**Sunday 01 December 2019**

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| 06:00 | **It Is Written: The Power Of God**  Religious program. | **PG**  +IIWR19-031+ |

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| 06:30 | **Amazing Facts: Healing, Health And Holiness, Pt. 1**  Religious program. | **PG (A)**  +AMFA19-048+ |

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| 07:00 | **Tomorrow's World: Do You Have An Immortal Soul?**  Religious program. | **PG**  +TOMW19-048+ |

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| 07:30 | **Leading The Way: The Secret Of Blessings**  Religious program. | **PG**  +LWAY19-048+ |

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| 08:00 | **David Jeremiah: Call Him Messiah**  Religious program. | **PG**  +DAJE19-048+ |

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| 08:30 | **Hour Of Power: Keep Your Dream Alive**  Religious program. | **G**  +HOOP19-048+ |

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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**  +MTAB01-056+ |

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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 (A)**  +HOWL03-039+ |

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| 11:00 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-287+ |

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| 12:00 | **Neighbourhood Nightmares: Neighbourhood Nightmares (R) ’CC’**  This documentary explores the changing face of the nightmare neighbour- from the resident who attacks you on YouTube, to neighbours who will buy up your front lawn without you knowing it. | **PG (L)**  +NEIN01-003+ |

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| 13:00 | **The Greatest Cities In The World: Sydney (R)**  Jones avoids the usual tourist traps as he searches out the quirky and unusual secrets and traditions that form the heart and soul of Sydney. | **PG**  +GRCI02-002+ |

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| 14:00 | **My Greek Odyssey**  Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, he takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG**  +MYGO02-003+ |

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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**  +VASI05-005+ |

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| 15:30 | **Intolerant Cooks: Ep 5 - You Say Yummy's... (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-005+ |

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| 16:00 | **Escape To The Country: Welsh Borders (R)**  A super active and self-employed couple now have desires a new rural backdrop for their married life and business. Jules Hudson is helping them find that base in the Welsh Borders. | **G**  +ETTC24-014+ |

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| 17:00 | **Escape To The Country: North Wales (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-070+ |

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| 18:00 | **Escape To The Country: Cornwall (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-071+ |

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| 19:00 | **Dog Patrol (R)**  Police dog Hades doesn't give up on the chase for a burglar, drug dog Aysa gets stuck in at Waikeria Prison, MPI Labrador Ebony sniffs out something that's just about crawling on the mail belt. | **PG**  +STFC07-005+ |

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| 19:30 | **Border Patrol: Russian Working Girls (R) ’CC’**  They're the boys and girls in blue who keep our borders safe. You won't believe some of the things they find-or where they find them. | **PG**  +BDPT08-001+ |

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| 20:00 | **Border Patrol: Birds Nest (R) ’CC’**  Stopped at the border, an exotic eastern luxury, which also happens to be a serious biosecurity risk; and a cannabis crusader's plans go up in smoke at Queenstown Airport. | **PG**  +BDPT08-002+ |

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| 20:30 | **Gold Coast Medical (R) ’CC’**  Our cameras capture a medical miracle to save his legs and life, a doctor works her magic on a 6 year old and a plastic surgeon takes on a huge cosmetic challenge. | **M (A,N)**  +GMED01-001+ |

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| 21:30 | **Movie: Australia Day (2017) PREMIERE**  Details TBC. | **MA (V,L,A)**  +ICNF19-003+ |

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| 23:30 | **Dog Patrol (R)**  Police dog Hades doesn't give up on the chase for a burglar, drug dog Aysa gets stuck in at Waikeria Prison, MPI Labrador Ebony sniffs out something that's just about crawling on the mail belt. | **PG**  +STFC07-005+ |

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| 00:00 | **Room For Improvement (R) ’CC’**  It is a monster challenge today as the team turns an old hall into a comfortable family home. See the best deck ever and a top notch kitchen. | **G**  +RFI4-005+ |

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| 00:30 | **Intolerant Cooks: Ep 5 - You Say Yummy's... (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-005+ |

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| 01:00 | **The Great Australian Doorstep (R)**  We continue our Go Bareboating Catamaran The Whitsundays adventure. Stopping into take in a hike on one of Australia's most stunning islands. | **G**  +GRAD07-014+ |

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| 01:30 | **House Of Wellness (R) ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG (A)**  +HOWL03-039+ |

