Barry. | **PG** +STOW04-010+ |

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| 17:00 | **T20 International Women: Post Match Presentations ’CC’**   | +TTWI19-007+ |

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| 17:30 | **American Pickers: May The Ford Be With You (R)** Mike & Frank undertake a major excavation to unearth a rare vintage auto that hasn't seen daylight in decades, but could be worth a fortune. | **PG** +APIC07-024+ |

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| 18:30 | **Storage Wars: Texas: Puffy In The Sky With Diamonds NEW EPISODE**In the city of Irving, the buyers are on the hunt for old heirlooms. Victor employs some underhanded tactics to rattle the competition. Lesa and Jerry find some valuable roping gear. | **PG** +SWTE01-009+ |

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| 19:00 | **Pawn Stars: The Great Pawnbino (R)** Step up to the plate with the Pawn Stars, when Rick tries to hit a home run with a personal check signed by Babe Ruth. | **PG** +PWNS13-004+ |

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| 19:30 | **TBA:** TBC | ++ |

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| 20:00 | **The Simpsons: Bart Gets A Z (R)** When Bart's prank gets Ms. Krabappel fired from Springfield Elementary School, he tries to make it up to her without letting her know that he was responsible. | **PG** +SIMP21-002+ |

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| 20:30 | **The Simpsons: The Great Wife Hope (R)** Marge takes on the owner of an ultimate fighting league in the ring in order to get the sport banned in Springfield. | **PG (V)**+SIMP21-003+ |

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| 21:00 | **Family Guy: Blue Harvest - Part 2 Of 2 (R)** Meet the lovably dysfunctional characters of this creatively animated adult series - the Griffin family, whose only sane member is their dog!  | **M (D,A,S)**+FGUY7-002+ |

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| 21:30 | **Family Guy: Movin' Out (R)** Peter convinces Brian to get serious with his girlfriend, so Brian and Jillian get their own place. Guest starring Drew Barrymore. Starring:ADAM WEST,H. JON BENJAMIN,MIKE HENRY | **M** +FGUY7-003+ |

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| 22:00 | **American Dad: The Dentist's Wife (R) ’CC’** Roger loses his identity after becoming fascinated by a local dentist's wife. Meanwhile, Klaus throws a party when Stan and the kids are unable to move from being sore after working out. | **M** +ADAD12-012+ |

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| 22:30 | **American Dad: Widow's Pique (R) ’CC’** Francine practices being a widow. | **M (A,S,V)**+ADAD12-013+ |

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| 23:00 | **Futurama: Where No Fan Has Gone Before (R)** Fry must defend his trip to Omega 3 to retrieve all 79 episodes of "Star Trek." | **PG** +FUTR04-012+ |

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| 23:30 | **Futurama: The Series Has Landed (R)** For the crew's first mission, they must make a delivery to the moon, which is now home to a cheesy amusement park. | **PG (A,V,L)**+FUTR01-002+ |

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| 00:00 | **Mega Marine Machines: Tidal Power (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-007+ |

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| 01:00 | **Storage Wars: The Kook, Chief, His Son And Brothers (R)** The buyers travel to far away Lake Elsinore, CA and run into The Kings of Swag appraisers who caught the auction bug from Barry. | **PG** +STOW04-010+ |

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| 01:30 | **Storage Wars: Nobody's Vault But Mine (R)** A record-breaking 100 vault auction brings extra buyers to Chatsworth. Darrell Sheets gets Mark Balelo to bite on a big group of vaults, and their contents lead to an explosive situation. | **PG** +STOW04-011+ |

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| 02:00 | **American Pickers: May The Ford Be With You (R)** Mike & Frank undertake a major excavation to unearth a rare vintage auto that hasn't seen daylight in decades, but could be worth a fortune. | **PG** +APIC07-024+ |

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| 03:00 | **America's Game: The Super Bowl Champions: 1975 Pittsburgh Steelers (R)** Caught between the man-eating Pittsburgh defense and the pass-catching wizardry of Lynn Swann, the Cowboys fell just short of their gallant bid for a Super Bowl upset. | +AGSB01-010+ |

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| 04:00 | **Storage Wars: Texas: Puffy In The Sky With Diamonds (R)** In the city of Irving, the buyers are on the hunt for old heirlooms. Victor employs some underhanded tactics to rattle the competition. Lesa and Jerry find some valuable roping gear. | **PG** +SWTE01-009+ |

