**Sunday, July 24, 2016**

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

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| 06:30 AM | **Amazing Facts: The Secret Cycle In Prophecy**  Religious program. | **PG**  +AMFA02-018+ |

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| 07:00 AM | **Tomorrow's World: Seven Keys For Peace Of Mind (R)**  Religious program. | **PG**  +TOMW03-001+ |

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| 07:30 AM | **Leading The Way: The Value Of Your Soul**  Religious program. | **PG**  +LWAY03-026+ |

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| 08:00 AM | **David Jeremiah: How Can I Find Forgiveness?**  Religious program. | **PG**  +DAJE2-049+ |

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| 08:30 AM | **It Is Written Oceania: Hearts At Home: I Can't Talk To My Teenager (R)**  A Religious Program. | **PG**  +IIW8-018+ |

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

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| 09:30 AM | **Best Houses Australia (R)**  Gary takes a look back at a few of his favourite homes including two tasteful renovations in Sydney, two character homes in Melbourne, a $5 million dollar mansion in Canberra and a rotating house. | **G**  +BHOZ04-007+ |

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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 (A)**  +HAWC16-726+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Paul & Kate: Free For All (R)**  Tonight, antiques experts Paul Hayes and Kate Bliss go head to head in a fight for profit where they can buy whatever they like, wherever they like! | **PG**  +DELP2-015+ |

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| 02:00 PM | **Storage Hoarders: Michael / Julie & Debbie (R)**  Aggie Mackenzie meets the sisters who are doing it for themselves when they finally confront their late fathers' lifetime of collecting anything and everything. | **G**  +STOH-018+ |

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| 03:00 PM | **Anthony Bourdain: No Reservations: Nicaragua (R)**  Tony discovers the determination necessary to live in modern-day Nicaragua. | **PG**  +NORE07-001+ |

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| 04:00 PM | **Escape To The Country: Devon (R)**  Tonight, Aled Jones checks out some amazing million pound coastal homes while he helps a couple swap the Staffordshire suburbs for retirement by the sea. | **G**  +ETTC12-006+ |

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| 05:00 PM | **Escape To The Country: Dorset (R)**  Jules Hudson is off to Wiltshire to help a couple of self-confessed urbanites make a break for a new life with their young family in the country. | **G**  +ETTC12-007+ |

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| 06:00 PM | **Mighty Ships: Paul R. Tregurtha (R) ’CC’**  Climb aboard and explore the largest vessel ever to sail on North America's Great Lakes. | **PG**  +MTYS-007+ |

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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**  +FTLD02-008+ |

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| 07:30 PM | **Border Patrol: Italian Zombie (R) ’CC’**  Customs go rural to bust an illegal operation wide open, a passenger makes a glaring mistake when questioned at the airport and a returning Border Patrol favourite is back on the scene. | **PG**  +BDPT6-011+ |

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| 08:00 PM | **Motorway Patrol (R) ’CC’**  Tonight, fight club goes crazy, a driver flees up a tree and police encounter boy racers who don't make it to the track. | **PG**  +MOTP14-002+ |

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| 08:30 PM | **Escape To The Country: Devon NEW EPISODE**  Prospective buyers find their dream home. | **PG**  +ETTC21-070+ |

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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**  +ETCO02-018+ |

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| 10:45 PM | **Mighty Ships: Paul R. Tregurtha (R) ’CC’**  Climb aboard and explore the largest vessel ever to sail on North America's Great Lakes. | **PG**  +MTYS-007+ |

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| 11:45 PM | **Best Houses Australia (R)**  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**  +BHOZ05-005+ |

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| 12:15 AM | **Escape To The Country: Devon (R)**  Tonight, Aled Jones checks out some amazing million pound coastal homes while he helps a couple swap the Staffordshire suburbs for retirement by the sea. | **G**  +ETTC12-006+ |

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| 01:15 AM | **Escape To The Country: Dorset (R)**  Jules Hudson is off to Wiltshire to help a couple of self-confessed urbanites make a break for a new life with their young family in the country. | **G**  +ETTC12-007+ |

