**Sunday 21 July 2019**

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| 06:00 | **It Is Written: Hidden Heroes** Religious program. | **PG** +IIWR19-012+ |

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| 06:30 | **Amazing Facts: Villian Of Revelation, Pt. 1** Religious program. | **PG** +AMFA19-029+ |

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| 07:00 | **Tomorrow's World: Who Are The End-Time Superpowers?** Religious program. | **PG (A)**+TOMW19-029+ |

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| 07:30 | **Leading The Way: From Valley To Victory: Part 21** Religious program. | **PG** +LWAY19-029+ |

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| 08:00 | **David Jeremiah: Slaying The Giants Interview With Dr. David Jeremiah** Religious program. | **PG** +DAJE19-029+ |

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| 08:30 | **Hour Of Power: God is Good Even When It's Bad** Religious program. | **G** +HOOP19-029+ |

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| 09:00 | **Home Shopping** Shopping program. | **G** +INFO01-001+ |

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| 09:30 | **Mum's At The Table** Mums At The Table is the place where we share, laugh and dream together. It's a TV panel show featuring real women; smart and sassy ladies with real lives, real families, real struggles and real joy. | **PG (A)**+MTAB01-037+ |

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| 10:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-021+ |

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| 11:00 | **Auction Squad (R) ’CC’** A half-finished kitchen is transformed with glass and smart lighting. | **G** +AUCS4-017+ |

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| 12:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-022+ |

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| 13:00 | **The Yorkshire Vet: Episode 7 (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A,S)**+YORK05-007+ |

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| 14:00 | **Escape To The Country: Suffolk (R)** Jonnie Irwin is property-hunting with young parents from Stevenage who are seeking an authentic country lifestyle in Suffolk and a rural family home. | **G** +ETTC23-066+ |

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| 15:00 | **Vasili's Garden** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-007+ |

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| 16:00 | **Escape To The Country: North Wales (R)** Nicki Chapman is house-hunting in north Wales with a couple who want to turn holiday memories into a retirement dream. | **G** +ETTC22-049+ |

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| 17:00 | **Escape To The Country: Derbyshire (R)** Alistair Appleton is property shopping with a couple of recently retired teachers who are seeking a rural home in Derbyshire. | **G** +ETTC22-050+ |

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| 18:00 | **Mighty Ships: Wallenius Faust (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-003+ |

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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’** A search ends with a dramatic walkout, and officers think a laptop hides evidence of a massive scam. Narrated by Grant Bowler. | **PG** +BORD-112+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** A passenger admits to using narcotics but officers make a find that he will struggle to explain. | **PG (D)**+BORD-113+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** A woman returning from Vietnam attempts to evade Customs officers. And at Quarantine a passenger shocks officials when they inspect her luggage. | **PG** +BORD-114+ |

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| 20:30 | **Mighty Trains: North Rail Express (R) ’CC’** When it comes to transporting fresh fish, time and temperature control are vital, and there's no train better equipped to handle a faster and more efficient fish transport than the North Rail Express. | **PG** +MTRA01-005+ |

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| 21:30 | **Mighty Planes: Airbus A380 (R)** Take flight on the Airbus A380's maiden journey from Frankfurt, Germany to San Francisco as they try to win over customers and maximize profits. | **G** +MIPL-005+ |

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| 22:30 | **Border Security - Australia's Front Line (R) ’CC’** A search ends with a dramatic walkout, and officers think a laptop hides evidence of a massive scam. Narrated by Grant Bowler. | **PG** +BORD-112+ |

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| 23:00 | **Border Security - Australia's Front Line (R) ’CC’** A passenger admits to using narcotics but officers make a find that he will struggle to explain. | **PG (D)**+BORD-113+ |

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| 23:30 | **Cop Squad NEW EPISODE**Cameras follow police officers in Cambridgeshire as they tackle criminals, who are increasingly violent and reckless. | **M** +COPS01-008+ |

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| 00:30 | **Border Security - Australia's Front Line (R) ’CC’** A woman returning from Vietnam attempts to evade Customs officers. And at Quarantine a passenger shocks officials when they inspect her luggage. | **PG** +BORD-114+ |

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| 01:00 | **Mighty Ships: Wallenius Faust (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS01-003+ |