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| 04:30 | **Pawn Stars: The Great Pawnbino (R)** Step up to the plate with the Pawn Stars, when Rick tries to hit a home run with a personal check signed by Babe Ruth. | **PG** +PWNS13-004+ |

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| 05:00 | **Swamp People: Scorched (R)** As the sun rises on day 18, it's already 96 degrees. Every hunter knows the heat drives the gators into a feeding frenzy. But the scorching sun can spoil hides and meat once the gators are in boat. | **PG** +SWMP3-013+ |

 **Thursday 03 October 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Big Angry Fish (R)** A huge shark is harassing the guys and whatever they catch, so Nathan volunteers to fight back. | **PG** +BAFI03-012+ |

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| 07:30 | **Creek To Coast: Creek To Coast 2018 Ep: 29 (R) ’CC’** Sammie is in the Valley of the Lakes, Luke and Cody are getting down and dirty on the Condamine River while Scotty has all the tips to keep you safe on the road when towing a caravan. | **G** +7CTC18-029+ |

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| 08:00 | **American Pickers: May The Ford Be With You (R)** Mike & Frank undertake a major excavation to unearth a rare vintage auto that hasn't seen daylight in decades, but could be worth a fortune. | **PG** +APIC07-024+ |

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| 09:00 | **Mega Marine Machines: Tidal Power (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-007+ |

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| 10:00 | **A Football Life: Chris Spielman (R)** Chris Spielman was born to be a football player, but when his wife was diagnosed with Breast Cancer he made the toughest decision of his life, stepping away from the game for the love of his life. | **PG** +FOLI01-012+ |

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| 11:00 | **America's Game: The Super Bowl Champions: 1978 Pittsburgh Steelers (R)** The leader of the band of Steelers who defeated the Cowboys 35-31 in Super Bowl XIII was Terry Bradshaw, who strutted his stuff by throwing for four touchdowns. | +AGSB01-013+ |

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| 12:00 | **Swamp People: Voodoo Bayou (R)** Flooding in the Mississippi Delta has raised water levels almost two feet and now the once unreachable corners of the bayou are accessible. | **PG** +SWMP3-014+ |

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| 13:00 | **Futurama: The Series Has Landed (R)** For the crew's first mission, they must make a delivery to the moon, which is now home to a cheesy amusement park. | **PG (A,V,L)**+FUTR01-002+ |

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| 13:30 | **The Simpsons: Bart Gets A Z (R)** When Bart's prank gets Ms. Krabappel fired from Springfield Elementary School, he tries to make it up to her without letting her know that he was responsible. | **PG** +SIMP21-002+ |

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| 14:00 | **The Simpsons: The Great Wife Hope (R)** Marge takes on the owner of an ultimate fighting league in the ring in order to get the sport banned in Springfield. | **PG (V)**+SIMP21-003+ |

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| 14:30 | **Futurama: Where No Fan Has Gone Before (R)** Fry must defend his trip to Omega 3 to retrieve all 79 episodes of "Star Trek." | **PG** +FUTR04-012+ |

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| 15:00 | **Alaska's Ultimate Bush Pilots: Risky Business (R)** Pilot Peter Rosendahl combats gale force wind and choppy seas while taxing a group of hunters to a floating lodge. | **PG (A)**+AUBP01-005+ |

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| 15:30 | **Alaska's Ultimate Bush Pilots: Training Day (R)** During a standard dig, a pair of archaeologists become stranded as colossal ocean swells prohibit a float plane rescue. | **PG** +AUBP01-006+ |

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| 16:00 | **Mega Marine Machines: Container Ports (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-008+ |

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| 17:00 | **Storage Wars: Still Nobody's Vault But Mine (R)** The second of half of the 100-vault auction runs into the night in Chatsworth, CA. | **PG** +STOW04-012+ |

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| 17:30 | **American Pickers: The Pickin' Or The Egg (R)** A Maine homestead reveals six generations of secrets, and NASCAR legend Ryan Newman proves that when it comes to negotiating, he's just as tough as Danielle. | **PG** +APIC07-025+ |

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| 18:30 | **Storage Wars: Texas: Puffy In The Sky With Diamonds (R)** In the city of Irving, the buyers are on the hunt for old heirlooms. Victor employs some underhanded tactics to rattle the competition. Lesa and Jerry find some valuable roping gear. | **PG** +SWTE01-009+ |

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| 19:00 | **Pawn Stars: Rock Bottom (R)** Hit rough terrain with the Pawn Stars when Rick bumps into a vehicle known as a rock crawler. | **PG** +PWNS13-005+ |