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| 02:15 AM | **Dealers Put Your Money Where Your Mouth Is: Paul & Kate: Free For All (R)**  Tonight, antiques experts Paul Hayes and Kate Bliss go head to head in a fight for profit where they can buy whatever they like, wherever they like! | **PG**  +DELP2-015+ |

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| 03:45 AM | **Storage Hoarders: Michael / Julie & Debbie (R)**  Aggie Mackenzie meets the sisters who are doing it for themselves when they finally confront their late fathers' lifetime of collecting anything and everything. | **G**  +STOH-018+ |

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| 04:45 AM | **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**  +ETCO02-018+ |

**Monday, July 25, 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**  +FLSH02-051+ |

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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**  +IAC17-026+ |

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| 08:00 AM | **ToyBox: Super Ned Go Slow (R) ’CC’ SERIES RETURN**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-001+ |

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| 08:30 AM | **ToyBox: The Troupe (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-002+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Shane and Angel find Dylan to be more than a handful. Selina tries to warn Shannon off Curtis. | **PG**  +HAW2-781+ |

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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. | +NBCS16-030+ |

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| 10:30 AM | **Meet The Press (R)**  Chuck Todd interviews newsmakers from around the world. | +NBCM16-030+ |

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| 11:30 AM | **Best Houses Australia (R)**  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**  +BHOZ05-005+ |

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| 12:00 PM | **Escape To The Country: Devon (R)**  Prospective buyers find their dream home. | **PG**  +ETTC21-070+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  Harry arranges a special patriotic concert just at the point where he himself is asked to make a special trip for the British Intelligence Services. Meanwhile, Henri is arrested. | **PG**  +MRSE2-006+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: UK Antique (R)**  Eric Knowles and Charlie Ross compete to make money by dealing antiques bought at Ardingly antiques fair. | **PG**  +DELP3-002+ |

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| 03:00 PM | **The Zoo (R) ’CC’**  Keepers prepare to deliver a giraffe's baby. Then, an Andean condor escapes during an early morning training session. | **G**  +ZOOT-002+ |

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| 03:30 PM | **RSPCA Animal Rescue (R) ’CC’**  In tonight's episode, a boxer dog missing for several weeks is found and reunited with its grateful owners. | **G**  +ANRS-002+ |

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| 04:00 PM | **Beat Bugs: Help / Lucy In The Sky With Diamonds ’CC’ SEASON PREMIERE**  When a stubborn Jay becomes trapped in a jam jar, he has to rely on his friends to help him. Then, Crick’s scientific logic is challenged as the bugs seek the help of an alternative sleep doctor. | **C**  +BEAT-001+ |

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| 04:30 PM | **Beat Bugs: I Am The Walrus / I'm A Loser ’CC’**  Walter tells Buzz the story of how he met the Beat Bugs. Then, Morgs the stick bug becomes sick of everyone mistaking him for a stick, but realises it has more benefits than he thought. | **C**  +BEAT-002+ |

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| 05:00 PM | **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 (A)**  +MDEM-016+ |

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| 05:30 PM | **60 Minute Makeover: Catford (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**  +SMM7-033+ |

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| 06:30 PM | **Bargain Hunt: Hemswell 29 (R)**  One team have their eye on some cute and cuddly items in Helmswell, while the other team find a very bizarre item. | **G**  +BHUN28-019+ |

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| 07:30 PM | **Cities Of The Underworld: Secret Holy Land: Ethiopia (R)**  Ethiopia is home to some of the oldest settlements in the world. This cradle of mankind is a country born from legend and shrouded in mystery. | **PG**  +COTW3-009+ |

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| 08:30 PM | **Prime Suspect (R) ’CC’**  Detective Chief Inspector Jane Tennison investigates the murder of a young girl found dead in a seedy bedsit with bruises all over her body. | **M (A,V,L)**  +PSP01-001+ |

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| 10:30 PM | **Air Crash Investigations: Lost In Translation (R) ’CC’**  When a flight from Zurich crash- lands, killing everyone on board, the discovery of drugs among the wreckage suggests an alarming explanation. | **PG**  +MDAY13-003+ |

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| 11:30 PM | **Bargain Hunt: Hemswell 29 (R)**  One team have their eye on some cute and cuddly items in Helmswell, while the other team find a very bizarre item. | **G**  +BHUN28-019+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: UK Antique (R)**  Eric Knowles and Charlie Ross compete to make money by dealing antiques bought at Ardingly antiques fair. | **PG**  +DELP3-002+ |