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| 02:00 | **Mighty Trains: North Rail Express (R) ’CC’** When it comes to transporting fresh fish, time and temperature control are vital, and there's no train better equipped to handle a faster and more efficient fish transport than the North Rail Express. | **PG** +MTRA01-005+ |

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| 03:00 | **Mighty Planes: Airbus A380 (R)** Take flight on the Airbus A380's maiden journey from Frankfurt, Germany to San Francisco as they try to win over customers and maximize profits. | **G** +MIPL-005+ |

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| 04:00 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-007+ |

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| 05:00 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues to see the sights of Kythira.  | **PG** +MYGO01-007+ |

 **Monday 22 July 2019**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-024+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-018+ |

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| 07:30 | **Drop Dead Weird: Winners Take It All ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-011+ |

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| 08:00 | **Jay's Jungle: Stories (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-016+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-029+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-030+ |

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| 09:30 | **Auction Squad (R) ’CC’** A half-finished kitchen is transformed with glass and smart lighting. | **G** +AUCS4-017+ |

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| 10:30 | **Meet The Press ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-029+ |

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| 11:30 | **Australia's Best Backyards (R) ’CC’** How to fit a pool, cabana and party room into a pocket-sized backyard. The family with a vineyard in their Melbourne suburban garden. Hosted by JAMIE DURIE. | **G** +ABBY2-006+ |

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| 12:00 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-007+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE10-013+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-029+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-024+ |

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| 15:30 | **Mighty Ships: Africa Mercy (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS03-004+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** In the return of RSPCA ANIMAL RESCUE, floodwaters in the Queensland town of Emerald are causing havoc with inspectors' efforts to find many missing animals. Narrated by ANTHONY FIELD. | **G** +ANRS2-011+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-018+ |

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| 17:30 | **Building The Dream: East Sussex (R)** Charlie Luxton heads to East Sussex, where paramedic Steve and his partner Hannah are self-building a straw-bale house in a beautiful woodland glade. | **G** +BUTD01-022+ |

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| 18:30 | **Bargain Hunt: Brackley 32 (R)** Christina Trevanion takes the lead at Brackley Antiques Cellar as a belly-dancing mother and daughter compete with a married couple to buy three items and make the most profit at auction in Newbury.  | **G** +BHUN43-018+ |

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| 19:30 | **Special: The Vicar Of Dibley - Christmas 1996 (R) ’CC’ (1996)** Geraldine has a big sermon to write but is invited to four Christmas dinners and doesn't want to let anyone down. Starring:GARY WALDHORN,JAMES FLEET,DAWN FRENCH,EMMA CHAMBERS,LIZ SMITH,JOHN BLUTHAL,ROGER LLOYD-PACK,TREVOR PEACOCK | **PG (S)**+BBCS4-005+ |

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| 20:30 | **Foyle's War: War Of Nerves (R) ’CC’** An unexploded bomb at a busy shipyard leads to a startling discovery in a complex story of greed and politics. Starring:ANTHONY HOWELL,CORIN REDGRAVE,HONEYSUCKLE WEEKS,GEOFFREY FRESHWATER,DUGALD BRUCE-LOCKHART,DAVID ALEXANDER,FERGUS ODONNELL,JOANNA HORTON,PETER-HUGO DALY,SAMUEL OATLEY,PETER CAPALDI,MICHAEL KITCHEN,VALERIE EDMOND,TONY TURNER,TONI PALMER | **M (V)**+FOYL3-004+ |

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| 22:30 | **Secrets Of Scotland Yard (R) ’CC’** Secrets of Scotland Yard breaks through the facade of the most famous police headquarters in the world: the very name Scotland Yard is synonymous with all that's best in the detection of crime. | **M (A,V)**+SOSY01-002+ |

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| 23:30 | **Mighty Ships: Africa Mercy (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS03-004+ |

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| 00:30 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-018+ |

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| 01:00 | **Bargain Hunt: Brackley 32 (R)** Christina Trevanion takes the lead at Brackley Antiques Cellar as a belly-dancing mother and daughter compete with a married couple to buy three items and make the most profit at auction in Newbury.  | **G** +BHUN43-018+ |

