**Sunday, July 03, 2016**

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

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| 06:30 AM | **Amazing Facts: Jesus Throughout The Bible Pt 1**  Religious program. | **PG**  +AMFA02-015+ |

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| 07:00 AM | **Tomorrow's World: The End Of The World?**  Religious program. | **PG**  +TOMW03-015+ |

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| 07:30 AM | **Leading The Way: There Is Hope For America**  Religious program. | **PG**  +LWAY03-023+ |

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| 08:00 AM | **David Jeremiah: How Can I Be Sure Of My Salvation?**  Religious program. | **PG**  +DAJE2-046+ |

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| 08:30 AM | **It Is Written Oceania: David Livingstone: Africa's Trailblazer (R)**  Religious program | **PG**  +IIW9-005+ |

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| 09:00 AM | **Home Shopping (R)**  Shopping program. | **G**  +INFO01-001+ |

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| 09:30 AM | **Best Houses Australia (R)**  Gary explores a clever house that has created its own water views, an affordable home that does not skimp on style and takes an exclusive look inside a renovated Queenslander in inner city Brisbane. | **PG**  +BHOZ04-004+ |

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| 10:00 AM | **Home And Away Catch-Up (R) ’CC’**  Missed Home and Away this week? Catch up on 7TWO! | **PG (V,A)**  +HAWC16-723+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Mark & Lorne: UK Antiques Market (R)**  The competitive banter is flying thick and fast as Mark Franks and Lorne Spicer attempt to outdo each other with their verbal jousting as they hunt out the best buys. | **PG**  +DELP2-009+ |

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| 02:00 PM | **Best Houses Australia (R)**  Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G**  +BHOZ05-003+ |

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| 02:30 PM | **2016 Wimbledon: Highlights ’CC’**  Join us as we outline all the form of the world’s best vying for the prestigious Championships at Wimbledon. | +WMBL16-024+ |

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| 03:30 PM | **Motorway Patrol: Truck Hi 5 (R) ’CC’**  A truck carrying high pressure gas bottles slams into a concrete bridge, a speeder who thinks he knows better than the cops and a Russian visitor proves too much of a distraction. | **PG**  +MOTP7-008+ |

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| 04:00 PM | **Escape To The Country: Cotswolds (R)**  Nicki Chapman is helping a couple looking to relocate their business and start afresh in the Cotswolds - but having designed their London home from scratch - finding the right property is not going to be easy. | **G**  +ETTC11-020+ |

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| 05:00 PM | **Escape To The Country: Wiltshire (R)**  Armed with a healthy budget, Jules Hudson is determined to find a couple their first home together in Wiltshire. Will a vineyard, a swimming pool and a giant chess board be enough to seal the deal? | **G**  +ETTC12-001+ |

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| 06:00 PM | **Mighty Ships: Faust (R) ’CC’**  Journey across the Atlantic with the world's largest car carrier, Faust, who is delivering thousands of European cars to America. | **G**  +MTYS-004+ |

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| 07:00 PM | **For The Love Of Dogs NEW EPISODE**  With unprecedented behind the scenes access to this famous institution, For the Love of Dogs shows how sick and abused dogs are brought back to health and given a new, happier life. | **PG**  +FTLD02-005+ |

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| 07:30 PM | **Border Patrol: Tall Ships (R) ’CC’**  Large hauls of high risk foodstuffs are located on regatta of Tall Ships at Opua wharf, and cash dog Roxy strikes again. | **PG**  +BDPT7-005+ |

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| 08:00 PM | **Motorway Patrol: Busted ’CC’ NEW EPISODE**  Two young women are pulled over in an illegally modified car and police respond to a call regarding a 'child' behind the wheel of a car. | **PG**  +MOTS-015+ |

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| 08:30 PM | **Escape To The Country: Dorset NEW EPISODE**  Prospective buyers find their dream home. | **G**  +ETTC21-061+ |

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| 09:30 PM | **Escape To The Continent NEW EPISODE**  Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G**  +ETCO02-015+ |

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| 10:45 PM | **Mighty Ships: Faust (R) ’CC’**  Journey across the Atlantic with the world's largest car carrier, Faust, who is delivering thousands of European cars to America. | **G**  +MTYS-004+ |

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| 11:45 PM | **Escape To The Country: Cotswolds (R)**  Nicki Chapman is helping a couple looking to relocate their business and start afresh in the Cotswolds - but having designed their London home from scratch - finding the right property is not going to be easy. | **G**  +ETTC11-020+ |

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| 12:45 AM | **Escape To The Country: Wiltshire (R)**  Armed with a healthy budget, Jules Hudson is determined to find a couple their first home together in Wiltshire. Will a vineyard, a swimming pool and a giant chess board be enough to seal the deal? | **G**  +ETTC12-001+ |