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| 01:30 AM | **Air Crash Investigations: Lost In Translation (R) ’CC’**  When a flight from Zurich crash- lands, killing everyone on board, the discovery of drugs among the wreckage suggests an alarming explanation. | **PG**  +MDAY13-003+ |

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| 02:30 AM | **Dr Oz: Oscar Winner Mo'nique On The Hollywood Controversey And How She Lost 100 Pounds ’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**  +DROZ06-140+ |

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| 03:30 AM | **Dr Oz: 99 New Uses For Everyday Things ’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**  +DROZ06-139+ |

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| 04:30 AM | **Special: Cannibal Crusade (R) (1989)**  Take an exciting journey to the seldom explored tropical jungles of Indonesian-controlled Irian Jaya. Starring:GREG GRAINGER | **G**  +AMS-464+ |

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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-116+ |

**Tuesday, July 26, 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**  +FLSH02-052+ |

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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**  +IAC17-027+ |

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| 08:00 AM | **ToyBox: Mystery Monster (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-003+ |

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| 08:30 AM | **ToyBox: Upgrade or Outrage (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-004+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Angel is horrified when she sees what Shane has bought. Curtis accuses Shannon of being manipulative. | **PG**  +HAW2-782+ |

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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. | +NBCT16-148+ |

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| 12:00 PM | **Cities Of The Underworld: Secret Holy Land: Ethiopia (R)**  Ethiopia is home to some of the oldest settlements in the world. This cradle of mankind is a country born from legend and shrouded in mystery. | **PG**  +COTW3-009+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  With Henri's arrest and Harry's sudden absence, people are more worried than ever when a scandal hits the newspapers implicating Harry. | **PG**  +MRSE2-007+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: Car Boot Sale (R)**  Antiques heavyweights Eric Knowles and Charlie Ross scour a car boot sale for profitable pieces. | **PG**  +DELP3-003+ |

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| 03:00 PM | **Nabbed (R) ’CC’**  The chase is on for a runaway driver, a drunk motorist wipes out a parked Audi, and a speeder explains his formula for driving with only second gear. | **PG**  +NABE-002+ |

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| 03:30 PM | **Crash Investigation Unit: Marsden Park (R) ’CC’**  A family is devastated when a grandmother doesn't make it home from a night of bingo at the local club. | **PG**  +CIU-002+ |

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| 04:00 PM | **Beat Bugs: Come Together / Rain ’CC’**  When the Beat Bugs can’t agree on whose house to play in, Crick builds an amazing tree house that everyone can enjoy. Then, Buzz learns you can make any situation fun…even rain! | **C**  +BEAT-003+ |

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| 04:30 PM | **Beat Bugs: Good Day Sunshine / Sun King ’CC’**  The bugs have to find a way of getting Mr Sun back before the whole village freezes! Then, Buzz goes on a journey of self-discovery to find she has the greatest talent of all. | **C**  +BEAT-004+ |

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| 05:00 PM | **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-017+ |

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| 05:30 PM | **60 Minute Makeover: Woodside (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**  +SMM7-034+ |

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| 06:30 PM | **Bargain Hunt: Norfolk 23 (R)**  After a slow start, two teams of sisters get two items in the bag, but struggle to hunt out the elusive third bargain! | **G**  +BHUN28-020+ |

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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,L)**  +KINM01-003+ |

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| 08:30 PM | **Inspector Morse: Inspector Morse: The Wolvercote Tongue (R) ’CC’**  There are more complex clues for Inspector Morse and Sergeant Lewis to solve with the suspicious death of a wealthy American tourist. Starring:KEVIN WHATELY,PETER WOODTHORPE,ROBERTA TAYLOR | **PG (A,V)**  +INM-004+ |

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| 10:30 PM | **The Border: Cocaine Paradise NEW EPISODE**  Agents and officers of the Department of Homeland Security in Puerto Rico keep a high-value seizure secure as they transport it back to San Juan, and seize a small drug-running boat. | **M (A)**  +TBOR6-001+ |