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| 02:00 | **Foyle's War: War Of Nerves (R) ’CC’** An unexploded bomb at a busy shipyard leads to a startling discovery in a complex story of greed and politics. Starring:ANTHONY HOWELL,CORIN REDGRAVE,HONEYSUCKLE WEEKS,GEOFFREY FRESHWATER,DUGALD BRUCE-LOCKHART,DAVID ALEXANDER,FERGUS ODONNELL,JOANNA HORTON,PETER-HUGO DALY,SAMUEL OATLEY,PETER CAPALDI,MICHAEL KITCHEN,VALERIE EDMOND,TONY TURNER,TONI PALMER | **M (V)**+FOYL3-004+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-029+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-030+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-024+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Tuesday 23 July 2019**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-025+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-019+ |

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| 07:30 | **Drop Dead Weird: The Cold War ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-012+ |

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| 08:00 | **Jay's Jungle: I Say Hello Like This (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-017+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-031+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-032+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-174+ |

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| 12:00 | **Special: The Vicar Of Dibley - Christmas 1996 (R) ’CC’ (1996)** Geraldine has a big sermon to write but is invited to four Christmas dinners and doesn't want to let anyone down. Starring:GARY WALDHORN,JAMES FLEET,DAWN FRENCH,EMMA CHAMBERS,LIZ SMITH,JOHN BLUTHAL,ROGER LLOYD-PACK,TREVOR PEACOCK | **PG (S)**+BBCS4-005+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE10-014+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-031+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-032+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-025+ |

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| 15:30 | **Mighty Ships: Solitaire (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-005+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** In Sydney, officers rescue an injured dog left home alone for the weekend. | **G** +ANRS2-012+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-019+ |

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| 17:30 | **Building The Dream: Yorkshire (R)** Rob and Claire Hartley are building a farmhouse on a spectacular site on their Yorkshire farm. Charlie Luxton has to step in as their budget - and roof - feel the strain. | **G** +BUTD01-023+ |

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| 18:30 | **Bargain Hunt: Wetherby 22 (R)** Anita Manning and the team are at Wetherby Racecourse. The reds and blues battle it out around the fair with experts Charles Hanson and Kate Bliss. | **G** +BHUN43-019+ |

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| 19:30 | **Rosemary & Thyme: Racquet Espanol (R)** Laura and Rosemary head off to Southern Spain and investigate the death of a tennis player. The value of property proves to be the driving force for evil in this idyllic sun drenched resort. | **PG (V)**+RAT3-006+ |

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| 20:30 | **Murdoch Mysteries: What Lies Buried** After the skeleton of a murdered police officer is found in the station house basement, Murdoch's investigation leads him to suspect his own colleagues. | **M (A,S)**+MMYS08-007+ |

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| 21:30 | **Murdoch Mysteries: High Voltage** The electrocution of a man leads Murdoch back to inventor Thomas Edison | **M** +MMYS08-008+ |

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| 22:30 | **Citizen Khan: Bullies NEW EPISODE**Mr Khan has bought a drone camera to keep an eye on the local neighbourhood as he believes it is starting to go a bit downhill. | **PG (S)**+CITK05-002+ |

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| 23:15 | **Mighty Ships: Solitaire (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-005+ |

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| 00:15 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-019+ |

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| 00:45 | **RSPCA Animal Rescue (R) ’CC’** In Sydney, officers rescue an injured dog left home alone for the weekend. | **G** +ANRS2-012+ |

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| 01:15 | **Citizen Khan: Bullies (R)** Mr Khan has bought a drone camera to keep an eye on the local neighbourhood as he believes it is starting to go a bit downhill. | **PG (S)**+CITK05-002+ |

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| 02:00 | **Bargain Hunt: Wetherby 22 (R)** Anita Manning and the team are at Wetherby Racecourse. The reds and blues battle it out around the fair with experts Charles Hanson and Kate Bliss. | **G** +BHUN43-019+ |

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| 03:00 | **Auction Squad (R) ’CC’** It's our biggest-ever one day paving job - and they're the wrong colour! Plus a quick fix for ugly wallpaper. | **G** +AUCS4-016+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-031+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-032+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-025+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Wednesday 24 July 2019**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-026+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-020+ |

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| 07:30 | **Drop Dead Weird: Project Z ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-013+ |

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| 08:00 | **Jay's Jungle: Breakfast (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-018+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-033+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-034+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-175+ |