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| 01:45 AM | **Motorway Patrol: Truck Hi 5 (R) ’CC’**  A truck carrying high pressure gas bottles slams into a concrete bridge, a speeder who thinks he knows better than the cops and a Russian visitor proves too much of a distraction. | **PG**  +MOTP7-008+ |

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| 02:15 AM | **Motorway Patrol: Busted (R) ’CC’**  Two young women are pulled over in an illegally modified car and police respond to a call regarding a 'child' behind the wheel of a car. | **PG**  +MOTS-015+ |

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| 02:45 AM | **Dr Oz: New Health Uses For Everyday Things: Summer Edition**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-165+ |

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| 03:45 AM | **Dr Oz: Celebrity Summer Health Secrets That Really Work**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-163+ |

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| 04:45 AM | **Special: Amazon To Ice (R) (1988)**  Greg Grainger leads a group of Australians on a remarkable adventure as they conquer all of South America's major waterways in one mission. Starring: GREG GRAINGER | **G**  +AMS-428+ |

**Monday, July 04, 2016**

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

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

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| 07:00 AM | **Flushed ’CC’**  A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE! | **C**  +FLSH02-036+ |

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| 07:30 AM | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C**  +IAC17-011+ |

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| 08:00 AM | **Pipsqueaks: Colours & Hair And Fur (R) ’CC’**  Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P**  +PIPQ-031+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Dr Harry Cooper visits some inmates at HM Prison Barwon who are caring for injured wildlife, drops in on baby Liam and the family's seven-year-old Burmese cat. | **G**  +HPR-102+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Angel decides to confront Mrs Harris face to face. Damian is greeted by Irene's wrath. | **PG**  +HAW2-766+ |

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| 09:30 AM | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCS16-027+ |

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| 10:30 AM | **Meet The Press (R)**  Chuck Todd interviews newsmakers from around the world. | +NBCM16-027+ |

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| 11:30 AM | **Escape To The Country: Dorset (R)**  Prospective buyers find their dream home. | **G**  +ETTC21-061+ |

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| 12:30 PM | **Mr Selfridge (R) ’CC’**  It's 1908 and Chicago born Harry Selfridge has arrived in London with a grand plan - to open the biggest and finest department store the world has ever seen within the year - no matter what the cost. | **PG (A,V)**  +MRSE-001+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Auction (R)**  Kate 'The Diamond' Bateman and Mark 'The Maverick' Stacey are at Thompson's Auctioneers in Harrogate. But who can buy the best lots and make the most profit for their chosen charity? | **PG**  +DELP5-021+ |

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| 03:00 PM | **Last Chance Learners (R) ’CC’**  With only ten days left at the school, some of the learners are still struggling with the basics. Can Sharni take the pressure as she prepares for her driving test? | **PG**  +DLRN-011+ |

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| 03:30 PM | **World's Strictest Parents: New Jersey (R) ’CC’**  Tonight 19-year-old girl-crazy, father-to-be Wesley and 16-year-old sulky, secretive Tamsin are sent to New Jersey for a week of strict parenting. Can one week of tough love tame these wild teens? | **PG (D,A,L)**  +WSP3-001+ |

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| 04:30 PM | **60 Minute Makeover: Chessington, Surrey (R)**  Terri Dwyer, Richard Randall and the team head to Chessington to help a woman surprise her fiance with a wonderful home makeover and turn his interior design dreams into a reality. | **PG**  +SMM6-010+ |

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| 05:30 PM | **60 Minute Makeover: Gravesend (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-018+ |

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| 06:30 PM | **Bargain Hunt: Shepton Mallet 7 (R)**  Girl Guides are in action at the Shepton Mallet and Tim discovers a house full of treasures. | **G**  +BHUN28-004+ |

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| 07:30 PM | **Cities Of The Underworld: Istanbul (R)**  Istanbul is one of the most dynamic and exotic cities in the world. Eric Geller leaves the buzz of the city and peels back the layers of the past to reveal a hidden history. | **PG**  +COTW-001+ |

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| 08:30 PM | **2016 Wimbledon: Day 7 ’CC’**  The world’s best tennis players descend on the All England Lawn Tennis Club for the prestigious Championships at Wimbledon. Hosted by Todd Woodbridge with commentary from champion John Newcombe. | +WMBL16-015+ |

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| 12:00 AM | **2016 Wimbledon: Day 7 ’CC’**  The world’s best tennis players descend on the All England Lawn Tennis Club for the prestigious Championships at Wimbledon. Hosted by Todd Woodbridge with commentary from champion John Newcombe. | +WMBL16-016+ |

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| 04:00 AM | **Harry's Practice (R) ’CC’**  Join DR. HARRY COOPER and DR. KATRINA WARREN for everything you need to know about animals as they treat 'patients' and capture the special bond between people and their pets. | **G**  +HPR-101+ |

