**Sunday, July 10, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **Amazing Facts: Cleansing The Sanctuary Pt 1** Religious program. | **PG** +AMFA02-016+ |

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| 07:00 AM | **Tomorrow's World: Christ Vs Christianity (R)** Religious program.  | **PG** +TOMW02-048+ |

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| 07:30 AM | **Leading The Way: The Imperative Of Understanding And Responding To Islamism - NRB 2015** Religious program. | **PG** +LWAY03-024+ |

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| 08:00 AM | **David Jeremiah: How Can I Overcome Temptation?** Religious program. | **PG** +DAJE2-047+ |

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| 08:30 AM | **It Is Written Oceania: Hearts At Home: Listen To The Children (R)** A Religious Program. | **PG** +IIW8-017+ |

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| 09:00 AM | **TBA:**  | ++ |

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| 09:30 AM | **Best Houses Australia (R)** Gary explores a range of homes that are a testament to how differently we all live including an immaculate luxury house in Sydney and a virtually indestructible house in the Victorian high country. | **G** +BHOZ04-005+ |

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| 10:00 AM | **Home And Away Catch-Up (R) ’CC’** Missed Home and Away this week? Catch up on 7TWO! | **PG (V)**+HAWC16-724+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Mark & Lorne: Free For All (R)** Tonight, Mark Franks and Lorne Spicer have 1,000 pounds to spend on purchasing the items that they think will generate the most profit from wherever they like. | **PG** +DELP2-010+ |

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| 02:00 PM | **Secret Location: Angela & Edna (R)** Angela moved in with sister while she looked for her first home, but a year later she's no further forward. Her obsession with expensive areas such as Chiswick isn't helping. Can Sunita help? | **PG** +SECL-014+ |

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| 03:00 PM | **Nick Knowles' Original Features: Garricks (R)** Nick travels to the Peak District to meet a couple who are attempting to restore a crumbling Victorian house with over an acre of formal gardens. | **G** +NKOF3-008+ |

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| 04:00 PM | **Escape To The Country: Dorset (R)** Tonight, Denise Nurse heads to Dorset to help an ex army couple settle down for good. After having lived in 30 different properties around the world, will their 600,000 pound budget finally find them their ideal home? | **G** +ETTC12-002+ |

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| 05:00 PM | **Escape To The Country: Scottish Borders (R)** Tonight, Aled Jones takes on a "mission impossible" as he sets out to the Scottish Borders to find a property with at least 5 naturally fed ponds for a couple of wildfowl enthusiasts. | **G** +ETTC12-003+ |

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| 06:00 PM | **Mighty Ships: Emma Maersk (R) ’CC’** Step aboard the Emma Maersk for a glimpse at the adventures of the crew on a two-week, 13,000-kilometre crossing from Malaysia to Spain. | **G** +MTYS-005+ |

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| 07:00 PM | **For The Love Of Dogs NEW EPISODE**With unprecedented behind the scenes access to this famous institution, For the Love of Dogs shows how sick and abused dogs are brought back to health and given a new, happier life. | **PG** +FTLD02-006+ |

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| 07:30 PM | **Border Patrol: Undies Hash (R) ’CC’** A Brazilian man is caught at the border with drugs in his undies, illegal weapons are stopped at both the airport and the mail centre and containers of Formula One cars need to pass security. | **PG** +BDPT7-006+ |

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| 08:00 PM | **Motorway Patrol: Pinball Wizard (R) ’CC’** A drunk driver loses control and plays pinball with his car and it's occupants and marchers on the Harbour Bridge must be stopped. | **PG** +MOTP7-003+ |

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| 08:30 PM | **Escape To The Country: Cornwall NEW EPISODE**Prospective buyers find their dream home. | **G** +ETTC21-064+ |

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| 09:30 PM | **Escape To The Continent NEW EPISODE**Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-016+ |

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| 10:45 PM | **Mighty Ships: Emma Maersk (R) ’CC’** Step aboard the Emma Maersk for a glimpse at the adventures of the crew on a two-week, 13,000-kilometre crossing from Malaysia to Spain. | **G** +MTYS-005+ |

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| 11:45 PM | **Mighty Planes: Blue Angels (R) ’CC’** Take a look at the best military display team as they perform some of the most extreme and exhilarating air performances in the world. | **G** +MIPL2-006+ |

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| 12:45 AM | **Escape To The Country: Dorset (R)** Tonight, Denise Nurse heads to Dorset to help an ex army couple settle down for good. After having lived in 30 different properties around the world, will their 600,000 pound budget finally find them their ideal home? | **G** +ETTC12-002+ |

