**Sunday 08 December 2019**

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| 06:00 | **It Is Written: Kingdom Of Stone**  Religious program. | **PG**  +IIWR19-032+ |

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| 06:30 | **Amazing Facts: Fruits And Nuts In The Family Tree**  Religious program. | **PG**  +AMFA19-049+ |

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| 07:00 | **Tomorrow's World: Who Are The End-Time Superpowers?**  Religious program. | **PG**  +TOMW19-049+ |

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| 07:30 | **Leading The Way: Love Gives Pt 1**  Religious program. | **PG**  +LWAY19-049+ |

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| 08:00 | **David Jeremiah: The Wonder Of Christmas**  Religious program. | **PG**  +DAJE19-049+ |

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| 08:30 | **Hour Of Power: Resilience: Dreams Get Attacked!**  Religious program. | **G**  +HOOP19-049+ |

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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**  +MTAB01-057+ |

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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. | +NBCT19-293+ |

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| 12:00 | **Special: The Hall Of Memory (R) ’CC’ (2019)**  A powerful documentary paying homage to the Australian War Memorial's Hall of Memory with its stained glass windows, mosaics and Byzantine dome. Presented by Memorial Director Dr Brendan Nelson. | **G**  +NFFI86-001+ |

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| 12:30 | **Special: AACTA Awards 2019 (R) ’CC’ (2019)**  Honoring Australian screen excellence across film, television, documentary, short form and online, this year's AACTA awards sees the likes of Ben Mendelsohn, Joel Edgerton and Deborah Mailman. | **PG**  +AUMS81-001+ |

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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**  +MYGO02-004+ |

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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**  +VASI05-006+ |

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| 15:30 | **Intolerant Cooks: Ep 6 - You Crack Me Up! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-006+ |

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| 16:00 | **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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| 17:00 | **Escape To The Country: Dorset (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-072+ |

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| 18:00 | **Escape To The Country: Surrey (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-073+ |

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| 19:00 | **Dog Patrol (R)**  Palmerston North delta team Sam and Jet chase after offenders who broke into a workshop, Corrections team Nick and Ben spearhead a major operation at Rimutaka Prison. | **PG**  +STFC07-006+ |

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| 19:30 | **Border Patrol: Passport Scammers (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**  +BDPT08-003+ |

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| 20:00 | **Border Patrol: Body Packer Widow (R) ’CC’**  Turtles are discovered at the Ports of Auckland; and some Aussie promo girls arrive at Queenstown airport with containers full of unidentified white powders. | **PG**  +BDPT08-004+ |

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| 20:30 | **Gold Coast Medical (R) ’CC’**  Brain surgery results in a miracle right before your eyes, a young girl is struck down by a mystery illness and a scary moment during a water birth when a newborn plays a game of hide and seek. | **PG (A)**  +GMED01-002+ |

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| 21:30 | **Movie: Kiwi (2019) PREMIERE**  The enthralling story of Kiwi, the horse a farmer's wife bought for $1000 that went on to win the Melbourne Cup in 1983. Starring:ALISON BRUCE,NICK BLAKE,PATRICK CARROLL,PHIL PELETON,AMELIA REYNOLDS,WILL ROBERTSON,HOLLY SHERVEY | **M (L)**  +ROGE01-001+ |

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| 23:30 | **Dog Patrol (R)**  Palmerston North delta team Sam and Jet chase after offenders who broke into a workshop, Corrections team Nick and Ben spearhead a major operation at Rimutaka Prison. | **PG**  +STFC07-006+ |

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| 00:00 | **Room For Improvement (R) ’CC’**  A big family gets a double story makeover, with a kitchen and a vast entertaining area. | **G**  +RFI4-010+ |

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| 00:30 | **Intolerant Cooks: Ep 6 - You Crack Me Up! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-006+ |

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| 01:00 | **The Great Australian Doorstep (R)**  Its one of the worlds most famous desert Horse Races! Sheree and the girls hit The Road to Birdsville Races! | **G**  +GRAD07-015+ |

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| 01:30 | **Gold Coast Medical (R) ’CC’**  Brain surgery results in a miracle right before your eyes, a young girl is struck down by a mystery illness and a scary moment during a water birth when a newborn plays a game of hide and seek. | **PG (A)**  +GMED01-002+ |

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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**  +MYGO02-004+ |

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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**  +VASI05-006+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? | **G**  +MIDM2-229+ |