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| 12:00 | **Auction Squad (R) ’CC’** It's our biggest-ever one day paving job - and they're the wrong colour! Plus a quick fix for ugly wallpaper. | **G** +AUCS4-016+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE10-015+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-033+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-034+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-026+ |

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| 15:30 | **Mighty Ships: G.O. Sars (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-006+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Just outside of Brisbane, officers are called in to rescue a lost koala found wandering on the road. | **G** +ANRS2-013+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-020+ |

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| 17:30 | **Building The Dream: Kent (R)** Tracie and Craig want to knock down Tracie's childhood bungalow in Kent and replace it with a bold, contemporary house.  | **PG** +BUTD01-024+ |

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| 18:30 | **Bargain Hunt: Newark 20 (R)** Paul Laidlaw takes the teams to the bargain hunting ground of Newark antiques fair in Nottinghamshire.  | **G** +BHUN43-020+ |

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| 19:30 | **Air Crash Investigations: Deadly Display (R) ’CC’** On 9 May 2012, an aircraft on a demonstration tour crashes into Mount Salak in the province of West Java. All 45 people on board are killed. | **PG (A)**+MDAY18-005+ |

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| 20:30 | **Air Crash Investigations: Death Race NEW EPISODE**At a Nevada air show, a modified WW2 fighter plane nosedives into the crowd. It's one of the worst air race crashes of all time. | **PG** +MDAY19-002+ |

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| 21:30 | **Air Crash Investigations: Aloha - Hanging By A Thread (R) ’CC’** In April 1998, a short island hop from Maui to Honolulu quickly turns into a nightmare for Aloha Airlines Flight 243. | **PG** +MDAY3-001+ |

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| 22:30 | **Saved (R) ’CC’** A drama documentary series which tells the inspirational stories of ordinary people who woke up to what seemed like a typical day, blissfully unaware to the fact it could have been their last. | **M (A)**+SVED01-002+ |

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| 23:30 | **Mighty Ships: G.O. Sars (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G** +MTYS03-006+ |

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| 00:30 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-020+ |

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| 01:00 | **Bargain Hunt: Newark 20 (R)** Paul Laidlaw takes the teams to the bargain hunting ground of Newark antiques fair in Nottinghamshire.  | **G** +BHUN43-020+ |

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

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

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

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

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-033+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-034+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-026+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Thursday 25 July 2019**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-027+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-021+ |

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| 07:30 | **Drop Dead Weird: Ted E. Bear ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-014+ |

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| 08:00 | **Jay's Jungle: Seeing Stars (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-019+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-035+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-036+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-176+ |

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| 12:00 | **Air Crash Investigations: Death Race (R)** At a Nevada air show, a modified WW2 fighter plane nosedives into the crowd. It's one of the worst air race crashes of all time. | **PG** +MDAY19-002+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE07-083+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-035+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-036+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-027+ |

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| 15:30 | **Mighty Ships: DSV Skandi Arctic (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-001+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Officers respond to an elderly couple's pleas to help catch their injured goat so they can treat it. | **G** +ANRS2-014+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-021+ |

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| 17:30 | **Building The Dream: Cumbria (R)** Charlie Luxton heads to Cumbria, where Andy and Amy have set their hearts on self-building a huge four-bedroom home with a farmhouse feel. But is the job too big for them? | **G** +BUTD01-025+ |

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| 18:30 | **Bargain Hunt: Oswestry 6 (R)** Charles Hanson takes on the role as presenter as the hunt for bargains heads to Oswestry. Two teams of friends compete to buy three items each hoping to make the most profit at auction. | **G** +BHUN43-021+ |

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| 19:30 | **Father Brown: The Truth In The Wine (R)** Father Brown attends an open day at the vineyard Colonel Forbes-Leith runs with French viticulturist Gregoire Bisset but the wine is contaminated. | **M (V,A)**+FBRO03-009+ |

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| 20:30 | **A Touch Of Frost: Unknown Soldiers (R)** Inspector Frost is held at gunpoint by a teenage drug dealer, a soldier is shot dead, and a security van is robbed by a shotgun-wielding gang. Starring:BENEDICT SANDIFORD,BRUCE ALEXANDER,CIARAN ODOHERTY,JAN GRAVESON,JAKE WOOD,DAVID GOODERSON,DAVID JASON,MARSTON BLOOM,MARK LETHEREN,JOHN LIGHT,JOHN LYONS,RALPH BROWN,NICHOLAS JONES,SEAN GILDER,PAUL MORIARTY | **M (V)**+TOF4-002+ |