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| 01:45 AM | **Escape To The Country: Scottish Borders (R)** Tonight, Aled Jones takes on a "mission impossible" as he sets out to the Scottish Borders to find a property with at least 5 naturally fed ponds for a couple of wildfowl enthusiasts. | **G** +ETTC12-003+ |

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| 02:45 AM | **Dealers Put Your Money Where Your Mouth Is: Mark & Lorne: Free For All (R)** Tonight, Mark Franks and Lorne Spicer have 1,000 pounds to spend on purchasing the items that they think will generate the most profit from wherever they like. | **PG** +DELP2-010+ |

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| 04:00 AM | **Dr Oz: I Lost Half My Body Weight: Amazing Transformations You've Got To See To Believe ’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** +DROZ06-150+ |

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| 05:00 AM | **Dr Oz: Oz Celebrates Moms With Singer Kelly Rowland ’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 (A)**+DROZ06-149+ |

 **Monday, July 11, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **Home Shopping: Professional Nibbler (NSD14071501A) (R)** Home Shopping | **PG** +NSD-012+ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-041+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-016+ |

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| 08:00 AM | **Pipsqueaks: Flying Birds & Animals That Jump (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-036+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-107+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Ailsa and Curtis agree to make a fresh start. Donna is shocked to see Andrew in the grip of a jealous rage. | **PG** +HAW2-771+ |

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| 09:30 AM | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCS16-028+ |

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| 10:30 AM | **Meet The Press (R)** Chuck Todd interviews newsmakers from around the world. | +NBCM16-028+ |

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| 11:30 AM | **Best Houses Australia (R)** Gary explores a range of homes that are a testament to how differently we all live including an immaculate luxury house in Sydney and a virtually indestructible house in the Victorian high country. | **G** +BHOZ04-005+ |

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| 12:00 PM | **Escape To The Country: Cornwall (R)** Prospective buyers find their dream home. | **G** +ETTC21-064+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Harry is unconscious after his car accident and he suffers more flashbacks to a traumatic childhood moment. Meanwhile, the store is gripped waiting for news when word arrives that Mrs Grove has died. | **PG (A)**+MRSE-006+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Car Boot Sale (R)** James 'Bingo' Braxton and 'Devilish' David Harper go head to head at the Ashley Heath Car Boot Sale in Dorset. | **PG** +DELP5-026+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**+MDEM-007+ |

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| 03:30 PM | **World's Strictest Parents: Kenya (R) ’CC’** Tonight, 18 year-old sponger Scott and 17 year-old party girl Billie, go to live under the strict regime of the Mugaza's, a family of traditional African Christians in Mombasa, Kenya. | **PG (D,N,L)**+WSP3-006+ |

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| 04:30 PM | **60 Minute Makeover: Crick, Northamptonshire (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour.  | **PG** +SMM6-015+ |

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| 05:30 PM | **60 Minute Makeover: Harold Park (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-023+ |

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| 06:30 PM | **Bargain Hunt: Shepton Mallet 6 (R)** Teams hunt for the perfect bargain in Shepton Mallet while Tim finds the model of architectural inspiration. | **G** +BHUN28-009+ |

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| 07:30 PM | **Cities Of The Underworld: Vietnam (R)** During the Vietnam War, tunnels, caves and passageways were as infamous as the war itself. Join Don Wildman as he discovers the massive CuChi tunnel system that helped give soldiers the upper hand. | **PG** +COTW2-002+ |

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| 08:30 PM | **Prime Suspect: The Final Act - Part One (R) ’CC’** Jane Tennison investigates the disappearance of a fourteen-year-old girl. With retirement looming, she resolves to tackle her own demons. | **M (V,L)**+PSP07-001+ |

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| 10:30 PM | **Air Crash Investigations: Fight To The Death (R) ’CC’** In June 1972, a British European Airways flight stalled and crashed shortly after take-off from London Heathrow Airport, killing all on board. Join investigators to determine what went wrong. | **PG** +MDAY13-001+ |

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| 11:30 PM | **Bargain Hunt: Shepton Mallet 6 (R)** Teams hunt for the perfect bargain in Shepton Mallet while Tim finds the model of architectural inspiration. | **G** +BHUN28-009+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Car Boot Sale (R)** James 'Bingo' Braxton and 'Devilish' David Harper go head to head at the Ashley Heath Car Boot Sale in Dorset. | **PG** +DELP5-026+ |

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| 01:30 AM | **World's Strictest Parents: Kenya (R) ’CC’** Tonight, 18 year-old sponger Scott and 17 year-old party girl Billie, go to live under the strict regime of the Mugaza's, a family of traditional African Christians in Mombasa, Kenya. | **PG (D,N,L)**+WSP3-006+ |