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| 04:30 AM | **Room For Improvement (R) ’CC’**  Scott McGregor and the RFI team surprise a household when they install a $40,000 kitchen for less than $7500. | **G**  +RFI3-001+ |

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| 05:00 AM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Auction (R)**  Kate 'The Diamond' Bateman and Mark 'The Maverick' Stacey are at Thompson's Auctioneers in Harrogate. But who can buy the best lots and make the most profit for their chosen charity? | **PG**  +DELP5-021+ |

**Tuesday, July 05, 2016**

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

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

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| 07:00 AM | **Flushed ’CC’**  A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE! | **C**  +FLSH02-037+ |

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| 07:30 AM | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C**  +IAC17-012+ |

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| 08:00 AM | **Pipsqueaks: Art & Special Clothes (R) ’CC’**  Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P**  +PIPQ-032+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  DR HARRY COOPER meets a 9 year-old German Collie who goes berserk every time the phone rings, DR KATRINA WARREN looks at the Land Hermit Crab and actress CAROLINE CRAIG introduces her many pets. | **G**  +HPR-103+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Angel begins to have doubts about fighting for custody of Dylan. Shannon finds Selina on the beach - confused and alone. | **PG**  +HAW2-767+ |

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| 09:30 AM | **NBC Today (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-133+ |

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| 12:00 PM | **Motorway Patrol: Mad, Bad And Dangerous (R) ’CC’**  Join officers as they encounter high speed chases, runaway dogs and drunk drivers as they patrol the motorways of New Zealand. | **PG**  +MOTS-012+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  As Harry is busy working on a grand publicity campaign to attract customers into his store, his wife is left to discover London on her own and meet a handsome young artist at the National Gallery. | **PG (S,A)**  +MRSE-002+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: UK Antiques Fair (R)**  Kate 'The Diamond' Bateman and Mark 'The Maverick' Stacey are at Swinderby Antiques Fair in Lincolnshire. | **PG**  +DELP5-022+ |

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| 03:00 PM | **Last Chance Learners (R) ’CC’**  After 30 days, it's the end of school for our Last Chance Learners. The remaining learners will have one last shot at passing their driving test and winning a car. | **PG**  +DLRN-012+ |

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| 03:30 PM | **World's Strictest Parents: Barbados (R) ’CC’**  Tonight spoilt Nicole and school dropout Nathan, go to live with the Harris's in Barbados. For a week they will be living under their strict rules. Can one week of tough love help to tame these wild teens? | **PG (A,L)**  +WSP3-002+ |

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| 04:30 PM | **60 Minute Makeover: Cobham, Surrey (R)**  The team heads to Cobham, Surrey to help a woman surprise her sister. Can they finish up in just 60 minutes? | **PG**  +SMM6-011+ |

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| 05:30 PM | **60 Minute Makeover: Enfield (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-019+ |

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| 06:30 PM | **Bargain Hunt: Stamford 12 (R)**  There's a bidding frenzy at auction in Stamford, and no one is more surprised than the contestants! | **G**  +BHUN28-005+ |

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| 07:30 PM | **A Touch Of Frost: Care And Protection (R) ’CC’**  Return to the beginning for Detective Inspector Jack Frost in the search for a missing girl who disappeared when her mother was late to pick her up. | **M (A,V)**  +TOF-001+ |

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| 10:00 PM | **2016 Wimbledon: Women's Quarter Finals ’CC’**  Day 8 - Women's Singles Quarter Finals: We’re down to the last eight at Wimbledon as the world’s best grace the courts vying for tennis’ most prestigious title at The Championships. | +WMBL16-017+ |

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| 10:40 PM | **Olympians - Off The Record: Cate & Bronte Campbell (R) ’CC’**  In this extraordinary interview for Olympians: Off the Record, Cate and Bronte Campbell reveal a heartrending layer of the Campbell family story, and what motivates them for Rio 2016. | **PG**  +OFTR01-013+ |

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| 11:10 PM | **Mighty Planes: Blue Angels (R) ’CC’**  Take a look at the best military display team as they perform some of the most extreme and exhilarating air performances in the world. | **G**  +MIPL2-006+ |

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| 12:10 AM | **Motorway Patrol: Party Mates (R) ’CC’**  An illegal driver attempts to swap seats right under the nose of police and members of the public help officers to foil a group of car-thieves. | **PG**  +MOTP6-005+ |

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| 12:40 AM | **Motorway Patrol: Mad, Bad And Dangerous (R) ’CC’**  Join officers as they encounter high speed chases, runaway dogs and drunk drivers as they patrol the motorways of New Zealand. | **PG**  +MOTS-012+ |