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| 11:30 PM | **Bargain Hunt: Norfolk 23 (R)**  After a slow start, two teams of sisters get two items in the bag, but struggle to hunt out the elusive third bargain! | **G**  +BHUN28-020+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: Car Boot Sale (R)**  Antiques heavyweights Eric Knowles and Charlie Ross scour a car boot sale for profitable pieces. | **PG**  +DELP3-003+ |

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| 01:30 AM | **The Border: Cocaine Paradise (R)**  Agents and officers of the Department of Homeland Security in Puerto Rico keep a high-value seizure secure as they transport it back to San Juan, and seize a small drug-running boat. | **M (A)**  +TBOR6-001+ |

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| 02:30 AM | **Dr Oz: Dr Oz Fights Back: His Exclusive Reaction To His Critics ’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)**  +DROZ06-138+ |

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| 03:30 AM | **Dr Oz: Suzanne Somers Health Crisis And New Mission ’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**  +DROZ06-137+ |

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| 04:30 AM | **Special: Secrets Of A Coral Cay (R) (1993)**  Ben Cropp explains the birth and growth of a coral island, from its beginning as a sand-bar to a tropical paradise. Starring:BEN CROPP | **G**  +AMS-565+ |

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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-117+ |

**Wednesday, July 27, 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**  +FLSH02-053+ |

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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**  +IAC17-028+ |

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| 08:00 AM | **ToyBox: A Matter of Perspective (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-005+ |

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| 08:30 AM | **ToyBox: Something Fishy (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-006+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Teresa rushes Selina to hospital. Alf is concerned when he finds Ailsa alone and crying. | **PG**  +HAW2-783+ |

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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. | +NBCT16-149+ |

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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**  +GRAW-003+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  An unsettled and unnerved Harry arrives home in a swarm of bad publicity and has to deal with not only the scandal in the press but with Henri's arrest too. | **PG**  +MRSE2-008+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: Foreign Market (R)**  Is Paris ready for a whirlwind of antique buying with experts Eric Knowles and Charlie Ross? | **PG**  +DELP3-004+ |

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| 03:00 PM | **Cook Me The Money: Whitsable NEW EPISODE**  Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG**  +CMTM-002+ |

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| 04:00 PM | **Beat Bugs: Penny Lane / Birthday ’CC’**  When Crick feels as though no one notices him, the other Beat Bugs create a place where he can be the centre of attention. Then, it’s Jay and Crick’s birthday and a surprise party is in the works. | **C**  +BEAT-005+ |

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| 04:30 PM | **Beat Bugs: I've Just Seen A Face / Magical Mystery Tour ’CC’**  After Jay sees Julia’s face up close, none of his friends believe his story. Then, the Beat Bugs meet an eloquent showman grasshopper with an offer of an amazing adventure. | **C**  +BEAT-006+ |

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| 05:00 PM | **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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| 05:30 PM | **60 Minute Makeover: Gidea 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**  +SMM7-035+ |

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| 06:30 PM | **Bargain Hunt: Lincoln 18 (R)**  Teams of mums and daughters battle it out in Lincoln, with one team finding one of Bargain Hunt's most profitable antiques! | **G**  +BHUN28-021+ |

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| 07:30 PM | **Doc Martin: Sh\*t Happens (R) ’CC’**  A stomach bug hits Portwenn and Martin suspects the village's water supply could be contaminated, but the locals don't agree. Starring:GEORGIE GLEN,FELICITY MONTAGU,JOE ABSOLOM,POLLY KEMP,NICHOLAS DAY,SELINA CADELL | **PG**  +DOCM-003+ |

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| 08:30 PM | **Lewis: Fearful Symmetry (R)**  When babysitter Jessica Lake is discovered dead, Lewis and Hathaway are drawn into diverse new worlds beyond the usual Oxford colleges - squats, swinging suburbia, monkey labs and fetish photography. Starring:ANNA WILSON-JONES,CLARE HOLMAN,CIARAN MCMENAMIN,CON ONEILL,GEORGIA TAYLOR,GARY KEMP,GREGOR TRUTER,LAURENCE FOX,KEVIN WHATELY,LUCY COHU,REBECCA FRONT | **M (A,V)**  +LEWS6-003+ |