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| 02:30 AM | **Dr Oz: The 22 Day Revolution That Worked For Beyonce ’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** +DROZ06-152+ |

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| 03:30 AM | **Dr Oz: Bethenny Frankel: How Skinny Is Too Skinny? ’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** +DROZ06-151+ |

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| 04:30 AM | **Special: Where The Volcanoes Roared (R) (1988)** Roger Climpson takes a look at Victoria's central highlands, the site of goldfields and 'roaring towns' in the last century. Starring:ROGER CLIMPSON | **G** +AMS-411+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-106+ |

 **Tuesday, July 12, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **Home Shopping (R)** Home Shopping | **PG** +NSD-011+ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-042+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-017+ |

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| 08:00 AM | **Pipsqueaks: Bees Are Amazing & Vegetables (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-037+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-108+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Jack lashes out at Sally when she is upgraded into the Year 11 maths class. Andrew has Donna in a tight grip. | **PG** +HAW2-772+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-138+ |

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| 12:00 PM | **Cities Of The Underworld: Vietnam (R)** During the Vietnam War, tunnels, caves and passageways were as infamous as the war itself. Join Don Wildman as he discovers the massive CuChi tunnel system that helped give soldiers the upper hand. | **PG** +COTW2-002+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** A literary giant and spiritualist are in for a signing when he persuades Harry to hold a séance in the store. Miss Mardle is still agonising over Mr Grove and Kitty discovers she has a secret admirer. | **PG (A)**+MRSE-007+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Auction (R)** James 'Bingo' Braxton and 'Devilish' David Harper are at an auction in Stroud Gloucestershire. But who can buy the best lots and make the most profit for their chosen charity? | **PG** +DELP5-027+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**+MDEM-008+ |

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| 03:30 PM | **World's Strictest Parents: Texas (R) ’CC’** Tonight, 16 year-old attitude bearing Sevda and 17 year-old public school dropout Andrew, go to live for one week under the strict regime of the Frazee family from San Antonio in Texas, USA. | **PG (D,L)**+WSP3-007+ |

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| 04:30 PM | **60 Minute Makeover: Sutton In Ashfield (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour.  | **PG** +SMM6-016+ |

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| 05:30 PM | **60 Minute Makeover: Wembley (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-024+ |

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| 06:30 PM | **Bargain Hunt: Anglesey 14 (R)** It's a hard fought contest at the Mona Showground on Anglesey and Tim takes a shine to some family silver. | **G** +BHUN28-010+ |

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| 07:30 PM | **Kingdom NEW EPISODE**Peter Kingdom is a compassionate solicitor whose life is overshadowed by the mysterious disappearance of his brother.  | **PG (S,A)**+KINM01-001+ |

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| 08:30 PM | **Inspector Morse: Inspector Morse (R) ’CC’** Inspector Morse investigates the death of a freelance journalist who was writing an article on a wealthy businessman. | **M (V)**+INM3-002+ |

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| 10:30 PM | **The Border: River Under Siege NEW EPISODE**Agents track a party of migrants who claim torture at the hands of Mexican police and thwart an unorthodox attempt to smuggle moonshine- making equipment into Mexico. | **PG** +TBOR5-010+ |

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| 11:30 PM | **Motorway Patrol: Board Stupid (R) ’CC’** A drunk driver takes a wrong turn and heads straight into oncoming traffic plus being disqualified from driving is nothing to laugh about. | **M** +MOTP7-010+ |

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| 12:00 AM | **Motorway Patrol: No Horseplay (R) ’CC’** Some Kiwi ingenuity gets a family of farmers home following a nasty shunt, officers deal with a truck fire that just won't go out and why the motorway is no place for a photo shoot. | **PG** +MOTP7-005+ |

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| 12:30 AM | **Bargain Hunt: Anglesey 14 (R)** It's a hard fought contest at the Mona Showground on Anglesey and Tim takes a shine to some family silver. | **G** +BHUN28-010+ |

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| 01:30 AM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Auction (R)** James 'Bingo' Braxton and 'Devilish' David Harper are at an auction in Stroud Gloucestershire. But who can buy the best lots and make the most profit for their chosen charity? | **PG** +DELP5-027+ |

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| 02:30 AM | **World's Strictest Parents: Texas (R) ’CC’** Tonight, 16 year-old attitude bearing Sevda and 17 year-old public school dropout Andrew, go to live for one week under the strict regime of the Frazee family from San Antonio in Texas, USA. | **PG (D,L)**+WSP3-007+ |