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| 01:40 AM | **Bargain Hunt: Stamford 12 (R)**  There's a bidding frenzy at auction in Stamford, and no one is more surprised than the contestants! | **G**  +BHUN28-005+ |

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| 03:00 AM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: UK Antiques Fair (R)**  Kate 'The Diamond' Bateman and Mark 'The Maverick' Stacey are at Swinderby Antiques Fair in Lincolnshire. | **PG**  +DELP5-022+ |

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| 04:00 AM | **World's Strictest Parents: Barbados (R) ’CC’**  Tonight spoilt Nicole and school dropout Nathan, go to live with the Harris's in Barbados. For a week they will be living under their strict rules. Can one week of tough love help to tame these wild teens? | **PG (A,L)**  +WSP3-002+ |

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| 05:00 AM | **Dr Oz: I Had A Traumatic Brain Injury And Now I Have An Amazing Talent**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-159+ |

**Wednesday, July 06, 2016**

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

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

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| 07:00 AM | **Flushed ’CC’**  A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE! | **C**  +FLSH02-038+ |

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| 07:30 AM | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C**  +IAC17-013+ |

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| 08:00 AM | **Pipsqueaks: Carrot & Traffic Lights (R) ’CC’**  Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P**  +PIPQ-033+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  DR HARRY COOPER visits Ann and her thoroughbred gelding and Alison and Neville's deformed kitten, Clover. DR KATRINA WARREN looks at disabled pets and the Sea Horse. | **G**  +HPR-104+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Shannon decides to call a school strike. Curtis steals Ailsa's credit card to buy booze. | **PG**  +HAW2-768+ |

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| 09:30 AM | **NBC Today (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-134+ |

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| 12:00 PM | **Motorway Patrol: The Quick And The Dead (R) ’CC’**  Join officers as they encounter high speed chases, runaway dogs and drunk drivers as they patrol the motorways of New Zealand. | **PG**  +MOTS-011+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  Both Lois and Henri spot the threat of an ascendant Ellen Love and when Lasy Mae reveals to Rose the truth about Ellen and Harry's partnership - it spurs her to do something for herself. | **PG (S,A)**  +MRSE-003+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Car Boot Sale (R)**  Kate 'The Diamond' Bateman and Mark 'The Maverick' Stacey are at Crofts Car Boot Sale near Leicester and their mission is simple: to unearth hidden gems that they can sell on for a stupendous profit. | **PG**  +DELP5-023+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’**  Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG**  +MDEM-004+ |

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| 03:30 PM | **World's Strictest Parents: Sri Lanka (R) ’CC’**  Tonight, wild teens Nicki and Jerri, are off to stay with the De Zylva family in Sri Lanka, practicing Buddhists that believe it's wrong to covet material things including mobile phones and money. | **PG (A,L)**  +WSP3-003+ |

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| 04:30 PM | **60 Minute Makeover: Uddingston, Glasgow (R)**  Terri, John and the team head to Uddingston to help a woman surprise her sister. Can they bring four old-fashioned rooms up to date in just one hour? | **PG**  +SMM6-012+ |

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| 05:30 PM | **60 Minute Makeover: Romford (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-020+ |

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| 06:30 PM | **Bargain Hunt: Kedleston 1 (R)**  At Kedleston Hall, it's a hard fought battle of wills while Tim is spoiled for choice at the Fitzwilliam Museum. | **G**  +BHUN28-006+ |

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| 07:30 PM | **Lewis: Counter Culture Blues (R) ’CC’**  Responding to complaints from a local vicar, Lewis and Hathaway visit the mansion of rock legend Richie Maguire. | **M (D,A,V)**  +LEWS3-004+ |

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| 09:30 PM | **For The Love Of Dogs (R)**  With unprecedented behind the scenes access to this famous institution, For the Love of Dogs shows how sick and abused dogs are brought back to health and given a new, happier life. | **PG**  +FTLD01-001+ |

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| 10:00 PM | **2016 Wimbledon: Men's Quarter Finals ’CC’**  Day 9 - Men's Singles Quarter Finals: We’re down to the last eight at Wimbledon as the world’s best grace the courts vying for tennis’ most prestigious title at The Championships. | +WMBL16-018+ |

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| 10:30 PM | **Olympians - Off The Record: Lauren Jackson (R) ’CC’**  Lauren Jackson takes stock on her illustrious basketball career in a raw and emotional interview with Jackson led the Opals to Olympic medals from 2000 to 2012, but injury extinguished the Rio dream. | **PG**  +OFTR01-016+ |

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| 11:00 PM | **Motorway Patrol: Strange But True ’CC’ NEW EPISODE**  A driver tells police his name is Jesus after being pulled over and an officer comes across plastic bottles on a motorway containing what looks like blood. | **PG**  +MOTS-018+ |