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| 02:30 | **My Greek Odyssey (R)**  Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, he takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG**  +MYGO02-003+ |

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| 03:30 | **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**  +VASI05-005+ |

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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**  +MIDM2-219+ |

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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**  +MIDM2-220+ |

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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-120+ |

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

**Monday 02 December 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 | **Motown Magic: War / Tracks Of My Tears**  Imaginative boy Ben transforms his city by bringing colourful street art to life, armed with a magic paintbrush and the classic sounds of Motown. | **C**  +MOMA01-008+ |

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| 07:30 | **Larry The Wonderpup (R) ’CC’ SERIES RETURN**  Go on adventures with Larry The Wonder Pup and his six-year-old owner Sasha! | **C**  +LTWP01-001+ |

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| 08:00 | **Jay's Jungle: Why Do I Have To Cut My Hair? (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-046+ |

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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**  +MIDM2-219+ |

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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**  +MIDM2-220+ |

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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. | +NBCS19-048+ |

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| 10:30 | **House Calls To The Rescue (R) ’CC’**  The team rescue a couple from the root of all evil - right in their backyard, plus the ugly dining room that puts guests off their food, and a cure for dog breath. | **G**  +HSCL-010+ |

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| 11:30 | **The Great Australian Doorstep (R)**  Peter and Sheree Everitt explore amazing holiday destinations. | **PG**  +GRAD10-015+ |

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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**  +VASI05-005+ |

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| 12:30 | **Intolerant Cooks: Ep 5 - You Say Yummy's... (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-005+ |

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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**  +CHSE08-040+ |

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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**  +MIDM2-219+ |

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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**  +MIDM2-220+ |

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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-120+ |

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| 15:30 | **Mighty Planes: Hercules LC-130 (R)**  The Hercules "Skibirds" are designed for landing and taking off in snow and ice. Jump on board as they fly to Greenland, a place that holds a world record for worst flying conditions on the planet. | **G**  +MIPL-003+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  It is a monster challenge today as the team turns an old hall into a comfortable family home. See the best deck ever and a top notch kitchen. | **G**  +RFI4-005+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  A man is found underwater at Surfers Paradise and is in desperate need of help. Is it too late to save him? | **G**  +SPTL-010+ |

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| 17:30 | **Escape To The Country: West Wales (R)**  Jonnie Irwin is in Wales property shopping with a couple looking for a home and business in the Carmarthenshire countryside. | **G**  +ETTC22-033+ |

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| 18:30 | **Bargain Hunt: Edinburgh 17 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-017+ |

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| 19:30 | **Doc Martin: The Apple Doesn't Fall (R)**  When a new police constable, Joe Penhale, arrives in Portwenn, he seems to have a peculiar medical condition that Martin must address. Starring:DEBBIE CHAZEN,JOHN MARQUEZ,KATHERINE PARKINSON,PATRICK GODFREY,SELINA CADELL | **PG**  +DOCM3-001+ |

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| 20:30 | **Inspector George Gently ’CC’**  After a young black girl is murdered, Gently uncovers a disturbing and malevolent racist undercurrent lurking both within the local community and his own police force. | **M (A,V,S)**  +INSP05-001+ |

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| 22:30 | **Mean Mums SEASON PREMIERE**  Details TBC. | **PG (S)**  +MEMU01-001+ |

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| 23:00 | **Suspects (R)**  Follow DS Jack Weston, DC Charlie Steele and their senior DI Martha Bellamy of Greater London Police as they investigate hard hitting cases in their own way. | **M (L,V)**  +SUPT05-005+ |

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| 00:00 | **Mighty Planes: Hercules LC-130 (R)**  The Hercules "Skibirds" are designed for landing and taking off in snow and ice. Jump on board as they fly to Greenland, a place that holds a world record for worst flying conditions on the planet. | **G**  +MIPL-003+ |

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| 01:00 | **Doc Martin: The Apple Doesn't Fall (R)**  When a new police constable, Joe Penhale, arrives in Portwenn, he seems to have a peculiar medical condition that Martin must address. Starring:DEBBIE CHAZEN,JOHN MARQUEZ,KATHERINE PARKINSON,PATRICK GODFREY,SELINA CADELL | **PG**  +DOCM3-001+ |