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| 03:30 AM | **The Border: River Under Siege (R)** Agents track a party of migrants who claim torture at the hands of Mexican police and thwart an unorthodox attempt to smuggle moonshine- making equipment into Mexico. | **PG** +TBOR5-010+ |

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| 04:30 AM | **Special: Across The Roof Of The World (R) (1998)** This adventurous special follows Greg Grainger as he documents a trip by motorbike along the length of the Indian Himalaya. Starring:GREG GRAINGER,MIKE FERRIS | **G** +AMS-854+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-107+ |

 **Wednesday, July 13, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **Home Shopping: The NuWave Oven Pro (NSD14071602) (R)** Home Shopping | **PG** +NSD-013+ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-043+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-018+ |

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| 08:00 AM | **Pipsqueaks: Trip To Doctor & Amazing Birds (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-038+ |

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| 08:30 AM | **Harry's Practice: Baby Animals Special (R) ’CC’** DR HARRY COOPER examines a baby wallaby, and DR KATRINA WARREN shows basic commands to teach your puppy. | **G** +HPR-109+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Donna tells Rob there is no future for them. Despite all Irene's efforts, Selina won't change her mind about adoption. | **PG** +HAW2-773+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-139+ |

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| 12:00 PM | **The Great War: The People's Story (R)** See the stories of ordinary British people brought to life, told through their diaries, letters and memoirs as their lives were changed forever by what they called the Great War. | **PG (A,V)**+GRAW-001+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Things get awkward for Rose when she bumps into Roddy at Lady Mae's soiree, even more so when Rosalie takes a shine to him. Agnes and Henri's 'working' relationship steps up a gear. | **PG (S)**+MRSE-008+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: David v. James: UK Antiques Fair (R)** The antiques market matchup sees 'Devilish' David Harper go head to head against James 'Bingo' Braxton in an all out pursuit of profit at an antiques fair in Lincolnshire. | **PG** +DELP5-028+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**+MDEM-009+ |

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| 03:30 PM | **World's Strictest Parents: Bangalore (R) ’CC’** Tonight 16-year-old stoner Aron and 17-year-old materialistic Nadia, head to Bangalore, India, to stay with the Nanjundayya's for one week. Can one week of tough love tame these wild teens? | **PG (D,A,L)**+WSP3-009+ |

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| 04:30 PM | **60 Minute Makeover: Cardiff, South Wales (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour.  | **PG** +SMM6-017+ |

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| 05:30 PM | **60 Minute Makeover: Preston (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-025+ |

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| 06:30 PM | **Bargain Hunt: Norfolk 21 (R)** Two couples from the US and Essex go head to head at the Norfolk Antiques Fair. | **G** +BHUN28-011+ |

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| 07:30 PM | **Doc Martin: Going Bodmin (R) ’CC’** Martin applies for a job in the sleepy village of Portwenn and gets the job but soon realises he's quite different from the locals. Starring:CELIA IMRIE,FELICITY MONTAGU,FINLAY ROBERTSON,JOE ABSOLOM,RICHARD JOHNSON,VINCENT FRANKLIN | **PG (A)**+DOCM-001+ |

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| 08:30 PM | **Lewis: The Soul Of Genius (R)** When the body of a recently buried Professor is accidentally dug up, Lewis and Hathaway investigate. Could the Professor's obsession with solving a Lewis Carroll riddle be the reason for his murder? Starring:ALEX JENNINGS,ANNABEL MULLION,BARRY AIRD,CELIA IMRIE,CLARE HOLMAN,DAISY MAY,JAMES FLEET,MATILDA ZIEGLER,LAURENCE FOX,LOTTE RICE,KEVIN WHATELY,RICHARD DURDEN,REBECCA FRONT,NADINE LEWINGTON,OLIVER JOHNSTONE | **M (V)**+LEWS6-001+ |

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| 10:30 PM | **Mighty Planes: Sofia 747 (R) ’CC’** Our Mighty Planes cameras fly aboard SOFIA as the aircraft climbs to 40,000 feet, while scientists and researchers observe far-off targets in the night sky. | **G** +MIPL2-005+ |

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| 11:30 PM | **Motorway Patrol: Triple Sandwich (R) ’CC’** Three damaged vehicles are stuck in the path of fast lane traffic. Slow and steady wins the race for a grumpy old driver plus a car that really is a mobile work of art. | **PG (L)**+MOTP7-007+ |

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| 12:00 AM | **Motorway Patrol: Xena Weapon (R) ’CC’** Officers meet a driver who talks a mile a minute, investigate a breakdown, and find a strange offensive weapon. | **PG** +MOTP6-003+ |