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| 22:45 | **Mighty Ships: DSV Skandi Arctic (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-001+ |

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| 23:45 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-021+ |

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| 00:15 | **RSPCA Animal Rescue (R) ’CC’** Officers respond to an elderly couple's pleas to help catch their injured goat so they can treat it. | **G** +ANRS2-014+ |

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| 00:45 | **Bargain Hunt: Oswestry 6 (R)** Charles Hanson takes on the role as presenter as the hunt for bargains heads to Oswestry. Two teams of friends compete to buy three items each hoping to make the most profit at auction. | **G** +BHUN43-021+ |

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| 02:00 | **Father Brown: The Truth In The Wine (R)** Father Brown attends an open day at the vineyard Colonel Forbes-Leith runs with French viticulturist Gregoire Bisset but the wine is contaminated. | **M (V,A)**+FBRO03-009+ |

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| 03:00 | **Saved (R) ’CC’** A drama documentary series which tells the inspirational stories of ordinary people who woke up to what seemed like a typical day, blissfully unaware to the fact it could have been their last. | **M (A)**+SVED01-002+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-035+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-036+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-027+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Friday 26 July 2019**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-028+ |

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| 07:00 | **ZooMoo Wild Friends (R) ’CC’** Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C** +ZOMO02-022+ |

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| 07:30 | **Drop Dead Weird: Dad's Old Mate ’CC’** Three Australian siblings move to a bed and breakfast in Tubbershandy western Ireland with their Zombie parents. | **C** +DDWE02-015+ |

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| 08:00 | **Jay's Jungle: Feel Better Exercise (R) ’CC’** Follows the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P** +JAJU-020+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-037+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-038+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-177+ |

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| 12:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-022+ |

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| 13:00 | **My Greek Odyssey (R) ’CC’** In this episode, Peter continues to see the sights of Kythira.  | **PG** +MYGO01-007+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-037+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-038+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-028+ |

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| 15:30 | **Mighty Ships: USCGS Bertholf (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-002+ |

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| 16:30 | **RSPCA Animal Rescue (R) ’CC’** Officers attempt to rescue a cow stuck in neck-high water in a dam. Five aggressive breeding dogs are surrendered to the RSPCA and inspectors hope to find four abandoned kittens new homes. | **G** +ANRS2-015+ |

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| 17:00 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-022+ |

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| 17:30 | **Building The Dream: CotsWolds (R)** Charlie Luxton's own plans are on the line as he's commissioned to build a house for Tara and Dimitri on a tight budget and a tricky hillside plot in the Cotswolds. | **G** +BUTD01-026+ |

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| 18:30 | **Bargain Hunt: Wetherby 21 (R)** Wetherby racecourse plays host to Bargain Hunt. Anita Manning is at the helm, with experts Kate Bliss and Charles Hanson.  | **G** +BHUN43-022+ |

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| 19:30 | **Better Homes And Gardens (R) ’CC’** Homes and gardens come alive in this lifestyle show packed full of home decorating tips, recipes, craft ideas, DIY projects and how tos. | **G** +BHAG25-026+ |

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| 20:30 | **Martin Clunes: Islands Of America ’CC’ SEASON PREMIERE**Martin Clunes embarks on an epic journey around the coast of America to discover what life is like on the surrounding islands. | **PG** +MCIA01-001+ |

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| 21:30 | **Australia's Amazing Homes: Vintage Twist (R)** Follows three renowned home experts on their quest to find Australia's most stylish and breathtaking homes. | **PG** +AMAH01-002+ |

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| 22:30 | **Escape To The Continent (R)** Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-006+ |

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| 23:45 | **Mighty Ships: USCGS Bertholf (R)** Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG** +MTYS04-002+ |

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| 00:45 | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-022+ |

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| 01:15 | **RSPCA Animal Rescue (R) ’CC’** Officers attempt to rescue a cow stuck in neck-high water in a dam. Five aggressive breeding dogs are surrendered to the RSPCA and inspectors hope to find four abandoned kittens new homes. | **G** +ANRS2-015+ |