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| 02:00 | **Escape To The Country: West Wales (R)**  Jonnie Irwin is in Wales property shopping with a couple looking for a home and business in the Carmarthenshire countryside. | **G**  +ETTC22-033+ |

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| 03:00 | **Bargain Hunt: Edinburgh 17 (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-017+ |

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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**  +MIDM2-221+ |

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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**  +MIDM2-222+ |

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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-121+ |

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| 05:30 | **Room For Improvement (R) ’CC’**  It is a monster challenge today as the team turns an old hall into a comfortable family home. See the best deck ever and a top notch kitchen. | **G**  +RFI4-005+ |

**Tuesday 03 December 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 | **Motown Magic: I'm A Roadrunner / Smiling Faces Sometimes**  Imaginative boy Ben transforms his city by bringing colourful street art to life, armed with a magic paintbrush and the classic sounds of Motown. | **C**  +MOMA01-009+ |

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| 07:30 | **Larry The Wonderpup (R) ’CC’**  Go on adventures with Larry The Wonder Pup and his six-year-old owner Sasha! | **C**  +LTWP01-002+ |

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| 08:00 | **Jay's Jungle: Some Words Sound The Same (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-047+ |

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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**  +MIDM2-221+ |

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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**  +MIDM2-222+ |

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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. | +NBCT19-288+ |

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| 12:00 | **Adventure All Stars (R)**  Details TBC. | **PG**  +ADAS01-001+ |

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| 13:00 | **The Chase ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-041+ |

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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**  +MIDM2-221+ |

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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**  +MIDM2-222+ |

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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-121+ |

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| 15:30 | **Mighty Planes: MD DC-10 ORBIS (R)**  Follow the world's only eye hospital with wings as it attempts to reach Mongolia, a mission plagued by a series of setbacks that threaten to derail the trip entirely. | **PG**  +MIPL-004+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  It is tears and cheers as a grotty bedroom/ensuite becomes the ultimate relaxing retreat with gadgets galore. | **G**  +RFI4-006+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  Three swimmers are rescued by lifesavers, but one remains missing at Brunswick Heads on the NSW Far North Coast. | **G**  +SPTL-011+ |

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| 17:30 | **Escape To The Country: Wiltshire (R)**  Jules Hudson is house hunting with a couple looking for a new rural home in the Wiltshire countryside. | **G**  +ETTC22-034+ |

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| 18:30 | **Bargain Hunt: York And Wetherby NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-018+ |

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| 19:30 | **Cold Case: Our Boy Is Back (R) ’CC’**  A serial rapist who terrorized the city five years earlier, leaving one woman dead, sends a letter to the detective squad letting them know that he is back and ready to strike again. | **M (V,A)**  +COLC01-003+ |

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| 20:30 | **Without A Trace: Silent Partner ’CC’ FIRST TIME ON 7TWO**  Jack and the team search for a New York businessman, Patrick Kent, who disappears after he checks in for a routine airline flight home. | **M (A)**  +WIAT01-006+ |

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| 21:30 | **Without A Trace: Snatch Back ’CC’**  Jack and his squad search for a toddler, Abby, who was snatched from a park playground while playing with another child. | **M (V)**  +WIAT01-007+ |

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| 22:30 | **Mean Mums NEW EPISODE**  Details TBC. | **PG**  +MEMU01-002+ |

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| 23:00 | **Air Crash Investigations: Fatal Transmission (R) ’CC’**  A fiery collision between United Express 5925 and a small private plane leaves investigators stumped until they learn that a mysterious missing pilot may have played an unwitting role in the tragedy. | **PG**  +MDAY15-001+ |

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| 00:00 | **Mighty Planes: MD DC-10 ORBIS (R)**  Follow the world's only eye hospital with wings as it attempts to reach Mongolia, a mission plagued by a series of setbacks that threaten to derail the trip entirely. | **PG**  +MIPL-004+ |

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| 01:00 | **Mr Selfridge (R)**  Harry's spirited daughter Violette has returned from life in Paris, and together with Rosalie they implore Harry to stop burying his head in the sand – but Harry is happy to be distracted. | **PG (S,A)**  +MRSE04-003+ |

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| 02:00 | **Escape To The Country: Wiltshire (R)**  Jules Hudson is house hunting with a couple looking for a new rural home in the Wiltshire countryside. | **G**  +ETTC22-034+ |