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| 11:30 PM | **Motorway Patrol: Beyond Belief ’CC’ NEW EPISODE**  A high speed chase ends with all the occupants fleeing the scene, a driver causes an accident after falling into a diabetic coma and a smash at night leads to officers questioning all involved. | **PG**  +MOTS-014+ |

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| 12:00 AM | **Motorway Patrol: Drugs & Gun (R) ’CC’**  A shocking crash on a motorway reveals a stash of weapons and drugs and officers go to the aid of victims of a hit-and-run. | **PG**  +MOTP5-003+ |

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| 12:30 AM | **Bargain Hunt: Kedleston 1 (R)**  At Kedleston Hall, it's a hard fought battle of wills while Tim is spoiled for choice at the Fitzwilliam Museum. | **G**  +BHUN28-006+ |

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| 01:30 AM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Car Boot Sale (R)**  Kate 'The Diamond' Bateman and Mark 'The Maverick' Stacey are at Crofts Car Boot Sale near Leicester and their mission is simple: to unearth hidden gems that they can sell on for a stupendous profit. | **PG**  +DELP5-023+ |

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| 02:30 AM | **World's Strictest Parents: Sri Lanka (R) ’CC’**  Tonight, wild teens Nicki and Jerri, are off to stay with the De Zylva family in Sri Lanka, practicing Buddhists that believe it's wrong to covet material things including mobile phones and money. | **PG (A,L)**  +WSP3-003+ |

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| 03:30 AM | **Dr Oz: $1 Fast Fixes And The Meal Plan To Slim Down By Summer**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-158+ |

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| 04:30 AM | **Dr Oz: Oz Exclusive: My Dad's Double Life As A Loving Father And A Serial Killer**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **M**  +DROZ06-157+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’**  DR HARRY COOPER meets a 9 year-old German Collie who goes berserk every time the phone rings, DR KATRINA WARREN looks at the Land Hermit Crab and actress CAROLINE CRAIG introduces her many pets. | **G**  +HPR-103+ |

**Thursday, July 07, 2016**

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

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

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| 07:00 AM | **Flushed ’CC’**  A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE! | **C**  +FLSH02-039+ |

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| 07:30 AM | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C**  +IAC17-014+ |

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| 08:00 AM | **Pipsqueaks: Block Towers & Flowers (R) ’CC’**  Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P**  +PIPQ-034+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-105+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Donna, Travis and Rob meet for their ten year reunion. When Curtis is suspended once again, Ailsa is at her wits end. | **PG**  +HAW2-769+ |

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| 09:30 AM | **NBC Today (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-135+ |

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| 12:00 PM | **Motorway Patrol: Booze Blitz (R) ’CC’**  Follow the police who patrol motorways, dealing with drunk drivers head on. Crashed cars, cars in swamps, cars rolled off roads who's drivers keep on driving - become a familiar scene. | **PG**  +MOTS-001+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  Harry scores a massive coup when world-famous ballerina Anna Pavlova agrees to visit the store. Feeling coolness in Harry's affections, a disgruntled Ellen leans on Frank for support. | **PG (A,V)**  +MRSE-004+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Foreign Market (R)**  Kate and Mark head to Porte de Vanves antiques market in Paris to do battle in this no holds barred dealing competition. But who can translate those French bargains into more brass back in Blighty? | **PG**  +DELP5-024+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’**  Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**  +MDEM-005+ |

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| 03:30 PM | **World's Strictest Parents: Florida (R) ’CC’**  Little princess Anastasia and aggressive Eden are sent to live under the strict parenting of the Armstrong's, a Christian family in Florida, USA. Can one week of tough love tame these wild teens? | **PG (L)**  +WSP3-004+ |

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| 04:30 PM | **60 Minute Makeover: Brighton, East Sussex (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-013+ |

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| 05:30 PM | **60 Minute Makeover: Pinner (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-021+ |

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| 06:30 PM | **Bargain Hunt: Anglesey 13 (R)**  The experts come under pressure from their teams and Tim experiences the ultimate in interior decorating. | **G**  +BHUN28-007+ |

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| 07:30 PM | **The Vicar Of Dibley: The Vicar Of Dibley - NY 2005 (R) ’CC’**  Geraldine is keen to celebrate the anniversary of Live Aid, but the Church Committee is more interested in celebrating her birthday. | **PG (S)**  +BBCS4-003+ |

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| 08:30 PM | **Keeping Up Appearances: Toy Store (R) ’CC’**  Hyacinth has to intervene when she learns from her relatives on the 'other side of town' that Daddy has slipped out again. | **PG**  +KUPA2-008+ |

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| 09:00 PM | **Murdoch Mysteries: Me Myself And Murdoch NEW EPISODE**  A farmer is brutally ax murdered and his daughter admits to the crime. Murdoch suspects it’s far more complicated than that and calls on a psychologist to help. | **M (V,A)**  +MMYS03-005+ |