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| 10:30 PM | **How Britain Worked: Seaside (R)**  This week, Guy's project is perhaps the period's most enduring creation: the British seaside holiday. | **PG**  +GMIW-002+ |

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| 11:30 PM | **Bargain Hunt: Lincoln 18 (R)**  Teams of mums and daughters battle it out in Lincoln, with one team finding one of Bargain Hunt's most profitable antiques! | **G**  +BHUN28-021+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: Foreign Market (R)**  Is Paris ready for a whirlwind of antique buying with experts Eric Knowles and Charlie Ross? | **PG**  +DELP3-004+ |

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| 01:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-118+ |

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

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| 02:30 AM | **Home Shopping: Nopalea (NOPA130315B) (R) ’CC’**  Home Shopping | **PG**  +EMCO-012+ |

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| 03:00 AM | **TBA:** | ++ |

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

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| 04:00 AM | **How Britain Worked: Seaside (R)**  This week, Guy's project is perhaps the period's most enduring creation: the British seaside holiday. | **PG**  +GMIW-002+ |

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| 05:00 AM | **Special: Tiger Shark: Legendary Thug Of The Sea (R) (1995)**  Ben Cropp and his team tag and track the Tiger Shark with sonar to determined its natural movements along Australia's Great Barrier Reef. Starring:BEN CROPP | **G**  +AMS-750+ |

**Thursday, July 28, 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**  +FLSH02-054+ |

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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**  +IAC17-029+ |

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| 08:00 AM | **ToyBox: Dragon's Anyone (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-007+ |

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| 08:30 AM | **ToyBox: Little Misunderstanding (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-008+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Selina spends some time in hospital. Sally is shocked by Joe's rejection. | **PG**  +HAW2-784+ |

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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. | +NBCT16-150+ |

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| 12:00 PM | **Doc Martin: Sh\*t Happens (R) ’CC’**  A stomach bug hits Portwenn and Martin suspects the village's water supply could be contaminated, but the locals don't agree. Starring:GEORGIE GLEN,FELICITY MONTAGU,JOE ABSOLOM,POLLY KEMP,NICHOLAS DAY,SELINA CADELL | **PG**  +DOCM-003+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  Harry is determined to get Selfridge's back on track as Lady Mae and Frank Edwards unite to clear Harry's name once and for all. | **PG**  +MRSE2-009+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: Showdown (R)**  Antiques auctioneers Eric Knowles and Charlie Ross compete to raise the most money at a charity showdown. | **PG**  +DELP3-005+ |

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| 03:00 PM | **Property Ladder: Anthony Ridino (R)**  28-year-old Anthony lives by the beach in California, and his 2-bedroom condo needs a revamp. He plans to make a career out of it, but he only has $20,000 and 6 weeks to turn his property around. | **PG**  +PROL-002+ |

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| 04:00 PM | **Beat Bugs: When I'm 64 / Dr Robert ’CC’**  Jay gets a glimpse of what his life will be like in the future. Then, Buzz refuses to go see Dr Robert with her friends due to her fear of doctors. | **C**  +BEAT-007+ |

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| 04:30 PM | **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**  +FLSH02-055+ |

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| 05:00 PM | **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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| 05:30 PM | **60 Minute Makeover: Biggin Hill (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**  +SMM7-036+ |

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| 06:30 PM | **Bargain Hunt: NW8 25 (R)**  One team brings their dog along to help get their paws on the bargains in Marylebone. | **G**  +BHUN28-022+ |

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| 07:30 PM | **The Vicar Of Dibley (R) ’CC’**  Romance is in the air as Geraldine becomes Cupid, attempting to bring together the desperately shy Alice and the even more shy Hugo. Starring:CLIVE MANTLE,GERALDINE MCNULTY,LIZ SMITH,JOHN BLUTHAL,SIMON MCBURNEY | **PG**  +TVOD2-004+ |

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| 08:30 PM | **Murdoch Mysteries: The Curse Of The Beaton Manor / Hangman NEW EPISODE**  Murdoch investigates the mysterious deaths of two of the Beaton heirs. Then, a botched execution leads Murdoch to re-examine the cases of a recently-murdered judge. | **M (A,V)**  +MMYS03-706+ |