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| 03:00 | **Bargain Hunt: York And Wetherby (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-018+ |

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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**  +MIDM2-223+ |

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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**  +MIDM2-224+ |

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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-122+ |

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

**Wednesday 04 December 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 | **Motown Magic: Twenty-Five Miles / Skywriter**  Details TBC. | **C**  +MOMA01-010+ |

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| 07:30 | **Larry The Wonderpup (R) ’CC’**  Go on adventures with Larry The Wonder Pup and his six-year-old owner Sasha! | **C**  +LTWP01-003+ |

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| 08:00 | **Jay's Jungle: I'm Bored With Being Bored (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-048+ |

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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**  +MIDM2-223+ |

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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**  +MIDM2-224+ |

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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. | +NBCT19-289+ |

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| 12:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 40 (R) ’CC’**  The red dirt adventure through Queensland’s agricultural heartland continues as we explore Thallon, Bollon, Wallam Creek and meet a local Nindigully artist. | **G**  +7QWE19-040+ |

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| 12:30 | **The Great Day Out: Great Day Out, The S3 Ep: 43 (R) ’CC’**  Join us for a look at the fun and feel good ways organisations and individuals give back to the community, particularly at this time of year. | **G**  +GDOT19-043+ |

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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**  +CHSE08-042+ |

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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**  +MIDM2-223+ |

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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**  +MIDM2-224+ |

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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-122+ |

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| 15:30 | **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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| 16:30 | **Room For Improvement (R) ’CC’**  All aboard for the ultimate sea change, as we turn a big old bus into a studio apartment on wheels. | **G**  +RFI4-007+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  A boat has overturned in a remote area north of Sydney and it is feared that the occupants are still in the water. | **G**  +SPTL-012+ |

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| 17:30 | **Escape To The Country: North Devon (R)**  Nicki Chapman is helping a couple find their first rural property together in Devon. | **G**  +ETTC22-035+ |

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| 18:30 | **Bargain Hunt: Edinburgh 18 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-019+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’**  A Nigerian athlete needs to talk quicker than he can run when Customs officers suspect he is up to no good. Narrated by GRANT BOWLER. | **PG**  +BORD-095+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’**  Immigration officers meet a world champion wrestler who plays it up for the cameras. However, immigration officials are worried that he may breach his tourist visa and perform while in Australia. Narrated by GRANT BOWLER. | **PG**  +BORD-096+ |

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| 20:30 | **Air Crash Investigations: Afghan Nightmare (R) ’CC’**  A 747 cargo plane crashes seconds after taking off from a U.S. airfield in Afghanistan, and an overlooked piece of evidence eventually tells investigators they were dead wrong about the cause. | **PG**  +MDAY16-010+ |

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| 21:30 | **Air Crash Investigations: Carnage In Sao Paulo (R) ’CC’**  When a deadly disaster in Brazil leaves a Sao Paolo neighborhood in flames, investigators uncover a rare combination of split-second events that caused a crash no one thought possible. | **PG**  +MDAY15-010+ |

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| 22:30 | **Special: The Surgery Ship (R) (2014)**  Out on the ocean, a ship of doctors and nurses is traveling to the poorest of the poor living in West Africa. | **M (A)**  +NFFI71-001+ |

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| 23:30 | **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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| 00:30 | **Air Crash Investigations: Afghan Nightmare (R) ’CC’**  A 747 cargo plane crashes seconds after taking off from a U.S. airfield in Afghanistan, and an overlooked piece of evidence eventually tells investigators they were dead wrong about the cause. | **PG**  +MDAY16-010+ |

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| 01:30 | **Surf Patrol (R) ’CC’**  A boat has overturned in a remote area north of Sydney and it is feared that the occupants are still in the water. | **G**  +SPTL-012+ |

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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**  +MIDM2-225+ |

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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**  +MIDM2-226+ |

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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-123+ |

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| 05:30 | **Room For Improvement (R) ’CC’**  All aboard for the ultimate sea change, as we turn a big old bus into a studio apartment on wheels. | **G**  +RFI4-007+ |

**Thursday 05 December 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 | **Motown Magic: Runaway Child, Running Wild / Don't Mess With Bill**  Details TBC. | **C**  +MOMA01-011+ |

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| 07:30 | **Larry The Wonderpup (R) ’CC’**  Go on adventures with Larry The Wonder Pup and his six-year-old owner Sasha! | **C**  +LTWP01-004+ |

