**Sunday, September 11, 2016**

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| 06:00 AM | **Rio 2016 Paralympic Games: Day 3 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-203+ |

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| 07:00 AM | **Rio 2016 Paralympic Games: Finals Session - Day 3 ’CC’**  The Paralympians see if they've got what it takes to win the finals. | +POLY16-303+ |

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| 11:00 AM | **The Outdoor Room With Jamie Durie: Thailand (R) ’CC’**  Jamie helps out a Brisbane dad who claims to be "the world's worst gardener" before travelling to Thailand to bring home a tropical garden. | **G**  +ORWJ-009+ |

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| 11:30 AM | **Home And Away Catch-Up (R) ’CC’**  Missed Home and Away this week? Catch up on 7TWO! | **PG (V,A)**  +HAWC16-731+ |

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| 01:30 PM | **Storage Hoarders: Duncan & Mum / Lynn (R)**  Can Aggie Mackenzie help publicans Duncan and mum Maggie finally call time on their expanding hoard? And can. Will help his friend Lynn to forget the past and move onto a clutter free future? | **G**  +STOH-016+ |

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| 02:30 PM | **Anthony Bourdain: No Reservations: Brooklyn (R)**  Tony ventures to Brooklyn. | **PG**  +NORE08-016+ |

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| 03:30 PM | **Escape To The Country: Devon (R)**  Tonight, Jules Hudson is house hunting in East Devon with a young couple keen to offer their baby son a better quality of life. | **G**  +ETTC12-020+ |

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| 04:30 PM | **TBA:** | ++ |

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| 05:30 PM | **Intolerant Cooks NEW EPISODE**  Details TBC. | **G**  +INTC02-003+ |

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| 06:00 PM | **Mighty Ships: MV Solitaire (R) ’CC’**  Hop on board a state of the art welding factory, the size of four city blocks, as she lays pipe in the rough, tough Norwegian Sea. | **G**  +MTYS3-002+ |

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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**  +FTLD03-004+ |

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| 07:30 PM | **Britain's Busiest Airport: Heathrow (R) ’CC’**  This series takes an un-precedented look at life inside Heathrow Airport, Europe’s most important transport hub. | **M (L)**  +HEAT01-003+ |

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| 08:30 PM | **Rio 2016 Paralympic Games: In Rio Today ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-403+ |

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| 11:00 PM | **Rio 2016 Paralympic Games: Heats Sessions - Day 4 ’CC’**  The Paralympians see if they've got what it takes to make it to the finals. | +POLY16-104+ |

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| 02:00 AM | **Storage Hoarders: Duncan & Mum / Lynn (R)**  Can Aggie Mackenzie help publicans Duncan and mum Maggie finally call time on their expanding hoard? And can. Will help his friend Lynn to forget the past and move onto a clutter free future? | **G**  +STOH-016+ |

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| 03:00 AM | **Dr Oz: Why You Don't have To Be Gluten-Free Forever ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-090+ |

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| 04:00 AM | **Dr Oz: The Silent Heart Attack: Could You Have One And Not Know It? ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-107+ |

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| 05:00 AM | **Rio 2016 Paralympic Games: Day 4 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-204+ |

**Monday, September 12, 2016**

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| 06:00 AM | **Rio 2016 Paralympic Games: Day 4 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-204+ |

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| 07:00 AM | **Rio 2016 Paralympic Games: Finals Session - Day 4 ’CC’**  The Paralympians see if they've got what it takes to win the finals. | +POLY16-304+ |

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| 11:00 AM | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCS16-037+ |

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| 12:00 PM | **Escape To The Country: Devon (R)**  Tonight, Jules Hudson is house hunting in East Devon with a young couple keen to offer their baby son a better quality of life. | **G**  +ETTC12-020+ |

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| 01:00 PM | **Lovejoy: Riding In Rollers (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, double dealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY02-011+ |

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| 02:00 PM | **The Great Outdoors (R) ’CC’**  ABBA EXCLUSIVE - Music legend BENNY ANDERSSON from ABBA shows us around his latest project - his very own luxury Hotel in Sweden. Plus AUNTY JACK is back! | **G**  +GO15-010+ |