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| 10:30 PM | **Suspects (R)**  The team investigates the case of a badly burned young woman who has been dumped in the Thames. | **M (A,L)**  +SUPT3-002+ |

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| 11:30 PM | **Bargain Hunt: NW8 25 (R)**  One team brings their dog along to help get their paws on the bargains in Marylebone. | **G**  +BHUN28-022+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Eric v. Charlie: Showdown (R)**  Antiques auctioneers Eric Knowles and Charlie Ross compete to raise the most money at a charity showdown. | **PG**  +DELP3-005+ |

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| 01:30 AM | **Property Ladder: Anthony Ridino (R)**  28-year-old Anthony lives by the beach in California, and his 2-bedroom condo needs a revamp. He plans to make a career out of it, but he only has $20,000 and 6 weeks to turn his property around. | **PG**  +PROL-002+ |

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| 02:30 AM | **Suspects (R)**  The team investigates the case of a badly burned young woman who has been dumped in the Thames. | **M (A,L)**  +SUPT3-002+ |

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| 03:30 AM | **Motive: Angels With Dirty Faces (R) ’CC’**  When a young man is found unconscious after what appears to be a B-D-S-M encounter gone wrong, Detectives Flynn and Vega must find the attacker before he returns to finish the murder. | **M**  +MOTV2-008+ |

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| 04:30 AM | **Special: In The Footsteps Of The Pharaohs (R) (1997)**  Take a journey through Egypt, visiting remainders of the country's prolific ancient civilisation. Starring:GREG GRAINGER | **G**  +AMS-855+ |

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| 05:30 AM | **Home Shopping: Nuwave PIC (NSD100713) (R)**  Home Shopping | **PG**  +NSD-009+ |

**Friday, July 29, 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**  +FLSH02-056+ |

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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**  +IAC17-030+ |

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| 08:00 AM | **ToyBox: Mouse In The House (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-009+ |

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| 08:30 AM | **ToyBox: Dr Cheerup (R) ’CC’**  Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P**  +TOYB-010+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Sally accuses Jack of setting her up. Ailsa's deteriorating emotional state has caught everyone by surprise. | **PG**  +HAW2-785+ |

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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. | +NBCT16-151+ |

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| 12:00 PM | **Better Homes And Gardens (R) ’CC’**  Joh visits Restaurant Revolution contestant Dom Aboud, taking a look at his life away from the cameras. Karen and Ed travel to Tropical North Queensland for a truly delicious recipe road trip. | **G**  +BHAG21-027+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  There's some soul searching to be done for Agnes and Victor as Lady Mae takes a big risk that pays off for Harry. Meanwhile, Rose prepares to tell Harry some life-changing news. | **PG**  +MRSE2-010+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Auction (R)**  Katherine Higgins takes on John Cameron to find out who can bag the best lots at an antiques auction. | **PG**  +DELP3-006+ |

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| 03:00 PM | **Australia's Best Backyards (R) ’CC’**  JAMIE DURIE explores a tropical paradise near Brisbane, and the plant compared to a Porsche. | **G**  +ABBY2-002+ |

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| 03:30 PM | **The Outdoor Room With Jamie Durie: Africa (R) ’CC’**  Come on safari with Jamie as he bags the Big Five features to makeover a suburban backyard. Starring:JOHNSON NJUGUNA,JOE HOLLAND,ROBYN HOLLAND | **G**  +ORWJ-003+ |

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| 04:00 PM | **Beat Bugs: Ticket To Ride / Getting Better ’CC’**  When the Beat Bugs build a carnival ride, only Kumi takes care of her ticket. Then, Crick builds a robot doctor to help care for his sick friends. | **C**  +BEAT-008+ |

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| 04:30 PM | **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**  +FLSH02-057+ |

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| 05:00 PM | **Best Houses Australia (R)**  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**  +BHOZ05-005+ |

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| 05:30 PM | **60 Minute Makeover: East Barnet (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**  +SMM7-037+ |

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| 06:30 PM | **Bargain Hunt: Lincoln 19 (R)**  Teams feel the pressure while hunting for bargains in Lincoln. | **G**  +BHUN28-023+ |