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| 08:00 | **Jay's Jungle: I Like To Sing (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-049+ |

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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**  +MIDM2-225+ |

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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**  +MIDM2-226+ |

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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. | +NBCT19-290+ |

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| 12:00 | **My Greek Odyssey (R)**  Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, he takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG**  +MYGO02-003+ |

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| 13:00 | **Special: The Surgery Ship (R) (2014)**  Out on the ocean, a ship of doctors and nurses is traveling to the poorest of the poor living in West Africa. | **M (A)**  +NFFI71-001+ |

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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**  +MIDM2-225+ |

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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**  +MIDM2-226+ |

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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-123+ |

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| 15:30 | **RSPCA Animal Rescue (R) ’CC’**  The death of two puppies spawns some detective work. A cat plays hide and seek with inspectors and an elderly man is literally killing his dog with kindness. Narrated by ANTHONY FIELD. | **G**  +ANRS2-017+ |

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| 16:00 | **The Zoo (R) ’CC’**  A vet team is about to attempt the world's first rhino IVF. Then, keepers are anxiously waiting for Frala the gorilla to give birth. | **G**  +ZOOT-004+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  Red-bricks and shag-pile get the boot as a nightmare '70s house becomes a showpiece for modern living. | **G**  +RFI4-008+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  At the resort town of Byron Bay, lifesavers and the rescue helicopter respond to a cliff base emergency. | **G**  +SPTL-013+ |

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| 17:30 | **Escape To The Country: Dorset (R)**  Alistair Appleton is in the county of Dorset with a couple who have a very generous budget of 1.2 million to spend on a rural home. | **G**  +ETTC22-036+ |

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| 18:30 | **Bargain Hunt: York And Wetherby 22 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-020+ |

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| 19:30 | **Father Brown: The Wrong Shape (R) ’CC’**  Soon after his poetry recital, Leonard Quinton is found hanging in the conservatory. When Father Brown realises that he could not have committed suicide, the search begins for a murderer. | **M (A)**  +FBRO01-003+ |

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| 20:30 | **A Touch Of Frost: Close Encounters (R)**  The body of a security guard surfaces in a quarry and Inspector Frost's prime suspect is an unpredictable teenager who claims the killers were from another planet. Starring:BRUCE ALEXANDER,CAROLINE HARKER,JANE GURNETT,JOHN LYONS,MAURICE ROEVES,JIM STURGESS,JIMMY YUILL | **M (V)**  +TOF10-002+ |

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| 22:45 | **Air Crash Investigations: Terror In San Francisco (R) ’CC’**  Asiana Flight 214 slams into a seawall at San Francisco Airport and investigators suspect a startling mistake may have triggered the crash. | **PG**  +MDAY15-002+ |

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| 23:45 | **Surf Patrol (R) ’CC’**  At the resort town of Byron Bay, lifesavers and the rescue helicopter respond to a cliff base emergency. | **G**  +SPTL-013+ |

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| 00:15 | **Room For Improvement (R) ’CC’**  Red-bricks and shag-pile get the boot as a nightmare '70s house becomes a showpiece for modern living. | **G**  +RFI4-008+ |

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| 00:45 | **Father Brown: The Wrong Shape (R) ’CC’**  Soon after his poetry recital, Leonard Quinton is found hanging in the conservatory. When Father Brown realises that he could not have committed suicide, the search begins for a murderer. | **M (A)**  +FBRO01-003+ |

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| 02:00 | **Escape To The Country: Dorset (R)**  Alistair Appleton is in the county of Dorset with a couple who have a very generous budget of 1.2 million to spend on a rural home. | **G**  +ETTC22-036+ |

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| 03:00 | **Bargain Hunt: York And Wetherby 22 (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-020+ |

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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**  +MIDM2-227+ |

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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**  +MIDM2-228+ |

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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-124+ |

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

**Friday 06 December 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 | **Motown Magic: Stop In The Name Of Love / I Wish**  Details TBC. | **C**  +MOMA01-012+ |

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| 07:30 | **Larry The Wonderpup (R) ’CC’**  Go on adventures with Larry The Wonder Pup and his six-year-old owner Sasha! | **C**  +LTWP01-005+ |

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| 08:00 | **Jay's Jungle: I'd Like To Be A Doctor (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-050+ |