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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**  +MIDM2-230+ |

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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-125+ |

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

**Monday 09 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: Ain't No Mountain High Enough / For Once In My Life**  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**  +MOMA01-013+ |

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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**  +LTWP01-006+ |

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| 08:00 | **Jay's Jungle: Foods From Different Cultures (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-051+ |

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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**  +MIDM2-229+ |

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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**  +MIDM2-230+ |

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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. | +NBCS19-049+ |

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| 10:30 | **House Calls To The Rescue (R) ’CC’**  Your favourite celebrities from Harry's Practice, The Great Outdoors, Surprise Chef and Sunrise join forces to come to the rescue. | **G**  +HSCL-008+ |

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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**  +VASI05-006+ |

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| 12:30 | **Intolerant Cooks: Ep 6 - You Crack Me Up! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-006+ |

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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**  +CHSE08-043+ |

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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**  +MIDM2-229+ |

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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**  +MIDM2-230+ |

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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-125+ |

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| 15:30 | **Mighty Planes: Martin Mars (R)**  The Martin Mars is the world's biggest seaplane and since being converted into a water bomber and has since flown over 8000 firefighting missions. Jump on board as they embark on a 20 day mission. | **PG**  +MIPL-006+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  A big family gets a double story makeover, with a kitchen and a vast entertaining area. | **G**  +RFI4-010+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  A pregnant woman's life is on the line. Then, drunken youths on the beach cause major headaches on the Gold Coast. | **G**  +SPTL2-002+ |

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| 17:30 | **Escape To The Country: Yorkshire (R)**  Nicki Chapman is in the North Yorkshire countryside helping a father and daughter team search for a new rural home. | **G**  +ETTC22-038+ |

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| 18:30 | **Bargain Hunt: Edinburgh 19 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-022+ |

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| 19:30 | **Doc Martin: Movement (R)**  When Martin advises Bert to change his lifestyle, he decides to open a restaurant. However, when people get sick, is Bert to blame? Starring:DAISY HEAD,EMILY HEAD,JOSEPH MORGAN,JOHN MARQUEZ,KATHERINE PARKINSON,SELINA CADELL | **PG**  +DOCM3-002+ |

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| 20:30 | **Inspector George Gently ’CC’**  Details TBC. | **M (V,A)**  +INSP05-002+ |

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| 22:30 | **Mean Mums NEW EPISODE**  Jess is thrown into a world of know-it-all, judgmental, passive aggressive women whose primary purpose is to promote their child as the most gifted, most brilliant child ever. | **PG (D)**  +MEMU01-003+ |

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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 (V,L)**  +SUPT05-006+ |

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| 00:00 | **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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| 01:00 | **Doc Martin: Movement (R)**  When Martin advises Bert to change his lifestyle, he decides to open a restaurant. However, when people get sick, is Bert to blame? Starring:DAISY HEAD,EMILY HEAD,JOSEPH MORGAN,JOHN MARQUEZ,KATHERINE PARKINSON,SELINA CADELL | **PG**  +DOCM3-002+ |

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| 02:00 | **Escape To The Country: Yorkshire (R)**  Nicki Chapman is in the North Yorkshire countryside helping a father and daughter team search for a new rural home. | **G**  +ETTC22-038+ |

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| 03:00 | **Bargain Hunt: Edinburgh 19 (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-022+ |

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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**  +MIDM2-231+ |

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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**  +MIDM2-232+ |

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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-126+ |

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| 05:30 | **Room For Improvement (R) ’CC’**  A big family gets a double story makeover, with a kitchen and a vast entertaining area. | **G**  +RFI4-010+ |

**Tuesday 10 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 Heard It Through The Grapevine / Just My Imagination (Running Away With Me)**  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**  +MOMA01-014+ |

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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**  +LTWP01-007+ |

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| 08:00 | **Jay's Jungle: Why Do I Have To Share? (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-052+ |

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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**  +MIDM2-231+ |

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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**  +MIDM2-232+ |

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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. | +NBCT19-294+ |

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| 12:00 | **Adventure All Stars (R)**  Join the team as they explore everything fun and adventurous Australia has to offer. | **PG**  +ADAS01-002+ |

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| 13:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE08-044+ |

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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**  +MIDM2-231+ |

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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**  +MIDM2-232+ |

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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-126+ |