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| 12:30 AM | **Motorway Patrol: Maori Sovereignty (R) ’CC’** A caravan loses a wheel on the Victoria overbridge and officers work to avert gridlock. Then, a motorist presents police with a Maori sovereignty driver's license. | **PG** +MOTP6-007+ |

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| 01:00 AM | **Bargain Hunt: Norfolk 21 (R)** Two couples from the US and Essex go head to head at the Norfolk Antiques Fair. | **G** +BHUN28-011+ |

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| 02:00 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:30 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:00 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:30 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 04:00 AM | **Dealers Put Your Money Where Your Mouth Is: David v. James: UK Antiques Fair (R)** The antiques market matchup sees 'Devilish' David Harper go head to head against James 'Bingo' Braxton in an all out pursuit of profit at an antiques fair in Lincolnshire. | **PG** +DELP5-028+ |

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| 05:00 AM | **World's Strictest Parents: Bangalore (R) ’CC’** Tonight 16-year-old stoner Aron and 17-year-old materialistic Nadia, head to Bangalore, India, to stay with the Nanjundayya's for one week. Can one week of tough love tame these wild teens? | **PG (D,A,L)**+WSP3-009+ |

 **Thursday, July 14, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **Home Shopping: Professional Nibbler (NSD14071501A) (R)** Home Shopping | **PG** +NSD-012+ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-044+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-019+ |

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| 08:00 AM | **Pipsqueaks: Animals That Roar & Communication (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-039+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-110+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Curtis looks for somewhere else to live. Selina realises that she wants her child. | **PG** +HAW2-774+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-140+ |

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| 12:00 PM | **Doc Martin: Going Bodmin (R) ’CC’** Martin applies for a job in the sleepy village of Portwenn and gets the job but soon realises he's quite different from the locals. Starring:CELIA IMRIE,FELICITY MONTAGU,FINLAY ROBERTSON,JOE ABSOLOM,RICHARD JOHNSON,VINCENT FRANKLIN | **PG (A)**+DOCM-001+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Harry is rattled by news of the death of an ex-employee and Rose is forced to tell Harry that Roddy is making a nuisance of himself. But when Harry confronts him, he's shocked by what Roddy tells him. | **PG (A)**+MRSE-009+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Foreign Market (R)** James and David head to Belgium to do battle in this no holds barred dealing competition. But which dealer can translate those Belgian bargains into more brass back in Blighty? | **PG** +DELP5-029+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**+MDEM-010+ |

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| 03:30 PM | **World's Strictest Parents: Chicago (R) ’CC’** Tonight 16-year-old rule breaker Alex and selfish diva Dina, head to Chicago to live under the strict regime of the Davis family. Can one week of tough love tame these wild teens? | **PG (D,A,L)**+WSP3-010+ |

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| 04:30 PM | **60 Minute Makeover: Greenhithe, Kent (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG** +SMM6-018+ |

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| 05:30 PM | **60 Minute Makeover: Hounslow (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-026+ |

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| 06:30 PM | **Bargain Hunt: Stamford 9 (R)** Two teams of skydivers leap to the challenge of finding a bargain in Stamford. | **G** +BHUN28-012+ |

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| 07:30 PM | **The Vicar Of Dibley: The Vicar Of Dibley - A Handsome Stranger (R) ’CC’** Geraldine is fed up with Townies buying weekend cottages in the village... until she meets one of them. Could the charming, handsome Harry be Mr Right? Or is he Mr How Wrong Can You Be? | **PG (S,L)**+BBCS4-014+ |

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| 08:30 PM | **Murdoch Mysteries: This One Goes To Eleven / Blood And Circuses NEW EPISODE**Murdoch investigates the deadly robbery of a priceless Rembrandt. Then, Kitty the Tiger Tamer is murdered and Murdoch arrests the whole rowdy lot of cunning misfits.  | **M (V)**+MMYS03-704+ |

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| 10:30 PM | **Keeping Up Appearances Christmas Special 1994: Keeping Up Appearances Christmas Special 1994 (R) ’CC’ (2006)** While Hyacinth searches for her dream kitchen, Richard has developed a fungus infection, much to his wife's horror. Starring:CLIVE SWIFT,GEOFFREY HUGHES,DAVID GRIFFIN,JOSEPHINE TEWSON,JUDY CORNWELL,PETER CELLIER,PATRICIA ROUTLEDGE,TREVOR BANNISTER,SHIRLEY STELFOX | **G** +SPEC3-954+ |