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| 19:30 | **Pawn Stars: Teacher's Pet (R)** When Antwaun the shop security guard shows interest in learning the pawn business, Chumlee agrees to teach him how it's done. | **PG** +PWNS7-009+ |

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| 20:00 | **Pawn Stars: Poker Night (R)** A man saddles up to the shop with a 19th century professional gambling set. | **PG** +PWNS7-010+ |

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| 20:30 | **Movie: Collateral Damage (R)** After his family is killed by a terrorist act, a firefighter goes in search of the one responsible. Starring:ARNOLD SCHWARZENEGGER,CLIFF CURTIS,FRANCESCA NERI,JOHN LEGUIZAMO,TYLER POSEY | **M (V)**+WBFF01-009+ |

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| 22:50 | **Full Custom Garage: 55' Oldsmobile Part 1 (R)** Car builder Ian Roussel transforms a beat-up 1955 Oldsmobile into a classic custom. | **PG** +FCGA01-006+ |

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| 23:50 | **Mega Marine Machines: Container Ports (R)** From deep-sea danger to mega holiday cruises, helping rivers flow and harvesting power, Mega Marine Machines goes deep, unlocking the ultimate challenges of our water planet. | **PG** +MEMM01-008+ |

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| 01:00 | **Storage Wars: Still Nobody's Vault But Mine (R)** The second of half of the 100-vault auction runs into the night in Chatsworth, CA. | **PG** +STOW04-012+ |

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| 01:30 | **Pawn Stars: Teacher's Pet (R)** When Antwaun the shop security guard shows interest in learning the pawn business, Chumlee agrees to teach him how it's done. | **PG** +PWNS7-009+ |

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| 02:00 | **Pawn Stars: Poker Night (R)** A man saddles up to the shop with a 19th century professional gambling set. | **PG** +PWNS7-010+ |

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| 02:30 | **Sound FX: Best Of: Adrian Peterson (R)** Minnesota Vikings RB, Adrian Peterson, dominates defences and posts big numbers on a weekly basis. Take a look back at the best Sound FX from some of his impressive performances. | +SFXB01-011+ |

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| 03:00 | **NFL: Week 4: Chiefs at Lions (R)** The Chiefs loom as one of this season’s strongest contenders, but the Lions will fancy their chances of causing a boilover at their Ford Field home. Start time: 3.00am AEST | +NFLI19-008+ |

 **Friday 04 October 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Big Angry Fish (R)** Kayaking is normally done with a paddle, but both Milan and Nathan get towed around! | **PG** +BAFI03-013+ |

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| 07:30 | **Creek To Coast: Creek To Coast 2018 Ep: 30 (R) ’CC’** Ever dreamt of getting away from it all, Trip In A Van show you how. Sally shares three delicious oyster recipes and Scott has tips for fishing with soft plastics. | **G** +7CTC18-030+ |

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| 08:00 | **American Pickers: The Pickin' Or The Egg (R)** A Maine homestead reveals six generations of secrets, and NASCAR legend Ryan Newman proves that when it comes to negotiating, he's just as tough as Danielle. | **PG** +APIC07-025+ |

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| 09:00 | **NFL This Week** Host Mark Chapman alongside former Giants defensive back Jason Bell and two-time Super Bowl champion Osi Umenyiora dissect the latest American football action from the NFL season. | **PG** +NFLT19-004+ |

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| 10:00 | **Storage Wars: Texas: If I Were A Tibettin' Man** The buyers venture to a Ft. Worth facility with the potential for low costs and huge finds. Ricky and Bubba find football autographs, which may or may not prove authentic. | **PG** +SWTE01-010+ |

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| 10:30 | **Pawn Stars: Rock Bottom (R)** Hit rough terrain with the Pawn Stars when Rick bumps into a vehicle known as a rock crawler. | **PG** +PWNS13-005+ |

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| 11:00 | **Pawn Stars: Teacher's Pet (R)** When Antwaun the shop security guard shows interest in learning the pawn business, Chumlee agrees to teach him how it's done. | **PG** +PWNS7-009+ |

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| 11:30 | **Pawn Stars: Poker Night (R)** A man saddles up to the shop with a 19th century professional gambling set. | **PG** +PWNS7-010+ |

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| 12:00 | **Swamp People: Turf War (R)** As the gator season enters the home stretch, swampers are forced to work overtime to protect their livelihoods, defend their turf, and make every dollar they can. | **PG** +SWMP3-015+ |