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| 15:30 | **Mighty Planes: Omega 707 (R)**  We go behind the scenes as one of Omega's 707 Tankers takes part in FIREX - a three-day live fire operation over the deserts of Southern California. | **G**  +MIPL2-001+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  An old country church gets enlightened with the most amazing windows and a drop-dead gorgeous kitchen. | **G**  +RFI4-011+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  King tides and wild weather create havoc for lifesavers on the Gold Coast, and a fisherman who cannot swim is swept off the rocks. | **G**  +SPTL2-003+ |

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| 17:30 | **Escape To The Country: Northumberland (R)**  Alistair Appleton is house-hunting with a couple looking to buy their first home together in the Northumberland countryside. | **G**  +ETTC22-039+ |

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| 18:30 | **Bargain Hunt: York And Wetherby 23 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-023+ |

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| 19:30 | **Cold Case: Churchgoing People (R) ’CC’**  Lilly reopens a 1990 homicide, in which a church organist was found stabbed to death in his van surrounded by pornography and drugs in a seedy part of town. | **M**  +COLC01-004+ |

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| 20:30 | **Without A Trace: Little Big Man ’CC’**  Jack and the team search for a teenager, William Hope, who goes missing in a very bad neighborhood after a confrontation with a local bully. | **M (D,V,A)**  +WIAT01-008+ |

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| 21:30 | **Without A Trace: In Extremis ’CC’**  The team investigates the disappearance of Anwar Samir, a Saudi Arabian medical intern who became upset when his boss refused to write a letter of recommendation for him. | **M (V,A)**  +WIAT01-009+ |

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| 22:30 | **Mean Mums NEW EPISODE**  Jess is thrown into a world of know-it-all, judgmental, passive aggressive women whose primary purpose is to promote their child as the most gifted, most brilliant child ever. | **PG**  +MEMU01-004+ |

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| 23:00 | **Air Crash Investigations: High Rise Catastrophe (R) ’CC’**  When El Al Flight 1862 slices into a 10-storey building in suburban Amsterdam, the investigation reveals a potentially lethal problem threatening every 747 in the sky. | **PG**  +MDAY15-003+ |

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| 00:00 | **Mighty Planes: Omega 707 (R)**  We go behind the scenes as one of Omega's 707 Tankers takes part in FIREX - a three-day live fire operation over the deserts of Southern California. | **G**  +MIPL2-001+ |

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| 01:00 | **Mr Selfridge (R)**  After the huge monetary success of The Selfridge Trust, Harry has whisked a large group of journalists to Biarritz, France to make an important announcement. | **PG (A,V)**  +MRSE04-004+ |

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| 02:00 | **Escape To The Country: Northumberland (R)**  Alistair Appleton is house-hunting with a couple looking to buy their first home together in the Northumberland countryside. | **G**  +ETTC22-039+ |

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| 03:00 | **Bargain Hunt: York And Wetherby 23 (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-023+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-001+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-002+ |

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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-127+ |

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

**Wednesday 11 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: Superstition / How Funky Is Your Chicken**  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**  +MOMA01-015+ |

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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**  +LTWP01-008+ |

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| 08:00 | **Jay's Jungle: I Like How Things Feel (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-053+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-001+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-002+ |

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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. | +NBCT19-295+ |

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| 12:00 | **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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| 12:30 | **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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| 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**  +CHSE08-045+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-001+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-002+ |

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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-127+ |

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| 15:30 | **Mighty Planes: NOAA - P3 Orion (R)**  NOAA's two P-3 turboprop aircraft, Kermit and Miss Piggy, have been battle tested through over 100 hurricanes and every year they're ready to take on more. | **G**  +MIPL2-002+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  A go-getting grandma helps the team transform her daughter's daggy bedroom into a stunning retreat packed with goodies. | **G**  +RFI4-012+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  Teenage thrill-seekers tempt fate by jumping off the rocks at Avoca Beach. Then, a Patrol Captain receives a visit from a secret admirer. | **G**  +SPTL2-004+ |

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| 17:30 | **Escape To The Country: North Yorkshire (R)**  Jules Hudson is helping a mother and daughter team escape from suburban Surrey to begin a new life in rural North Yorkshire. | **G**  +ETTC22-040+ |

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| 18:30 | **Bargain Hunt: Newark 26 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-024+ |