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| 07:30 PM | **Better Homes and Gardens (R) ’CC’**  Joh meets up with two rising starrs of Rugby Sevens, lovebirds Charlotte Caslick and Lewis Holland, who have a barbecue cook-off. Karen makes a salted peanut butter cookie ice cream sandwich. | **G**  +BHAG22-026+ |

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| 08:30 PM | **Escape To The Country: South Hampshire NEW EPISODE**  Prospective buyers find their dream home. | **G**  +ETTC21-071+ |

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| 09:30 PM | **Art Of The Architect: Oriental NEW EPISODE**  With an incredibly challenging site, Chris Kelly has been charged with creating a three level home, with stunning internal courtyard spaces for the couple and their two pre-schoolers. | **PG**  +ARTO01-003+ |

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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**  +BHOZ05-006+ |

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| 11:00 PM | **TBA:** | ++ |

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| 11:30 PM | **Cook Me The Money: Whitsable (R)**  Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG**  +CMTM-002+ |

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| 12:30 AM | **Australia's Best Backyards (R) ’CC’**  JAMIE DURIE explores a tropical paradise near Brisbane, and the plant compared to a Porsche. | **G**  +ABBY2-002+ |

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| 01:00 AM | **The Outdoor Room With Jamie Durie: Africa (R) ’CC’**  Come on safari with Jamie as he bags the Big Five features to makeover a suburban backyard. Starring:JOHNSON NJUGUNA,JOE HOLLAND,ROBYN HOLLAND | **G**  +ORWJ-003+ |

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| 01:30 AM | **Escape To The Country: South Hampshire (R)**  Prospective buyers find their dream home. | **G**  +ETTC21-071+ |

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| 02:30 AM | **Motive: Abandoned (R) ’CC’**  When the owner of a popular diner is killed in a kitchen explosion, Detectives Flynn andVega discover that a former employee had something the victim wanted, and was determined to fightfor. | **M**  +MOTV2-009+ |

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| 03:30 AM | **Motive: Nobody Lives Forever (R) ’CC’**  Detectives Flynn and Vega investigate the death of a man trampled by his own horse, but they soon suspect homicide and are faced with more questions than answers. | **M**  +MOTV2-010+ |

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| 04:30 AM | **Special: Paradises Of The Pacific (R) (1992)**  Greg Grainger depicts the wide diversity of cultures that flourish in the South Pacific. Starring:GREG GRAINGER | **G**  +AMS-536+ |

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

**Saturday, July 30, 2016**

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| 06:30 AM | **TBA:** | ++ |

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| 07:00 AM | **Home Shopping: Nopalea (NOPA130315B) (R) ’CC’**  Home Shopping | **PG**  +EMCO-012+ |

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| 07:30 AM | **TBA:** | ++ |

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| 08:00 AM | **TBA:** | ++ |

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| 08:30 AM | **Room For Improvement (R) ’CC’**  Scott McGregor and the RFI team surprise a household when they install a $40,000 kitchen for less than $7500. | **G**  +RFI3-001+ |

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| 09:00 AM | **The Real Seachange (R) ’CC’**  After a disastrous opening night at his newly bought pub, Max does something crazy to win customers over. | **PG**  +RLSC2-003+ |

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| 09:30 AM | **The Real Seachange (R) ’CC’**  It's opening day at the Boardwalk Restaurant but there's already dissent in the ranks. | **G**  +RLSC2-004+ |

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| 10:00 AM | **Travel Oz: Horizontal Waterfalls (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV2-006+ |

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| 10:45 AM | **Travel Oz: Nevada ’CC’ NEW EPISODE**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **G**  +TRAV4-018+ |

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| 11:30 AM | **Best Houses Australia (R)**  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**  +BHOZ04-044+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Auction (R)**  Katherine Higgins takes on John Cameron to find out who can bag the best lots at an antiques auction. | **PG**  +DELP3-006+ |

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| 01:30 PM | **The Great Australian Doorstep (R)**  Peter and Sheree travel around Australia to sample the country's best seafood. From oysters, mudcrab, lobster to blue fin tuna, they taste Australian seafood that is enjoyed all over the world. | **PG**  +GRAD6-008+ |