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| 03:00 PM | **The Zoo (R) ’CC’**  A lion cub has a sore shoulder and the vets must discover why. Then, two White Rhinos are introduced and the keepers are hoping for a pregnancy. | **G**  +ZOOT2-003+ |

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| 03:30 PM | **RSPCA Animal Rescue (R) ’CC’**  A stray mother cat is taken in to the RSPCA but she has given birth to some kittens that are caught in a tight space. Narrated by ANTHONY FIELD. | **G**  +ANRS-009+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  Two victims of a shocking car collision arrive at The Alfred after passers-by saved the men by pulling the flaming cars apart. | **PG**  +MDEM3-011+ |

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| 04:30 PM | **60 Minute Makeover: IvyBridge, Devon (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-049+ |

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| 05:30 PM | **60 Minute Makeover: Oxleas Wood (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**  +SMM7-068+ |

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| 06:30 PM | **Bargain Hunt: Newark 30 (R)**  Tonight, a pair of farmers take on a couple of West Country girls at the enormous Newark Antiques and Collectors fair. | **G**  +BHUN29-021+ |

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| 07:30 PM | **Cities Of The Underworld: Land Of Manson: Los Angeles (R)**  He was the mastermind of the most notorious murders in U.S. history. He terrified the world and plunged the city of Los Angeles into a state of paranoia and fear. | **PG**  +COTW3-007+ |

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| 08:30 PM | **Rio 2016 Paralympic Games: In Rio Today ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-404+ |

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| 11:00 PM | **Rio 2016 Paralympic Games: Heats Sessions - Day 5 ’CC’**  The Paralympians see if they've got what it takes to make it to the finals. | +POLY16-105+ |

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| 02:00 AM | **Lovejoy: Riding In Rollers (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, double dealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY02-011+ |

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| 03:00 AM | **Dr Oz: Cardiac Arrest: Will You Be Ready To Save A Life? ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (A)**  +DROZ06-120+ |

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| 04:00 AM | **Dr Oz: The Addict Next Door: New Face Of Heroin Addiction ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **M (D)**  +DROZ06-092+ |

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| 05:00 AM | **Rio 2016 Paralympic Games: Day 5 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-205+ |

**Tuesday, September 13, 2016**

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| 06:00 AM | **Rio 2016 Paralympic Games: Day 5 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-205+ |

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| 07:00 AM | **Rio 2016 Paralympic Games: Finals Session - Day 5 ’CC’**  The Paralympians see if they've got what it takes to win the finals. | +POLY16-305+ |

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| 11:00 AM | **NBC Today (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-183+ |

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| 12:00 PM | **Mighty Ships: G.O. Sars (R) ’CC’**  Explore the Earth's final frontier onboard the G.O. SARS, a new generation of marine research vessel. | **G**  +MTYS3-003+ |

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| 01:00 PM | **Lovejoy: The Black Virgin of Vladimir (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, double dealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY02-012+ |

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| 02:00 PM | **The Great Outdoors: Greatest Ever Animal Holidays (R) ’CC’**  Safari in the worlds largest crater. Ernie meets WA's famous Monkey Mia Dolphins. A night-time Crocodile adventure in Queensland. The world's most amazing Zoo. | **G**  +GO15-011+ |

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| 03:00 PM | **Nabbed (R) ’CC’**  Residents of an affluent suburb are pelted with eggs on Halloween, a middle-aged motorist is caught drink driving at 8am and a speeder ends up in a dead end paddock after trying to evade Police. | **PG**  +NABE-009+ |

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| 03:30 PM | **Crash Investigation Unit: BMX Boy (R) ’CC’**  A young family is devastated when a father is hit by a truck while riding his bicycle. Could this horrific incident have been avoided? | **PG**  +CIU-009+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  Bacchus Marsh crash victim Tony receives a skin graft, without it, he could lose all movement in his lower legs. Narrated by Chris Gabardi. | **PG (A)**  +MDEM3-012+ |

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| 04:30 PM | **60 Minute Makeover: Harlow, Essex (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-050+ |

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| 05:30 PM | **60 Minute Makeover: Chelmer Village (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**  +SMM7-069+ |