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| 19:30 | **World's Most Extreme: World's Most Extreme Water Ways (R) ’CC’**  Mankind has been travelling on water for centuries. As we build bigger, faster, and more often, safer vessels – the world’s rivers, oceans, seas and lakes remain the same – minefields of danger. | **PG**  +WOME-006+ |

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| 20:30 | **Air Crash Investigations: Deadly Solution (R) ’CC’**  The captain of AirAsia Flight 8501 overrides the computer's instructions, and his impromptu fix leads to a deadly stall over the Java Sea. | **PG**  +MDAY16-009+ |

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| 21:30 | **Air Crash Investigations: Steep Impact (R) ’CC’**  A dangerous test flight may be the only way to uncover the startling truth about what brought down Atlantic Southeast Airlines Flight 2311. | **PG**  +MDAY15-009+ |

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| 22:30 | **Air Crash Investigations: Fatal Focus (R) ’CC’**  An examination of what happened when Garuda Flight 200 crashed, killing 21 people. | **PG**  +MDAY15-008+ |

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| 23:30 | **World's Most Extreme: World's Most Extreme Water Ways (R) ’CC’**  Mankind has been travelling on water for centuries. As we build bigger, faster, and more often, safer vessels – the world’s rivers, oceans, seas and lakes remain the same – minefields of danger. | **PG**  +WOME-006+ |

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| 00:30 | **Air Crash Investigations: Deadly Solution (R) ’CC’**  The captain of AirAsia Flight 8501 overrides the computer's instructions, and his impromptu fix leads to a deadly stall over the Java Sea. | **PG**  +MDAY16-009+ |

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| 01:30 | **Surf Patrol (R) ’CC’**  Teenage thrill-seekers tempt fate by jumping off the rocks at Avoca Beach. Then, a Patrol Captain receives a visit from a secret admirer. | **G**  +SPTL2-004+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-003+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-004+ |

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| 05:00 | **Harry's Practice: Baby Animals Special (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-128+ |

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| 05:30 | **Room For Improvement (R) ’CC’**  A go-getting grandma helps the team transform her daughter's daggy bedroom into a stunning retreat packed with goodies. | **G**  +RFI4-012+ |

**Thursday 12 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: Skate To The Rhythm / My Guy**  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**  +MOMA01-016+ |

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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**  +LTWP01-009+ |

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| 08:00 | **Jay's Jungle: Why Does The Earth Shake? (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-054+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-003+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-004+ |

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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. | +NBCT19-296+ |

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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**  +MYGO02-004+ |

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| 13:00 | **TBA:** | ++ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-003+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-004+ |

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| 15:00 | **Harry's Practice: Baby Animals Special (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-128+ |

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| 15:30 | **Mighty Planes: Trump 757 (R)**  In this episode of Mighty Planes we'll fly with Donald Trump and his flight crew on a transatlantic mission to the UK for a speech and pit-stop at his new golf course in Scotland. | **G**  +MIPL2-003+ |

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| 16:30 | **Room For Improvement (R) ’CC’**  A loveable landlady joins forces with RFI, transforming an old warehouse flat into a cutting-edge high tech home. | **G**  +RFI4-013+ |

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| 17:00 | **Surf Patrol (R) ’CC’**  Lifesavers battle wild seas to rescue a girl who is in serious danger. Then, on the Gold Coast, a tourist fights for his life. | **G**  +SPTL2-005+ |

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| 17:30 | **Escape To The Country: West Somerset (R)**  Denise Nurse is helping a couple of returning expats find a new home in the Somerset countryside. | **G**  +ETTC22-041+ |

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| 18:30 | **Bargain Hunt: Edinburgh 20 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-025+ |

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| 19:30 | **Father Brown: The Man In The Tree (R) ’CC’**  When Lady Felicia finds a stripped and injured man stuck up a tree, Sid is implicated as the perpetrator. Can Father Brown prove his innocence, or has Sid gone too far this time? | **M (V)**  +FBRO01-004+ |

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| 20:30 | **A Touch Of Frost: Held In Trust (R)**  Frost faces one of the worst tests of his career: he is up for promotion. But thoughts of this are put aside when a boy goes missing. Starring:ALASTAIR GALBRAITH,ANNA KEAVENEY,BRUCE ALEXANDER,ELIZABETH BENNETT,JOHN LYONS,JULIA ST JOHN,ROBERT GLENISTER,NICHOLAS WOODESON | **M (A,V)**  +TOF10-003+ |