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| 01:45 | **Bargain Hunt: Wetherby 21 (R)** Wetherby racecourse plays host to Bargain Hunt. Anita Manning is at the helm, with experts Kate Bliss and Charles Hanson.  | **G** +BHUN43-022+ |

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| 02:45 | **Escape To The Continent (R)** Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-006+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-037+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars?  | **G** +MIDM2-038+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-028+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Saturday 27 July 2019**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 08:00 | **Travel Oz: Dubai 2 - Culture (R) ’CC’** A look at Dubai's fascinating culture, from a Bedouin camp in the desert to its history of pearl diving, cultural centres, and spice and gold souks. | **PG** +TRAV4-009+ |

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| 08:45 | **Travel Oz: Dubai 3 - Events (R) ’CC’** Dubai's rich events calendar is on display in this episode, from the world's richest horse race, its international film festival, and JazzFest, with performances by Sting, Katy Perry and more. | **PG** +TRAV4-010+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-178+ |

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| 11:30 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI04-007+ |

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| 12:30 | **Auction Squad (R) ’CC’** A half-finished kitchen is transformed with glass and smart lighting. | **G** +AUCS4-017+ |

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| 13:30 | **Australia's Best Backyards (R) ’CC’** How to turn an old plain-jane house into a modern tropical paradise. Jamie visits a unique garden where the mudcrabs come free. | **G** +ABBY2-007+ |

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| 14:00 | **SA Weekender ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-022+ |

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| 14:30 | **Sydney Weekender (R) ’CC’** Mike gets an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel Bareboats her way around the Whitsundays. Rose checks out different kinds of boats.  | **G** +7SWE26-023+ |

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| 15:00 | **Creek To Coast (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC19-022+ |

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| 15:30 | **Queensland Weekender ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-023+ |

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| 16:00 | **The Great Day Out ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-025+ |

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| 16:30 | **Charlie Luxton's Homes By The Sea: Essex** Follow Charlie Luxton on a quest to find the finest, quirkiest, most spectacular and truly unusual homes that can be found on Britain's beautiful coastline. | **PG** +HOBS02-005+ |

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| 17:30 | **Britain's Busiest Airport: Heathrow (R) ’CC’** Heavy fog throws the airport into turmoil, staff reveal the secrets of one of Heathrow's most exclusive first class lounges, and missing passengers threaten to delay a busy flight. | **PG** +HEAT02-001+ |

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| 18:30 | **Special: Royal Edinburgh Military Tattoo 2016 (R) ’CC’ (2016)** The Royal Edinburgh Military Tattoo took over Melbourne's Etihad Stadium earlier this year and Seven's cameras were there to capture the world's greatest spectacle for a premiere special TV event. | **G** +AUMS16-001+ |

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| 20:30 | **Escape To The Country: Wiltshire NEW EPISODE**Nicki Chapman goes property hunting with a couple who have 575,000 pounds to spend on a rural family home in Wiltshire. | **G** +ETTC23-067+ |

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| 21:30 | **Escape To The Country: Somerset (R)** Jules Hudson is helping a couple to leave London and find a dream home in the Somerset countryside; and they have a very healthy budget of one million pounds with which to do it. | **G** +ETTC22-051+ |

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| 22:30 | **Escape To The Country: Somerset (R)** Jonnie Irwin is helping a couple swap urban London life for rural Somerset. | **G** +ETTC22-052+ |

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| 23:30 | **Mighty Ships: Hawk (R) ’CC’** The Hawk has to sink before she swims in order to transport one of the world's largest oil drilling rigs halfway around the world. | **PG** +MTYS08-001+ |

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| 00:30 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-022+ |

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| 01:00 | **Sydney Weekender (R) ’CC’** Mike gets an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel Bareboats her way around the Whitsundays. Rose checks out different kinds of boats.  | **G** +7SWE26-023+ |

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| 01:30 | **Creek To Coast (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC19-022+ |

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| 02:00 | **Queensland Weekender (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-023+ |

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| 02:30 | **The Great Day Out (R) ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-025+ |

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| 03:00 | **Auction Squad (R) ’CC’** A half-finished kitchen is transformed with glass and smart lighting. | **G** +AUCS4-017+ |

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| 04:00 | **Intrust Shute Shield** TBC  | +CLUB19-017+ |