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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**  +HIWA19-011+ |

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| 02:30 PM | **Great South East ’CC’**  Explore leisure and recreation in South East Queensland. | **G**  +GSTH16-025+ |

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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**  +7CTC16-022+ |

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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**  +7QWE16-023+ |

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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**  +WAWE03-024+ |

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| 04:30 PM | **Sydney Weekender (R) ’CC’**  Mike checks out a Coffs Harbour Ambassador tour. Jack visits Lane Cove National Park for National Tree Day. Sophie Falkner and her kids show off their best weekend hangs, including Centennial Park. | **G**  +7SWE23-024+ |

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| 05:00 PM | **Olympians - Off The Record: Boomers Uluru Special (R) ’CC’**  The Australian Men’s Basketball Team take an incredibly unique Road to Rio, travelling to the heart of our country, Uluru. They’re on a mission to win an elusive Olympic medal in Rio. | **PG**  +OFTR01-017+ |

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| 05:30 PM | **Anthony Bourdain: No Reservations: Brazil (R)**  Tony immerses himself in unexplored gastronomical treasures of the Amazon. | **PG**  +NORE07-007+ |

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| 06:30 PM | **A Touch Of Frost: Stranger In The House (R) ’CC’**  A rapist who carries out his sordid crimes in his victims' homes is the urgent subject of Detective Inspector Jack Frost's enquiries. Starring:AMELDA BROWN,ANGELA CLARKE,BILL STEWART,BILL LEADBITTER,BRIAN BOVELL,BRUCE ALEXANDER,CAROLINE HARKER,JAMES BOWERS,GAVIN RICHARDS,EMMA JANE LAVIN,DOUGAL DAVIS,DAVID JASON,LINDY WHITEFORD,LEN COLLIN,MELSADA PANTRY,NEIL PHILLIPS,ZOE HILSON,VANESSA HADAWAY,TERENCE BUDD | **PG (A,V,L)**  +TOF2-004+ |

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| 08:45 PM | **7TWO Saturday Movie: Raising Helen (R) ’CC’ (2004)**  Kate Hudson stars as Modeling agent, Helen Harris who is young and carefree. But after her sister and brother-in-law die in a car accident, Helen becomes the guardian of their three children. Starring:ABIGAIL BRESLIN,HAYDEN PANETTIERE,HELEN MIRREN,FELICITY HUFFMAN,JOHN CORBETT,JOAN CUSACK,KATE HUDSON,SPENCER BRESLIN | **PG (A,L)**  +WDFR15-008+ |

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| 11:15 PM | **Terror In The Skies: Nature Strikes Back (R) ’CC’**  Tonight we investigate how nature can greatly affect plane travel. From tracking forecasts and stunningly precise radar to unpredictable and crazy weather. | **PG**  +NEMI-003+ |

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| 12:15 AM | **Anthony Bourdain: No Reservations: Brazil (R)**  Tony immerses himself in unexplored gastronomical treasures of the Amazon. | **PG**  +NORE07-007+ |

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| 01:15 AM | **Sydney Weekender (R) ’CC’**  Mike checks out a Coffs Harbour Ambassador tour. Jack visits Lane Cove National Park for National Tree Day. Sophie Falkner and her kids show off their best weekend hangs, including Centennial Park. | **G**  +7SWE23-024+ |

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| 01:45 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**  +WAWE03-024+ |

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| 02:15 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**  +7QWE16-023+ |

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| 03:00 AM | **Great South East (R) ’CC’**  Explore leisure and recreation in South East Queensland. | **G**  +GSTH16-025+ |

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| 03:30 AM | **Home In WA (R) ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA19-011+ |

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| 04:00 AM | **The Great Australian Doorstep (R)**  Peter and Sheree travel around Australia to sample the country's best seafood. From oysters, mudcrab, lobster to blue fin tuna, they taste Australian seafood that is enjoyed all over the world. | **PG**  +GRAD6-008+ |

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| 04:30 AM | **Special: Sea Snakes Of Marion Reef (R) (2000)**  Ben Cropp leads an expedition to meet and study sea snakes learning about their unique daily movements and behaviour. Starring:BEN CROPP | **G**  +AMS-972+ |

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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-119+ |