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| 11:45 PM | **Keeping Up Appearances Christmas Special 1995: Keeping Up Appearances Christmas Special 1995 (R) ’CC’ (2006)** Hyacinth organises a pageant in the church but a lack of volunteers means that Violet, Bruce, Onslow, Daisy and Rose have to help. Starring:CLIVE SWIFT,GEOFFREY HUGHES,MARY MILLAR,JOSEPHINE TEWSON,JUDY CORNWELL,PATRICIA ROUTLEDGE | **G** +SPEC3-955+ |

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| 12:30 AM | **Bargain Hunt: Stamford 9 (R)** Two teams of skydivers leap to the challenge of finding a bargain in Stamford. | **G** +BHUN28-012+ |

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| 01:30 AM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Foreign Market (R)** James and David head to Belgium to do battle in this no holds barred dealing competition. But which dealer can translate those Belgian bargains into more brass back in Blighty? | **PG** +DELP5-029+ |

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| 02:30 AM | **World's Strictest Parents: Chicago (R) ’CC’** Tonight 16-year-old rule breaker Alex and selfish diva Dina, head to Chicago to live under the strict regime of the Davis family. Can one week of tough love tame these wild teens? | **PG (D,A,L)**+WSP3-010+ |

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| 03:30 AM | **Keeping Up Appearances Christmas Special 1994: Keeping Up Appearances Christmas Special 1994 (R) ’CC’ (2006)** While Hyacinth searches for her dream kitchen, Richard has developed a fungus infection, much to his wife's horror. Starring:CLIVE SWIFT,GEOFFREY HUGHES,DAVID GRIFFIN,JOSEPHINE TEWSON,JUDY CORNWELL,PETER CELLIER,PATRICIA ROUTLEDGE,TREVOR BANNISTER,SHIRLEY STELFOX | **G** +SPEC3-954+ |

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| 04:45 AM | **Keeping Up Appearances Christmas Special 1995: Keeping Up Appearances Christmas Special 1995 (R) ’CC’ (2006)** Hyacinth organises a pageant in the church but a lack of volunteers means that Violet, Bruce, Onslow, Daisy and Rose have to help. Starring:CLIVE SWIFT,GEOFFREY HUGHES,MARY MILLAR,JOSEPHINE TEWSON,JUDY CORNWELL,PATRICIA ROUTLEDGE | **G** +SPEC3-955+ |

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| 05:30 AM | **Home Shopping (R)** Home Shopping | **PG** +NSD-011+ |

 **Friday, July 15, 2016**

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| 06:00 AM | **TBA:**  | ++ |

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| 06:30 AM | **Home Shopping: Nuwave PIC (NSD100713) (R)** Home Shopping | **PG** +NSD-009+ |

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| 07:00 AM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-045+ |

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| 07:30 AM | **It's Academic (R) ’CC’** Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C** +IAC17-020+ |

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| 08:00 AM | **Pipsqueaks: Ballet & Wind (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-040+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-111+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Paul's visit gives Shane and Angel reason to hope. Selina waits for her test results. | **PG** +HAW2-775+ |

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| 09:30 AM | **NBC Today (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport.  | +NBCT16-141+ |

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| 12:00 PM | **Better Homes And Gardens (R) ’CC’** This week, Joh and Pete Colquhoun visit an amazingly designed beach house in Avoca, NSW. Tara and Adam make the perfect floor to ceiling creative space. Fast Ed makes a breakfast casserole.  | **G** +BHAG21-025+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Harry's excitement about a 'royal' visitor to the store is tempered by an invitation to the first night of Ellen Love's play. Lois pleads with Rose that Harry needs her now more than ever. | **PG (A)**+MRSE-010+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Showdown** James and David are challenged to dig deep at four different events - to find antiques and collectibles they can sell on for maximum profit, with the added twist of the Showdown Auction. | **PG** +DELP5-030+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-011+ |

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| 03:30 PM | **The Outdoor Room With Jamie Durie: Italy (R) ’CC’** Join JAMIE DURIE as he travels the world in search of inspiration to use as he and his team transform a lucky garden into an OUTDOOR ROOM. Starring:ANDY URBANI,MARY URBANI,TOBIE PUTTOCK | **G** +ORWJ-001+ |

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| 04:30 PM | **60 Minute Makeover: Taunton, Somerset (R)** 60 Minute Makeover returns to complete more incredible house transformations in only one hour.  | **PG** +SMM6-019+ |

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| 05:30 PM | **60 Minute Makeover: Carpenders Park (R)** The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG** +SMM7-027+ |

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| 06:30 PM | **Bargain Hunt: Anglesey 16 (R)** It's all fun and games at the Mona Showground on Anglesey when an engaged couple take on a pair of divorcees. | **G** +BHUN28-013+ |