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| 10:00 PM | **2016 Wimbledon: Women's Semi Finals ’CC’**  Day 10 - Women's Singles Semi Finals: There’s a coveted spot in The Championships final on the line at the All England Club. Hosted by Todd Woodbridge with expert commentary from John Newcombe. | +WMBL16-019+ |

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| 10:30 PM | **Olympians - Off The Record: Anna Meares (R) ’CC’**  We know she is tough - she came back from a broken neck. She has won more world titles than any other female cyclist. What we don’t know, is what drives Anna Meares towards one last ride in Rio? | **PG**  +OFTR01-005+ |

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| 11:00 PM | **Motorway Patrol: More Mid-Winter Madness ’CC’ NEW EPISODE**  As the weather turns foul, the Patrol faces a lethal blend of fog, rain, speed, road rage, tail gating, lane jumping, loose loads and unlicensed drivers. | **PG**  +MOTS-007+ |

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| 11:30 PM | **Motorway Patrol: Lucky To Be Alive ’CC’ NEW EPISODE**  Join officers as they encounter high speed chases, runaway dogs and drunk drivers as they patrol the motorways of New Zealand. | **PG**  +MOTS-017+ |

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| 12:00 AM | **Bargain Hunt: Anglesey 13 (R)**  The experts come under pressure from their teams and Tim experiences the ultimate in interior decorating. | **G**  +BHUN28-007+ |

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| 01:00 AM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Foreign Market (R)**  Kate and Mark head to Porte de Vanves antiques market in Paris to do battle in this no holds barred dealing competition. But who can translate those French bargains into more brass back in Blighty? | **PG**  +DELP5-024+ |

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| 02:00 AM | **World's Strictest Parents: Florida (R) ’CC’**  Little princess Anastasia and aggressive Eden are sent to live under the strict parenting of the Armstrong's, a Christian family in Florida, USA. Can one week of tough love tame these wild teens? | **PG (L)**  +WSP3-004+ |

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| 03:00 AM | **Dr Oz: Tom Brokaw Speaks Out About His Courageous Battle With Cancer**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (A)**  +DROZ06-156+ |

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| 04:00 AM | **Dr Oz: Funny Man Mario Cantone Reveals Viewer's Most Embarassing Stories**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-155+ |

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| 05:00 AM | **Harry's Practice (R) ’CC’**  DR HARRY COOPER visits Ann and her thoroughbred gelding and Alison and Neville's deformed kitten, Clover. DR KATRINA WARREN looks at disabled pets and the Sea Horse. | **G**  +HPR-104+ |

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

**Friday, July 08, 2016**

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

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

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| 07:00 AM | **Flushed ’CC’**  A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE! | **C**  +FLSH02-040+ |

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| 07:30 AM | **It's Academic (R) ’CC’**  Simon Reeve hosts all new episodes of the educational and entertaining show where schools compete to win cash and prizes. | **C**  +IAC17-015+ |

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| 08:00 AM | **Pipsqueaks: Feeling The Heat & Autumn (R) ’CC’**  Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P**  +PIPQ-035+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-106+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Angel is convinced that Paul will win custody of Dylan. Andrew barely manages to contain his pent up jealousy. | **PG**  +HAW2-770+ |

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| 09:30 AM | **NBC Today (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-136+ |

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| 12:00 PM | **Better Homes And Gardens (R) ’CC’**  Joh visits the newly-restored St Joseph's, one of the oldest churches in Australia. Jason takes an incredible river trip through Europe. Meanwhile, Karen shows you how to make toffee hotcakes. | **G**  +BHAG21-024+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  Ellen tells Rose about her affair with Harry, whilst Beatrice lets slip that she saw Roddy and Rose kiss. It all causes Harry to hit rock bottom, as he drinks and relives a traumatic childhood memory. | **PG (A,V,L)**  +MRSE-005+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Showdown (R)**  Kate and Mark are challenged to dig deep at four different events to find antiques and collectibles they can sell on for maximum profit, with the added twist of the Showdown Auction. | **PG**  +DELP5-025+ |

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| 03:00 PM | **Medical Emergency (R) ’CC’**  Dramatic real life series, following the lives of the patients and staff at the Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG (A)**  +MDEM-006+ |

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| 03:30 PM | **World's Strictest Parents: Puerto Rico (R) ’CC’**  16-year-old wild child Rosie and 18-year-old lazy waster Nick, get new parents in Puerto Rico. For one week they will stay with Christian family, the Hills'. Can one week of tough love tame our teens? | **PG (D,L)**  +WSP3-005+ |

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| 04:30 PM | **60 Minute Makeover: Huddersfield, West Yorkshire (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-014+ |