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| 13:00 | **American Pickers: The Pickin' Or The Egg (R)** A Maine homestead reveals six generations of secrets, and NASCAR legend Ryan Newman proves that when it comes to negotiating, he's just as tough as Danielle. | **PG** +APIC07-025+ |

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| 14:00 | **Doomsday Preppers: Prepared Not Scared (R)** Brian Smith has big plans for the end of the world. The father of 12 is preparing for a total collapse of the U.S. monetary system and fears that the world's food supply will become scarce. | **PG** +DOOP2-009+ |

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| 15:00 | **Alaska's Ultimate Bush Pilots: Surfs Up (R)** Big surf have a couple of surfers turning to Island Air for an adventure of a life time.  | **PG (A)**+AUBP01-007+ |

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| 15:30 | **Alaska's Ultimate Bush Pilots: Closing Time (R)** An unexpected storm leaves Island Air struggling to pull their planes for mandatory maintenance. | **PG (A)**+AUBP01-008+ |

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| 16:00 | **Storage Wars: Texas: If I Were A Tibettin' Man (R)** The buyers venture to a Ft. Worth facility with the potential for low costs and huge finds. Ricky and Bubba find football autographs, which may or may not prove authentic. | **PG** +SWTE01-010+ |

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| 16:30 | **Pawn Stars: Rock Bottom (R)** Hit rough terrain with the Pawn Stars when Rick bumps into a vehicle known as a rock crawler. | **PG** +PWNS13-005+ |

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| 17:00 | **Full Custom Garage: 55' Oldsmobile Part 1 (R)** Car builder Ian Roussel transforms a beat-up 1955 Oldsmobile into a classic custom. | **PG** +FCGA01-006+ |

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| 18:00 | **Canadian Pickers: Time To Sell (R)** The Pickers hit Southern Ontario to greet royalty of the collecting world. They meet a seller dubbed the Tin King and pick over his collection of tin buttons, toys, lunch boxes, trays, and signs. | **PG** +COWB3-003+ |

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| 19:00 | **Pawn Stars: Chords, Swords And Rewards (R)** Rick and Corey check out a sword belonging to the Freemasons. Will the guys be able to sneak in an offer or will negotiations get chopped? | **PG** +PWNS13-006+ |

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| 19:30 | **Pawn Stars: Security (R)** When shop security guard has to take some time off, Chumlee volunteers to cover for him. Will Chumlee be able to fill those extremely big shoes, or will Rick decide it's not worth the risk? | **PG** +PWNS7-011+ |

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| 20:00 | **Pawnography: Bring The Heat NEW EPISODE**An Elvis impersonator and a fire prevention specialist take on the Pawn Stars in an attempt to win Chum's favorite item from the shop. | **PG** +PAWN01-002+ |

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| 20:30 | **Movie: The Dirty Dozen (R) ’CC’ (1967)** Twelve American military prisoners are offered parole--if they can complete a suicide mission behind enemy lines just before D-Day. Starring:CHARLES BRONSON,GEORGE KENNEDY,DONALD SUTHERLAND,ERNEST BORGNINE,LEE MARVIN,JIM BROWN,JOHN CASSAVETES,RICHARD JAECKEL,TRINI LOPEZ,TELLY SAVALAS | **M (V)**+WBFF03-029+ |

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| 23:50 | **Swamp People: Turf War (R)** As the gator season enters the home stretch, swampers are forced to work overtime to protect their livelihoods, defend their turf, and make every dollar they can. | **PG** +SWMP3-015+ |

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| 01:00 | **Doomsday Preppers: Prepared Not Scared (R)** Brian Smith has big plans for the end of the world. The father of 12 is preparing for a total collapse of the U.S. monetary system and fears that the world's food supply will become scarce. | **PG** +DOOP2-009+ |

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| 02:00 | **A Football Life: Ray Lewis (R)** Two-time Super Bowl Champion Ray Lewis was the cornerstone of the Ravens' defense for 17 seasons. Take a look into Lewis' life as a player, father, and inspirational leader to teammates and fans. | **PG** +FOLI01-010+ |

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| 03:00 | **NFL: Week 4: Vikings at Bears (R)** A fierce battle is always assured when these two NFC North rivals clash, with the Bears sure to give the Vikings a hostile reception at Soldier Field. Start time: 6.25am AEST | +NFLI19-009+ |