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| 07:30 PM | **Better Homes and Gardens (R) ’CC’** Dr Harry goes to the National Poultry Show. Karen makes Bombay spiced pork neck chops with saffron rice. Graham makes a housecall on three trees that were planted together but have grown differently.  | **G** +BHAG22-024+ |

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| 08:30 PM | **Escape To The Country: Norfolk NEW EPISODE**Prospective buyers find their dream home. | **G** +ETTC21-065+ |

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| 09:30 PM | **Art Of The Architect: Car Enthusiast NEW EPISODE**Architect Matt Brew is tasked with giving client and friend Justin the ideal car enthusiast home. His challenge is to not only house Justin and his cars, but a workshop too. | **G** +ARTO01-001+ |

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| 10:30 PM | **Best Houses Australia NEW EPISODE**Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-004+ |

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| 11:00 PM | **Special: The Woman Who Woke Up Chinese (R) ’CC’ (2013)** An incredible true story of Sarah Colwill who woke up to find her local Plymouth accent had disappeared, leaving her sounding chinese. With no clear cause, Sarah searches for answers. | **PG (A)**+SPEC4-293+ |

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| 12:00 AM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Showdown (R)** James and David are challenged to dig deep at four different events - to find antiques and collectibles they can sell on for maximum profit, with the added twist of the Showdown Auction. | **PG** +DELP5-030+ |

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| 01:00 AM | **Escape To The Country: Norfolk (R)** Prospective buyers find their dream home. | **G** +ETTC21-065+ |

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| 02:00 AM | **The Outdoor Room With Jamie Durie: Italy (R) ’CC’** Join JAMIE DURIE as he travels the world in search of inspiration to use as he and his team transform a lucky garden into an OUTDOOR ROOM. Starring:ANDY URBANI,MARY URBANI,TOBIE PUTTOCK | **G** +ORWJ-001+ |

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| 03:00 AM | **Dr Oz: Oz Celebrates His 1000th Show With Hugh Jackman ’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** +DROZ06-148+ |

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| 04:00 AM | **Special: Danube Interlude (R) (1989)** Take a fascinating journey across communist Hungary with Greg Grainger and Alex Wileman, as they document this country which has undergone profound changes. Starring:ALEX WILEMAN,GREG GRAINGER | **PG** +AMS-460+ |

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| 05:00 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-110+ |

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| 05:30 AM | **Home Shopping: Professional Nibbler (NSD14071501A) (R)** Home Shopping | **PG** +NSD-012+ |

 **Saturday, July 16, 2016**

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| 08:00 AM | **Room For Improvement (R) ’CC’** Scott McGregor and the RFI Team turn a celebrity rocker's granny flat into a retro masterpiece. | **G** +RFI2-016+ |

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| 08:30 AM | **Room For Improvement (R) ’CC’** The RFI team knock down a wall to create a huge lounge and home office space. | **G** +RFI2-017+ |

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| 09:00 AM | **The Real Seachange (R) ’CC’** Newlyweds Frazer and Pip are reunited on Norfolk Island. David sold his Sydney factory for a small vineyard, but was it worth the risk? | **G** +RLSC-012+ |

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| 09:30 AM | **The Real Seachange (R) ’CC’** Meet David and Sue who have swapped a Sydney factory for a small vineyard. But are slim pickings enough to survive? | **G** +RLSC-013+ |

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| 10:00 AM | **Travel Oz: Arnhemland: Garma (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-004+ |

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| 10:45 AM | **Travel Oz: Blue Mountains - Forbes ’CC’ NEW EPISODE**Check out the top ten attractions in the blue mountains, from the artists retreat in hill end to the illuminate light show in Bathurst. | **G** +TRAV4-015+ |

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| 11:30 AM | **Best Houses Australia (R)** Take a look inside some of the most luxurious houses in Australia, including a modern mansion in Sydney and a home with breathtaking views in the Whitsundays. | **G** +BHOZ04-042+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: David v. James: Showdown (R)** James and David are challenged to dig deep at four different events - to find antiques and collectibles they can sell on for maximum profit, with the added twist of the Showdown Auction. | **PG** +DELP5-030+ |

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| 01:30 PM | **The Great Australian Doorstep (R)** Peter and Sheree showcase some of Australia's greatest towns in bite sized 3 minute specials - exploring some of their favourite towns in every state of Australia. | **PG** +GRAD6-006+ |

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| 02:00 PM | **Home In WA ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA19-009+ |