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| 22:45 | **Air Crash Investigations: Fatal Delivery (R) ’CC’**  High above the Persian Gulf, the two-man crew of a UPS cargo jet is faced with a life-threatening emergency as their cockpit fills with smoke. | **PG**  +MDAY15-004+ |

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| 23:45 | **Surf Patrol (R) ’CC’**  Lifesavers battle wild seas to rescue a girl who is in serious danger. Then, on the Gold Coast, a tourist fights for his life. | **G**  +SPTL2-005+ |

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| 00:15 | **Room For Improvement (R) ’CC’**  A loveable landlady joins forces with RFI, transforming an old warehouse flat into a cutting-edge high tech home. | **G**  +RFI4-013+ |

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| 00:45 | **Father Brown: The Man In The Tree (R) ’CC’**  When Lady Felicia finds a stripped and injured man stuck up a tree, Sid is implicated as the perpetrator. Can Father Brown prove his innocence, or has Sid gone too far this time? | **M (V)**  +FBRO01-004+ |

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| 02:00 | **Escape To The Country: West Somerset (R)**  Denise Nurse is helping a couple of returning expats find a new home in the Somerset countryside. | **G**  +ETTC22-041+ |

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| 03:00 | **Bargain Hunt: Edinburgh 20 (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-025+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-005+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-006+ |

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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-129+ |

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

**Friday 13 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: You've Really Got A Hold On Me / I Wish It Would Rain**  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**  +MOMA01-017+ |

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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**  +LTWP01-010+ |

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| 08:00 | **Jay's Jungle: I Like To Stretch (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-055+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-005+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-006+ |

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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. | +NBCT19-297+ |

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| 12:00 | **House Of Wellness (R) ’CC’**  Join us at The House of Wellness as we bring you part two of our Hawaiian escape to uncover the secrets of health and wellbeing in the land of Aloha. | **PG**  +HOWL03-036+ |

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| 13:00 | **Mr Selfridge (R)**  After the huge monetary success of The Selfridge Trust, Harry has whisked a large group of journalists to Biarritz, France to make an important announcement. | **PG (A,V)**  +MRSE04-004+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-005+ |

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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? Hosted by Simon Reeve. | **G**  +MIDM4-006+ |

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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-129+ |

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| 15:30 | **Mighty Planes: C17 Globemaster (R)**  The C-17 Globemaster III is the newest, most flexible cargo aircraft to enter the US airlift force. The C-17 specializes in quick delivery of troops and all types of cargo. | **G**  +MIPL2-004+ |

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| 16:30 | **Surf Patrol (R) ’CC’**  At Surfers Paradise, the patrol faces a life-threatening situation, while a surf boat carnival has the lifesavers in overdrive. | **G**  +SPTL2-006+ |

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| 17:00 | **Escape To The Country: Cornwall (R)**  Nicki Chapman is in Cornwall, helping a couple swap their urban lives in Hertfordshire for a more peaceful life in the countryside. | **G**  +ETTC22-042+ |

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| 18:00 | **Bargain Hunt: Newark 27 NEW EPISODE**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-026+ |

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| 19:00 | **Better Homes And Gardens: Taste Tours Of Australia (R) ’CC’**  In this special episode of Better Homes and Gardens, the team combine the great Australian road trip with fantastic food to taste their way around the country. | **G**  +BHSP19-002+ |

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| 20:30 | **Dogs Behaving (Very) Badly (R) ’CC’**  What happens when we love our dogs too much and domestic bliss descends into chaos? Trainer Graeme Hall comes to the rescue. | **PG**  +DOBB01-001+ |

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| 21:30 | **The Secret Life Of Dogs (R) ’CC’**  This ground breaking series explores the huge diversity of dogs by separating them into three distinct tribes – man’s best friend, workers and family. | **G**  +SLOD02-001+ |

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| 22:30 | **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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| 23:45 | **Surf Patrol (R) ’CC’**  At Surfers Paradise, the patrol faces a life-threatening situation, while a surf boat carnival has the lifesavers in overdrive. | **G**  +SPTL2-006+ |

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| 00:15 | **The Zoo (R) ’CC’**  For the first time in Australia, the birth of a baby gorilla is captured on camera - something that has never been done in the wild. | **G**  +ZOOT2-001+ |

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| 00:45 | **Escape To The Country: Cornwall (R)**  Nicki Chapman is in Cornwall, helping a couple swap their urban lives in Hertfordshire for a more peaceful life in the countryside. | **G**  +ETTC22-042+ |