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| 05:30 PM | **60 Minute Makeover: Basildon (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-022+ |

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| 06:30 PM | **Bargain Hunt: Kedleston 3 (R)**  A mother and son take on a mother and daughter but which team will end up with a family fortune? | **G**  +BHUN28-008+ |

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| 07:30 PM | **The Border: Cocaine Sting NEW EPISODE**  Agents and officers work around the clock to secure the border between El Paso, Texas and Ciudad Juarez, Mexico. | **PG**  +TBOR5-009+ |

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| 08:30 PM | **Escape To The Country: West Sussex NEW EPISODE**  Prospective buyers find their dream home. | **G**  +ETTC21-062+ |

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| 09:30 PM | **Front Of House (R)**  It’s all fun at the seaside when the team tries to transform a boring beachfront bungalow into a glorious glittering creation. But what will the owners think of the ice cream cone shaped patio? | **G**  +FOHO-017+ |

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| 10:00 PM | **2016 Wimbledon: Men's Semi Finals ’CC’**  Day 11 - Men's Singles Semi Finals: There’s a coveted spot in The Championships final on the line at the All England Club. Hosted by Todd Woodbridge with expert commentary from John Newcombe. | +WMBL16-020+ |

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| 10:30 PM | **Olympians - Off The Record: Cadel Evans (R) ’CC’**  In a candid interview with Bruce McAvaney, Cadel takes us on an Off the Record journey- from riding his first bike through the Northern Territory, to winning the Tour De France. | +OFTR01-008+ |

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| 11:00 PM | **Mighty Planes: Trump 757 (R) ’CC’**  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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| 12:00 AM | **Motorway Patrol: Slippery When Wet (R) ’CC’**  An unlicensed driver spins out of control and lands upside down on the rocks. A factory in flames threatens to burn out of control and some fast food policing is on the menu. | **PG (D,L)**  +MOTP7-006+ |

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| 12:30 AM | **Escape To The Country: West Sussex (R)**  Prospective buyers find their dream home. | **G**  +ETTC21-062+ |

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| 01:30 AM | **World's Strictest Parents: Puerto Rico (R) ’CC’**  16-year-old wild child Rosie and 18-year-old lazy waster Nick, get new parents in Puerto Rico. For one week they will stay with Christian family, the Hills'. Can one week of tough love tame our teens? | **PG (D,L)**  +WSP3-005+ |

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| 02:30 AM | **Dr Oz: Meet The Child Convinced He Lived A Past Life And Reincarnation Is Real**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (A)**  +DROZ06-154+ |

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| 03:30 AM | **Dr Oz: Dr Oz Viewers Conquer Their Biggest Fears**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-153+ |

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| 04:30 AM | **Special: Lord Howe Island - Jewel Of The Pacific (R) (1992)**  Explore the unique wildlife and environments of Lord Howe, one of Australia's World Heritage areas. | **G**  +AMS-497+ |

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| 05:30 AM | **Home Shopping: The NuWave Oven Pro (NSD14071602) (R)**  Home Shopping | **PG**  +NSD-013+ |

**Saturday, July 09, 2016**

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

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

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

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

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| 08:00 AM | **Room For Improvement (R) ’CC’**  Join Scott McGregor and the RFI team as they surprise honeymooners when they return home to a beautifully renovated bedroom and en-suite. | **G**  +RFI2-014+ |

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| 08:30 AM | **Room For Improvement (R) ’CC’**  Scott McGregor and the RFI team turn a warehouse garage into a sitting area with an industrial theme. | **G**  +RFI2-015+ |

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| 09:00 AM | **The Real Seachange (R) ’CC’**  See families, couples and singles quit their jobs, sell their houses and take the biggest risk of their lives. | **PG**  +RLSC-010+ |

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| 09:30 AM | **The Real Seachange (R) ’CC’**  Tim's ordeal is finally over, but life on the road will test him. Meanwhile, John and Julie's hopes for a stress-free seachange are dashed. | **G**  +RLSC-011+ |

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| 10:00 AM | **Travel Oz: Arnhem Hunt (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV2-002+ |

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| 10:45 AM | **Travel Oz: Arnhem: Didgeridoo (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV2-003+ |

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| 11:30 AM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Mark: Showdown (R)**  Kate and Mark are challenged to dig deep at four different events to find antiques and collectibles they can sell on for maximum profit, with the added twist of the Showdown Auction. | **PG**  +DELP5-025+ |

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| 12:30 PM | **Great South East ’CC’ NEW EPISODE**  Explore leisure and recreation in South East Queensland. | **G**  +GSTH16-022+ |

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| 01:00 PM | **Creek To Coast ’CC’ NEW EPISODE**  Queensland's ultimate outdoor adventure show, featuring the very latest in camping, cruising, fishing and four-wheel-driving. | **G**  +7CTC16-019+ |