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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**  +MIDM2-227+ |

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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**  +MIDM2-228+ |

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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. | +NBCT19-291+ |

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| 12:00 | **Air Crash Investigations: Terror In San Francisco (R) ’CC’**  Asiana Flight 214 slams into a seawall at San Francisco Airport and investigators suspect a startling mistake may have triggered the crash. | **PG**  +MDAY15-002+ |

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| 13:00 | **Mr Selfridge (R)**  Harry's spirited daughter Violette has returned from life in Paris, and together with Rosalie they implore Harry to stop burying his head in the sand – but Harry is happy to be distracted. | **PG (S,A)**  +MRSE04-003+ |

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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**  +MIDM2-227+ |

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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**  +MIDM2-228+ |

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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-124+ |

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| 15:30 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-045+ |

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| 16:00 | **The Zoo (R) ’CC’**  Jimiyu the giraffe plays rock star for a day as he heads to Sydney, and a baby owl must be taught to fly and hunt for food. | **G**  +ZOOT-005+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  It's 'Strictly Renovating' as a young ballroom dancer gets the shock of her life - her grungy old garage turned into a cool home office. | **G**  +RFI4-009+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  It's a mother's worst nightmare when her two young children are swept off a sandbank. Will the guards be able to save them? | **G**  +SPTL2-001+ |

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| 17:30 | **Escape To The Country: Monmouthshire (R)**  Jules Hudson is helping a couple who dream of returning to the Welsh countryside. | **G**  +ETTC22-037+ |

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| 18:30 | **Bargain Hunt: Newark 25 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-021+ |

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| 19:30 | **Pie In The Sky: Who Only Stand And Wait (R)**  The body of a French girl is discovered, forcing the reopening of a twenty-year-old murder case. | **PG**  +PIES-009+ |

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| 20:30 | **Lewis: Beyond Good And Evil (R) ’CC’**  Lewis' reputation is jeopardized when the very first case that he solved as a DI is reopened for appeal and new murders are committed with the original weapon. | **M (V)**  +LEWS8-003+ |

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| 22:30 | **Air Crash Investigations: Bomb On Board (R) ’CC’**  December 11, 1996. A terrorist sneaks a bomb aboard Philippine Airlines Flight 434 and detonates it as they reach Tokyo. | **M**  +MDAY3-005+ |

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| 23:30 | **Surf Patrol (R) ’CC’**  It's a mother's worst nightmare when her two young children are swept off a sandbank. Will the guards be able to save them? | **G**  +SPTL2-001+ |

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| 00:00 | **The Zoo (R) ’CC’**  Jimiyu the giraffe plays rock star for a day as he heads to Sydney, and a baby owl must be taught to fly and hunt for food. | **G**  +ZOOT-005+ |

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| 00:30 | **Room For Improvement (R) ’CC’**  It's 'Strictly Renovating' as a young ballroom dancer gets the shock of her life - her grungy old garage turned into a cool home office. | **G**  +RFI4-009+ |

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| 01:00 | **Pie In The Sky: Who Only Stand And Wait (R)**  The body of a French girl is discovered, forcing the reopening of a twenty-year-old murder case. | **PG**  +PIES-009+ |

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| 02:00 | **Escape To The Country: Monmouthshire (R)**  Jules Hudson is helping a couple who dream of returning to the Welsh countryside. | **G**  +ETTC22-037+ |

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| 03:00 | **Bargain Hunt: Newark 25 (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-021+ |

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| 04:00 | **Air Crash Investigations: Bomb On Board (R) ’CC’**  December 11, 1996. A terrorist sneaks a bomb aboard Philippine Airlines Flight 434 and detonates it as they reach Tokyo. | **M**  +MDAY3-005+ |

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| 05:00 | **One Road (R)**  A road trippers delight! A mixture of tourism and lifestyle in our own backyard. | **G**  +ONRD01-002+ |

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| 05:30 | **Room For Improvement (R) ’CC’**  It's 'Strictly Renovating' as a young ballroom dancer gets the shock of her life - her grungy old garage turned into a cool home office. | **G**  +RFI4-009+ |

**Saturday 07 December 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: Norfolk Island, Coffs Coast And Outback Safari (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-044+ |

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| 08:45 | **Travel Oz: Flooded Outback (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-045+ |