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| 06:30 PM | **Bargain Hunt: Peterborough 22 (R)**  Tonight, teams head to Peterborough for some more fun and games with antiques. One team buys an item without the advice of an expert, but will it make a profit or loss at auction? | **G**  +BHUN29-022+ |

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| 07:30 PM | **Kingdom NEW EPISODE**  Peter Kingdom is a compassionate solicitor whose life is overshadowed by the mysterious disappearance of his brother. | **PG (N,A,L)**  +KINM02-002+ |

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| 08:30 PM | **Rio 2016 Paralympic Games: In Rio Today ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-405+ |

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| 11:00 PM | **Rio 2016 Paralympic Games: Heats Sessions - Day 6 ’CC’**  The Paralympians see if they've got what it takes to make it to the finals. | +POLY16-106+ |

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| 02:00 AM | **Lovejoy: The Black Virgin of Vladimir (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, double dealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY02-012+ |

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| 03:00 AM | **Dr Oz: Sarah Ferguson The Duchess Of York: How She Lost 55 Pounds And The Scandal That Ricked The Royals ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-089+ |

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| 04:00 AM | **Dr Oz: The Total Choice: Customised Meal Plans For Weight Loss ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-088+ |

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| 05:00 AM | **Rio 2016 Paralympic Games: Day 6 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-206+ |

**Wednesday, September 14, 2016**

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| 06:00 AM | **Rio 2016 Paralympic Games: Day 6 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-206+ |

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| 07:00 AM | **Rio 2016 Paralympic Games: Finals Session - Day 6 ’CC’**  The Paralympians see if they've got what it takes to win the finals. | +POLY16-306+ |

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| 11:00 AM | **NBC Today (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-184+ |

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| 12:00 PM | **Mighty Ships: Christobal Colon (R) ’CC’**  Join Mighty Ships as we jump aboard the Cristobal Colon, aka, Christopher Columbus, the world's newest, largest, hi-tech ocean dredger. | **G**  +MTYS3-006+ |

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| 01:00 PM | **Lovejoy: Friends In High Places (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, doubledealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY03-001+ |

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| 02:00 PM | **The Great Outdoors (R) ’CC’**  Hot Cities for 2006 including Las Vegas, Edinburgh, Vancouver, Rio, Cape Town, and Luang Praband, the city with a World Heritage listing. | **G**  +GO15-012+ |

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| 03:00 PM | **Cook Me The Money: Skipton**  Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG**  +CMTM-009+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  Paramedics are called out to an altercation between two teenaged gangs on St Kilda Beach. Narrated by Chris Gabardi. | **PG**  +MDEM3-013+ |

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| 04:30 PM | **60 Minute Makeover: Rossendale (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-051+ |

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| 05:30 PM | **60 Minute Makeover: Enfield Highway (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**  +SMM7-070+ |

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| 06:30 PM | **Bargain Hunt: Hungerford 25 (R)**  Experts Colin Young and James Lewis guide the teams through the antiques shops of Hungerford in their quest for bargains. | **G**  +BHUN29-023+ |

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| 07:30 PM | **Doc Martin: In Loco (R) ’CC’**  Peter needs a place to stay when his mother goes to hospital. The doctor isn't too keen but Louise is busy with her candidature. | **PG**  +DOCM2-002+ |

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| 08:30 PM | **Rio 2016 Paralympic Games: In Rio Today ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-406+ |

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| 11:00 PM | **Rio 2016 Paralympic Games: Heats Sessions - Day 7 ’CC’**  The Paralympians see if they've got what it takes to make it to the finals. | +POLY16-107+ |

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| 02:00 AM | **Lovejoy: Friends In High Places (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, doubledealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY03-001+ |

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| 03:00 AM | **Dr Oz: Proof Of Angels: Can They Help Us Heal? ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-087+ |

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| 04:00 AM | **Dr Oz: What The Beauty Industry Is Hiding From You ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-086+ |

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| 05:00 AM | **Rio 2016 Paralympic Games: Day 7 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-207+ |

**Thursday, September 15, 2016**

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| 06:00 AM | **Rio 2016 Paralympic Games: Day 7 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-207+ |