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| 01:30 PM | **Queensland Weekender ’CC’ NEW EPISODE**  Dean Miller and his team cover the length and breadth of Queensland with great suggestions for weekends, short breaks and holidays. | **G**  +7QWE16-020+ |

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| 02:00 PM | **WA Weekender ’CC’ NEW EPISODE**  WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G**  +WAWE03-021+ |

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| 02:30 PM | **Sydney Weekender (R) ’CC’**  Mike checks out Summerland House Farm in Alstonville. Lizzy learns water polo at Sydney Olympic Park. Fliss visits two family friendly dining spots the kids will love. | **G**  +7SWE23-021+ |

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| 03:00 PM | **Club Rugby 2016**  Details TBC. | +CLUB16-016+ |

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| 05:00 PM | **Road To Rio (R) ’CC’**  All the latest news from home and overseas as Australia's team for the Rio 2016 Olympics takes shape, including interviews and panel discussions. Featuring Jim Wilson, Johanna Griggs and more. | +RRIO16-007+ |

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| 05:30 PM | **Secret Location: Angela & Edna (R)**  Angela moved in with sister while she looked for her first home, but a year later she's no further forward. Her obsession with expensive areas such as Chiswick isn't helping. Can Sunita help? | **PG**  +SECL-014+ |

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| 06:30 PM | **A Touch Of Frost: A Minority Of One (R) ’CC’**  Detective Inspector Jack Frost is aided by an attractive female sergeant while he investigates a spate of vicious attacks on senior citizens. | **PG (D,V,A,L)**  +TOF2-001+ |

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| 08:30 PM | **Escape To The Country: South Devon NEW EPISODE**  Prospective buyers find their dream home. | **G**  +ETTC21-063+ |

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| 09:30 PM | **Nick Knowles' Original Features: Garricks (R)**  Nick travels to the Peak District to meet a couple who are attempting to restore a crumbling Victorian house with over an acre of formal gardens. | **G**  +NKOF3-008+ |

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| 10:30 PM | **2016 Wimbledon: Women's/ Men's Finals ’CC’**  Day 12 - Women's Singles Final/Men's Doubles: One of the world’s best tennis players will tonight be crowned a Wimbledon champion. Hosted by Todd Woodbridge with expert commentary from John Newcombe. | +WMBL16-021+ |

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| 11:30 PM | **Motorway Patrol: Maori Sovereignty ’CC’ NEW EPISODE**  A caravan loses a wheel on the Victoria overbridge and officers work to avert gridlock. Then, a motorist presents police with a Maori sovereignty driver's license. | **PG**  +MOTP6-007+ |

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| 12:00 AM | **Motorway Patrol: Close Call ’CC’ NEW EPISODE**  Police try to prevent a tragedy on a bridge, a yacht breaks free after being towed down a motorway and a nose-to-tail smash sparks motorway mayhem. | **M**  +MOTS-016+ |

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| 12:30 AM | **Sydney Weekender (R) ’CC’**  Mike checks out Summerland House Farm in Alstonville. Lizzy learns water polo at Sydney Olympic Park. Fliss visits two family friendly dining spots the kids will love. | **G**  +7SWE23-021+ |

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| 01:00 AM | **WA Weekender (R) ’CC’**  WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G**  +WAWE03-021+ |

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| 01:30 AM | **Queensland Weekender (R) ’CC’**  Dean Miller and his team cover the length and breadth of Queensland with great suggestions for weekends, short breaks and holidays. | **G**  +7QWE16-020+ |

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| 02:00 AM | **Creek To Coast (R) ’CC’**  Queensland's ultimate outdoor adventure show, featuring the very latest in camping, cruising, fishing and four-wheel-driving. | **G**  +7CTC16-019+ |

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| 02:30 AM | **Great South East (R) ’CC’**  Explore leisure and recreation in South East Queensland. | **G**  +GSTH16-022+ |

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| 03:00 AM | **Home In WA ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA19-007+ |

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| 03:30 AM | **The Great Australian Doorstep (R)**  Peter and Sheree head to the holy grail of traveling Australia - Cape York! Spida takes a boys trip of a lifetime to the tip of Australia! | **PG**  +GRAD6-005+ |

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| 04:00 AM | **Special : Secrets Of The Mangrove (R) (1989)**  Embark on a journey of discovery in the seldom seen or properly understood mangrove swamp with Ben Cropp. Starring: BEN CROPP | **G**  +AMS-443+ |

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| 05:00 AM | **Special Alaska Alive!! (R) (1998)**  Travel on an expedition along Alaska's wildlife-rich Inside Passage, and document the unsurpassed scenery, wildlife and characters of Alaska. Starring: GREG GRAINGER | **G**  +AMS-853+ |