 **Saturday 05 October 2019**

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| 06:00 | **Big Angry Fish (R)** Milan and Nathan continue their mission to chase anything big that pulls hard. | **PG** +BAFI04-001+ |

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| 07:00 | **Swamp People: Turf War (R)** As the gator season enters the home stretch, swampers are forced to work overtime to protect their livelihoods, defend their turf, and make every dollar they can. | **PG** +SWMP3-015+ |

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| 08:00 | **TBA:** TBC | ++ |

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| 08:30 | **TBA:** TBC | ++ |

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| 09:00 | **Pawn Stars: Chords, Swords And Rewards (R)** Rick and Corey check out a sword belonging to the Freemasons. Will the guys be able to sneak in an offer or will negotiations get chopped? | **PG** +PWNS13-006+ |

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| 09:30 | **Pawn Stars: Security (R)** When shop security guard has to take some time off, Chumlee volunteers to cover for him. Will Chumlee be able to fill those extremely big shoes, or will Rick decide it's not worth the risk? | **PG** +PWNS7-011+ |

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| 10:00 | **One Day International Women: Australia v Sri Lanka**   | +ODIW19-007+ |

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| 17:30 | **Pawnography: Bring The Heat (R)** An Elvis impersonator and a fire prevention specialist take on the Pawn Stars in an attempt to win Chum's favorite item from the shop. | **PG** +PAWN01-002+ |

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| 18:00 | **Canadian Pickers: Fresh Starts (R)** The Pickers comb through their own backyard to pick Alberta's best pieces. The guys have fun picking through a large collection of antiques and think they have found something special. | **PG** +COWB3-004+ |

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| 19:00 | **Movie: Beneath The Planet Of The Apes (1970)** The sole survivor of an interplanetary rescue mission searches for the only survivor of the previous expedition. He discovers a planet ruled by apes and an underground city run by telepathic humans. | **PG (V)**+FOXF09-016+ |

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| 21:05 | **Movie: Alien vs. Predator (R) ’CC’ (2004)** During an archaeological expedition in Antarctica, a team of archaeologists and other scientists find themselves caught up in a battle between two alien races. Starring:COLIN SALMON,LANCE HENRIKSEN,SANAA LATHAN,RAOUL BOVA,TOMMY FLANAGAN | **M (V,L)**+FOXF02-020+ |

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| 23:05 | **Full Custom Garage: 55' Oldsmobile Part 2 (R)** Car builder Ian Roussel continues the transformation on a beat up '55 Oldsmobile into a classic custom and takes on a Henry J chop top. | **PG** +FCGA01-007+ |

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| 00:05 | **Alaska's Ultimate Bush Pilots: Closing Time (R)** An unexpected storm leaves Island Air struggling to pull their planes for mandatory maintenance. | **PG (A)**+AUBP01-008+ |

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| 00:30 | **Sound FX: Best Of: Andy Reid (R)** After years of success with The Eagles, Head Coach Andy Reid made the move to Kansas City in 2013. The Chiefs started like a house on fire last year, but, they fizzled out in the post season. | +SFXB01-004+ |

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| 01:00 | **Sound FX: Best Of: Bill Parcells (R)** One of the NFL's all-time coaching greats, Bill Parcells is known for his ability to turn around losing teams. He is also the only coach in NFL history to have lead 4 different teams to the playoffs. | +SFXB01-005+ |

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| 01:30 | **Sound FX: Best Of: Pete Carroll (R)** Fresh off a dominating victory in Super Bowl 48, Pete Carroll charges into his fifth year as head coach of the Seattle Seahawks following the franchise's best season. | +SFXB01-006+ |

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| 03:00 | **A Football Life: Barry Sanders (R)** Barry Sanders was a defender's worst nightmare, a blend of speed and elusiveness that made him impossible to catch and tougher to tackle. | **PG** +FOLI01-011+ |

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| 04:00 | **America's Game: The Super Bowl Champions: 1966 Green Bay Packers (R)** In the first half the Super Bowl lived up to its billing, but when the ruthless insistence of Green Bay wore down Kansas City, the game turned into a runaway. | +AGSB01-001+ |

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| 05:00 | **America's Game: The Super Bowl Champions: 1967 Green Bay Packers (R)** Motivated by a desire to win this one for Vince Lombardi, who was hinting that he might retire, the Packers were never really pressed; and neatly chopped up the Raiders in the Super Bowl. | +AGSB01-002+ |