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| 07:00 AM | **Rio 2016 Paralympic Games: Finals Session - Day 7 ’CC’**  The Paralympians see if they've got what it takes to win the finals. | +POLY16-307+ |

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| 11:00 AM | **NBC Today (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-185+ |

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| 12:00 PM | **TBA:** | ++ |

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| 01:00 PM | **Lovejoy: Out To Lunch (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, doubledealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY03-002+ |

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| 02:00 PM | **The Great Outdoors (R) ’CC’**  A Royal Exclusive a tour inside Buckingham Palace. Plus a peak at the biggest film for 2006 - the Da Vinci Code. | **G**  +GO15-013+ |

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| 03:00 PM | **Property Ladder: Ashley Ford (R)**  23-year-old Ashley takes her first property plunge with a rundown one- bedroom condo in California. Her goal is to spend just 8 weeks and $10,000 on the remodel relying only on help from friends. | **PG**  +PROL-009+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  Liam, a 16-year-old learner driver has been rushed to The Alfred after being in a car accident with his mum and step-dad. Narrated by CHRIS GABARDI. | **PG**  +MDEM3-014+ |

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| 04:30 PM | **60 Minute Makeover: Woodston (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-052+ |

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| 05:30 PM | **60 Minute Makeover: Stanford Le Hope (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**  +SMM7-071+ |

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| 06:30 PM | **Bargain Hunt: Peterborough 23 (R)**  Tonight, a father and daughter duo take on a team of childhood friends at the Peterborough East of England Showground antiques fair. | **G**  +BHUN29-024+ |

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| 07:30 PM | **Some Mothers Do 'ave 'em: Love Thy Neighbour (R) ’CC’**  Frank has difficulty calling a doctor when Betty's mother comes to stay and suddenly becomes ill. | **PG**  +SMHE-003+ |

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| 08:00 PM | **One Foot In The Grave: The Valley Of Fear (R) ’CC’**  When Victor is mugged and graffiti is sprayed on their house, the Meldrews decide to head a neighbourhood crime prevention meeting. | **PG**  +ONFG-003+ |

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| 08:30 PM | **Rio 2016 Paralympic Games: In Rio Today ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-407+ |

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| 11:00 PM | **Rio 2016 Paralympic Games: Heats Sessions - Day 8 ’CC’**  The Paralympians see if they've got what it takes to make it to the finals. | +POLY16-108+ |

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| 02:00 AM | **Lovejoy: Out To Lunch (R)**  Lovejoy takes you into the fascinating world of antiques to discover trickery, forgery, doubledealing, foul play, murder and sometimes, respectable people who love antiques. | **PG**  +LJOY03-002+ |

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| 03:00 AM | **Dr Oz: 10 Day Total Body Overhaul ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-085+ |

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| 04:00 AM | **Dr Oz: Jennifer Lopez's Health Secrets Revealed ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-084+ |

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| 05:00 AM | **Rio 2016 Paralympic Games: Day 8 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-208+ |

**Friday, September 16, 2016**

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| 06:00 AM | **Rio 2016 Paralympic Games: Day 8 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-208+ |

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| 07:00 AM | **Rio 2016 Paralympic Games: Finals Session - Day 8 ’CC’**  The Paralympians see if they've got what it takes to win the finals. | +POLY16-308+ |

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| 11:00 AM | **The Davis Cup: Australia v Slovakia - Day 1 ’CC’**  Details TBC. | +DVCT16-004+ |

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| 05:00 PM | **Medical Emergency (R) ’CC’**  Olympic hopeful Christian has heart failure and needs surgery. Narrated by Chris Gabardi. | **PG**  +MDEM3-015+ |

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| 05:30 PM | **60 Minute Makeover: Banbury (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**  +SMM7-072+ |

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| 06:30 PM | **Bargain Hunt: Peterborough 24 (R)**  Peterborough is today's location for more antiques game show action. Experts Nick Hall and David Harper feature in a programme with a continental flair and a bonus buy which proves decisive. | **G**  +BHUN29-025+ |

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| 07:30 PM | **The Border: Bullets Over the Border NEW EPISODE**  Agents stationed in the Rio Grande Valley are on constant alert. They must uncover and thwart a bold network of drug trafficking and human smuggling that is present in this vast, sprawling borderland. | **PG**  +TBOR6-011+ |