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| 01:45 | **Bargain Hunt: Newark 27 (R)**  Two teams of amateur collectors have an hour at an antiques fair in which to acquire the best bargains possible. | **PG**  +BHUN47-026+ |

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| 02:45 | **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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| 04:00 | **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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| 05:00 | **TBA:** | ++ |

**Saturday 14 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: Victorian High Country (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-046+ |

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| 08:45 | **Travel Oz: Brisbane, Sydney (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **G**  +TRAV4-042+ |

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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. | +NBCT19-298+ |

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| 11:30 | **Vasili's Garden (R)**  Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG**  +VASI05-006+ |

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| 12:00 | **UCI Track Cycling World Cup 2019: Day 1 (R) ’CC’**  The 2019 UCI Track World Cup will see the cream of the world’s track cycling stars compete in the sprint omnium, madison, keirin, team sprint and team pursuit at Anna Meares Velodrome in Brisbane. | +WCCY19-001+ |

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| 14:00 | **Adventure All Stars**  Join the team as they explore everything fun and adventurous Australia has to offer. | **PG**  +ADAS01-003+ |

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| 15:00 | **Intolerant Cooks: Ep 6 - You Crack Me Up! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-006+ |

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| 15:30 | **Creek To Coast: Creek To Coast 2019 Ep: 39 (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-039+ |

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| 16:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 41 ’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**  +7QWE19-041+ |

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| 16:30 | **The Great Day Out: Great Day Out, The S3 Ep: 44 ’CC’**  The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G**  +GDOT19-044+ |

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| 17:00 | **The Zoo (R) ’CC’**  For the first time in Australia, the birth of a baby gorilla is captured on camera - something that has never been done in the wild. | **G**  +ZOOT2-001+ |

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| 17:30 | **The Secret Life Of Dogs (R) ’CC’**  This ground breaking series explores the huge diversity of dogs by separating them into three distinct tribes – man’s best friend, workers and family. | **G**  +SLOD02-001+ |

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| 18:30 | **The Yorkshire Vet in Autumn: Christmas Special (R)**  It's Christmas in Thirsk, but the vets cannot join in the celebrations until they have tended to their flock. | **PG (A)**  +YORK03-012+ |

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| 19:30 | **Secrets Of Beautiful Gardens: Royal Residences 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**  +BEUG01-010+ |

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| 20:30 | **Escape To The Country: East Devon**  Nicki Chapman finds herself in the beautiful East Devon countryside with a couple who want to find a more pastoral life and business. | **G**  +ETTC24-016+ |

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| 21:30 | **Escape To The Country: Cornwall (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-074+ |

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| 22:30 | **Escape To The Country: Shropshire (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-075+ |

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| 23:30 | **Secrets Of Beautiful Gardens: Royal Residences (R)**  An inside look at the world's most luxurious gardens. Plus, a few tips on how to build your own dream garden. | **G**  +BEUG01-010+ |

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| 00:30 | **The Yorkshire Vet in Autumn: Christmas Special (R)**  It's Christmas in Thirsk, but the vets cannot join in the celebrations until they have tended to their flock. | **PG (A)**  +YORK03-012+ |

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| 01:30 | **Escape To The Country: East Devon (R)**  Nicki Chapman finds herself in the beautiful East Devon countryside with a couple who want to find a more pastoral life and business. | **G**  +ETTC24-016+ |

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| 02:30 | **The Zoo (R) ’CC’**  For the first time in Australia, the birth of a baby gorilla is captured on camera - something that has never been done in the wild. | **G**  +ZOOT2-001+ |

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| 03:00 | **Creek To Coast: Creek To Coast 2019 Ep: 39 (R) ’CC’**  Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G**  +7CTC19-039+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 14 (R) ’CC’**  Victoria takes a trip out to the Great Barrier Reef. It is reptile mania for Chris as he heads to Snakes Downunder Reptile Park and Zoo, while Duane checks out the Fliteboard. | **G**  +7QWE19-014+ |

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| 04:00 | **The Great Day Out: Great Day Out, The S3 Ep: 44 (R) ’CC’**  The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G**  +GDOT19-044+ |

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| 04:30 | **Travel Oz: Victorian High Country (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV4-046+ |

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| 05:15 | **Travel Oz: Brisbane, Sydney (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **G**  +TRAV4-042+ |