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| 02:30 PM | **Great South East ’CC’** Explore leisure and recreation in South East Queensland. | **G** +GSTH16-023+ |

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| 03:00 PM | **Creek To Coast ’CC’** Queensland's ultimate outdoor adventure show, featuring the very latest in camping, cruising, fishing and four-wheel-driving. | **G** +7CTC16-020+ |

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| 03:30 PM | **Queensland Weekender ’CC’** Dean Miller and his team cover the length and breadth of Queensland with great suggestions for weekends, short breaks and holidays. | **G** +7QWE16-021+ |

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| 04:00 PM | **WA Weekender ’CC’** WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G** +WAWE03-022+ |

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| 04:30 PM | **Sydney Weekender (R) ’CC’** Mike snuggles up in some safari-style accommodation at Paperbark Camp. Fliss goes behind the scenes at Opera Australia, for a show at the Sydney Opera House. Karen tries two indoor fitness classes. | **G** +7SWE23-022+ |

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| 05:00 PM | **Road To Rio (R) ’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. | +RRIO16-008+ |

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| 05:30 PM | **Anthony Bourdain: No Reservations: Baja (R)** These days Baja can be a dicey destination, but that doesn’t mean there isn’t great food in this area of the country. Tony crosses the border to visit Tijuana and Baja Norte. | **PG** +NORE08-008+ |

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| 06:30 PM | **A Touch Of Frost: Nothing To Hide (R) ’CC’** Frost is faced with the death of a police informer on a racially-tense estate. Starring:ALBERT WELLING,BARRY JACKSON,BRUCE ALEXANDER,CAROLINE HARKER,GERARD HORAN,JAMES SAXON,DAVID MCKAIL,EWEN BREMNER,FELICITY MONTAGU,DAVID JASON,LINDA BASSETT,MARION BAILEY,MICHAEL FEAST,NEIL DUDGEON,VIVIENNE RITCHIE | **PG (D,A,L)**+TOF2-003+ |

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| 08:30 PM | **7TWO Saturday Night Movie: Endless Love (R) ’CC’ (2014)** The story of a privileged girl and a charismatic boy whose instant desire sparks a love affair made only more reckless by parents trying to keep them apart. Starring:ALEX PETTYFER,BRUCE GREENWOOD,EMMA RIGBY,JOELY RICHARDSON,ROBERT PATRICK,RHYS WAKEFIELD,GABRIELLA WILDE | **M (L)**+NBCR30-004+ |

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| 10:45 PM | **Nick Knowles' Original Features: Lloyds (R)** Nick visits a mother and daughter to help them in their restoration of their early 20th century cedar house. Can Nick get to the bottom of the history of this fascinating little house for Shairon? | **G** +NKOF3-006+ |

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| 11:45 PM | **Terror In The Skies: Pilot Error (R) ’CC’** Flying planes in the 21st century should be safer than ever but things still go wrong. Tonight we investigate near misses and accidents caused by one of the greatest threats to travel - human error. | **PG (A)**+NEMI-001+ |

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| 12:45 AM | **Sydney Weekender (R) ’CC’** Mike snuggles up in some safari-style accommodation at Paperbark Camp. Fliss goes behind the scenes at Opera Australia, for a show at the Sydney Opera House. Karen tries two indoor fitness classes. | **G** +7SWE23-022+ |

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| 01:15 AM | **WA Weekender (R) ’CC’** WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G** +WAWE03-022+ |

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| 01:45 AM | **Queensland Weekender (R) ’CC’** Dean Miller and his team cover the length and breadth of Queensland with great suggestions for weekends, short breaks and holidays. | **G** +7QWE16-021+ |

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| 02:30 AM | **Great South East (R) ’CC’** Explore leisure and recreation in South East Queensland. | **G** +GSTH16-023+ |

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| 03:00 AM | **Home In WA (R) ’CC’** Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G** +HIWA19-009+ |

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| 03:30 AM | **The Great Australian Doorstep (R)** Peter and Sheree showcase some of Australia's greatest towns in bite sized 3 minute specials - exploring some of their favourite towns in every state of Australia. | **PG** +GRAD6-006+ |

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| 04:00 AM | **The Travel Bug: Japan (Kanazawa to Osaka) (R)** Morgan continues his way through Japan visiting the stunning Kenrouken Garden and Samurai area of Kanazawa, before heading to Osaka and trying the local delicacies. | **PG** +TRBG05-005+ |

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| 05:00 AM | **Special: Across The Soviet Union (R) (1990)** Journey through the Soviet Union and gain an insight into the people and their way of life. Starring:ALEX WILEMAN,GREG GRAINGER | **G** +AMS-485+ |