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| 08:30 PM | **Rio 2016 Paralympic Games: In Rio Today ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-408+ |

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| 11:00 PM | **Rio 2016 Paralympic Games: Heats Sessions - Day 9 ’CC’**  The Paralympians see if they've got what it takes to make it to the finals. | +POLY16-109+ |

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| 02:00 AM | **Dr Oz: Three Weeks To Sugar Free ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-067+ |

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| 03:00 AM | **Dr Oz: Everyday Foods In Your Supermarket That Are Fake ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-083+ |

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| 04:00 AM | **Dr Oz: The Oz Investigation: Can Over The Counter Meds Get You A DUI? ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-082+ |

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| 05:00 AM | **Rio 2016 Paralympic Games: Day 9 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-209+ |

**Saturday, September 17, 2016**

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| 06:00 AM | **Rio 2016 Paralympic Games: Day 9 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-209+ |

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| 07:00 AM | **Rio 2016 Paralympic Games: Finals Session - Day 9 ’CC’**  The Paralympians see if they've got what it takes to win the finals. | +POLY16-309+ |

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| 11:00 AM | **Home In WA ’CC’ NEW EPISODE**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA19-015+ |

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| 11:30 AM | **Great South East ’CC’ NEW EPISODE**  Explore leisure and recreation in South East Queensland. | **G**  +GSTH16-030+ |

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| 12:00 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**  +7CTC16-026+ |

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| 12:30 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**  +7QWE16-029+ |

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| 01:00 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**  +WAWE03-028+ |

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| 01:30 PM | **Sydney Weekender (R) ’CC’**  Mike visits Goulburn. Karen heads to central west NSW to check out one of Australia's best Japanese Gardens. The Big Music Quiz's Darren McMullen shows off his favourite Sydney spots. | **G**  +7SWE23-031+ |

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| 02:00 PM | **Seven's Horse Racing: Caulfield - Naturalism Stakes Day / Randwick - George Main Stakes Day**  Saturday afternoon racing heads to Caulfield and Randwick. | +SHRC16-018+ |

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| 05:30 PM | **Anthony Bourdain: No Reservations: Kansas City (R)**  Tony goes on a barbecue-eating binge in Kansas City with good friend and sidekick Zamir. From ribs to burnt ends to the finer points of tailgating bbq, Tony and Zamir see and taste it all. | **PG**  +NORE08-006+ |

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| 06:30 PM | **Mighty Cruise Ships: Avataq ’CC’ NEW EPISODE**  Hit the icy seas aboard heavy lift transport vessel Avataq on her perilous, but vital, 2,200-mile lifeline mission to the near-Arctic town of Kuujjuaq. | **G**  +MTYS7-004+ |

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| 07:30 PM | **Escape To The Country: Gloucestershire (R)**  Denise Nurse helps a couple find a home in rural Gloucestershire. While in Gloucestershire, Denise auditions for a famous local circus troop, bringing rural communities together. | **G**  +ETTC19-048+ |

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| 08:30 PM | **Rio 2016 Paralympic Games: In Rio Today ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-409+ |

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| 11:00 PM | **Rio 2016 Paralympic Games: Heats Sessions - Day 10 ’CC’**  The Paralympians see if they've got what it takes to make it to the finals. | +POLY16-110+ |

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| 02:00 AM | **Anthony Bourdain: No Reservations: Kansas City (R)**  Tony goes on a barbecue-eating binge in Kansas City with good friend and sidekick Zamir. From ribs to burnt ends to the finer points of tailgating bbq, Tony and Zamir see and taste it all. | **PG**  +NORE08-006+ |

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| 03:00 AM | **Dr Oz: Overcoming Tragedy: How To Heal With The Grief Cure ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **M (A)**  +DROZ06-081+ |

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| 04:00 AM | **Dr Oz: Turbo Fire Your Energy In Just 10 Days ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-080+ |

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| 05:00 AM | **Rio 2016 Paralympic Games: Day 10 - Highlights ’CC’**  The highlights of the Rio 2016 Paralympic Games. | +POLY16-210+ |