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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. | +NBCT19-292+ |

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| 11:30 | **House Calls To The Rescue (R) ’CC’**  The team rescue a couple from the root of all evil - right in their backyard, plus the ugly dining room that puts guests off their food, and a cure for dog breath. | **G**  +HSCL-010+ |

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| 12:30 | **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**  +VASI05-005+ |

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| 13:00 | **Intolerant Cooks: Ep 5 - You Say Yummy's... (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-005+ |

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| 13:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-008+ |

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| 14:00 | **Adventure All Stars**  Details TBC. | **PG**  +ADAS01-002+ |

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| 15:15 | **Creek To Coast: Creek To Coast 2018 Ep: 34 (R) ’CC’**  Scotty and Olivia are off to Vanuatu for great fishing and great adventures. They fish the crystal blue waters, explore a cultural village and get to know the beautiful people of Vanuatu. | **G**  +7CTC18-034+ |

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| 15:45 | **Queensland Weekender: Queensland Weekender 2019 Ep: 21 (R) ’CC’**  Mel discovers true island life on Daydream Island in Tropical North Queensland. | **G**  +7QWE19-021+ |

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| 16:15 | **The Great Day Out: Great Day Out, The S3 Ep: 38 (R) ’CC’**  Alastair visits Sunshine Coast farmers committed to zero food waste. Jess heads to Canungra to see how the town is recovering after the recent bushfires, plus Susie O'Neill shares her Great Day Out. | **G**  +GDOT19-038+ |

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| 16:45 | **The Zoo (R) ’CC’**  Victoria the sun bear has broken her tooth, and it will take more than honey to get her to the dentist. | **G**  +ZOOT-006+ |

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| 17:15 | **Special: My $999 Wedding (2014)**  Follows the stories of these three couples, two straight and one gay, getting married on budgets that are a fraction of the national average. | **PG (L,A)**  +SPEC23-001+ |

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| 18:30 | **The Greatest Cities In The World: Hong Kong (R)**  Jones avoids the usual tourist traps as he searches out the quirky and unusual secrets and traditions that form the heart and soul of Hong Kong. | **PG (A)**  +GRCI02-003+ |

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| 19:30 | **Secrets Of Beautiful Gardens: Quirky Gardens NEW EPISODE**  An inside look at the world's most luxurious gardens. Plus, a few tips on how to build your own dream garden. | **G**  +BEUG01-009+ |

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| 20:30 | **Escape To The Country: Leicestershire NEW EPISODE**  With a love of entertaining, today's couple wants to find a country home in Leicestershire where they can host family and friends. | **G**  +ETTC24-015+ |

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| 21:30 | **Escape To The Country: Dorset (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-072+ |

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| 22:30 | **Escape To The Country: Surrey (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-073+ |

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| 23:30 | **Secrets Of Beautiful Gardens: Quirky Gardens (R)**  An inside look at the world's most luxurious gardens. Plus, a few tips on how to build your own dream garden. | **G**  +BEUG01-009+ |

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| 00:30 | **Special: My $999 Wedding (R) (2014)**  Follows the stories of these three couples, two straight and one gay, getting married on budgets that are a fraction of the national average. | **PG (L,A)**  +SPEC23-001+ |

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| 01:45 | **Escape To The Country: Leicestershire (R)**  With a love of entertaining, today's couple wants to find a country home in Leicestershire where they can host family and friends. | **G**  +ETTC24-015+ |

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| 03:00 | **Creek To Coast: Creek To Coast 2018 Ep: 34 (R) ’CC’**  Scotty and Olivia are off to Vanuatu for great fishing and great adventures. They fish the crystal blue waters, explore a cultural village and get to know the beautiful people of Vanuatu. | **G**  +7CTC18-034+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 13 (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**  +7QWE19-013+ |

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| 04:00 | **The Great Day Out: Great Day Out, The S3 Ep: 38 (R) ’CC’**  Alastair visits Sunshine Coast farmers committed to zero food waste. Jess heads to Canungra to see how the town is recovering after the recent bushfires, plus Susie O'Neill shares her Great Day Out. | **G**  +GDOT19-038+ |

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| 04:30 | **Travel Oz: Norfolk Island, Coffs Coast And Outback Safari (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-044+ |

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| 05:15 | **Travel Oz: Flooded Outback (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-045+ |