**Sunday, July 31, 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: Lost Day of History Pt 2** Religious program. | **PG** +AMFA02-020+ |

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| 07:00 AM | **Tomorrow's World: Tomorrow's World 2016 Ep: 19** Religious program. | **PG** +TOMW03-019+ |

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| 07:30 AM | **Leading The Way: Faihfulness Vs. Performance** Religious program. | **PG** +LWAY03-027+ |

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| 08:00 AM | **David Jeremiah: Is There Only One Way To God?** Religious program. | **PG** +DAJE2-050+ |

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| 08:30 AM | **It Is Written: Touch Of Freedom: He Washed Away My Anger (R)** Have you noticed how many people get angry in the name of God and religion? Find out through the story of a remarkable man. | **G** +IIW5-029+ |

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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 travels to Darwin to check out homes built to withstand the harsh tropical climate including a sprawling luxury house designed around a pool a virtually indestructible modern home. | **G** +BHOZ04-008+ |

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| 10:00 AM | **Home And Away Catch-Up (R) ’CC’** Missed Home and Away this week? Catch up on 7TWO! | **PG (A)**+HAWC16-727+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Tim & David: Car Boot Sale (R)** Popular antiques experts Tim Wonnacott and David Harper fight it out at a car boot sale. Tim finds himself way out of comfort zone at this boot sale, while David meets his match in a steadfast vendor. | **PG** +DELP2-016+ |

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| 02:00 PM | **Storage Hoarders: Richard and Jason (R)** Aggie MacKenzie sorts out one storage hoarder with a penchant for auction house antiques and one with a collection of cultural memorabilia. | **G** +STOH-019+ |

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| 03:00 PM | **Club Rugby 2016** Details TBC  | +CLUB16-021+ |

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| 05:00 PM | **Escape To The Country: North Yorkshire (R)** Tonight, Denise Nurse heads to North Yorkshire and with a budget of 550,000 pounds to help a couple achieve their dream of opening up a kennel business. | **G** +ETTC12-009+ |

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| 06:00 PM | **Mighty Ships: Tyco Resolute (R) ’CC’** Mighty Ships climbs aboard the Tyco Resolute a "Reliance" class cableship specialised for laying huge underwater fiber-optic cables. | **G** +MTYS-008+ |

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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** +FTLD03-001+ |

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| 07:30 PM | **Animal Airport ’CC’ NEW EPISODE**Animal Health Officer Stuart nurses a rare tarsier back to health, Ross has his hands full with a very cranky cat and Sian has her first experience of Alpacas as 35 arrive in one go. | **PG** +ANDE2-001+ |

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| 08:00 PM | **Motorway Patrol (R) ’CC’** Tonight, a drunken student loses his lunch, one unlucky driver is a repeat offender, and a tagger gets a taste of vigilante justice. | **PG** +MOTP14-003+ |

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| 08:30 PM | **Escape To The Country: Suffolk/Norfolk (R)** Jonnie Irwin is under starter's orders in Suffolk to find a country retreat for a horse loving couple. Then, Jonnie takes a tour of one of the largest open-air free-range pig farms in the UK. | **G** +ETTC20-001+ |

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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** +ETCO02-019+ |

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| 10:45 PM | **Mighty Ships: Tyco Resolute (R) ’CC’** Mighty Ships climbs aboard the Tyco Resolute a "Reliance" class cableship specialised for laying huge underwater fiber-optic cables. | **G** +MTYS-008+ |

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| 11:45 PM | **Best Houses Australia (R)** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-006+ |

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| 12:15 AM | **Escape To The Country: Somerset (R)** Denise Nurse is on a mission to find a couple a grand house in Somerset. They want a large kitchen, 5 bedrooms, an office and a paddock to accommodate Llamas. Will they find a home that fulfils their extensive wish list? | **G** +ETTC12-008+ |

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| 01:15 AM | **Escape To The Country: North Yorkshire (R)** Tonight, Denise Nurse heads to North Yorkshire and with a budget of 550,000 pounds to help a couple achieve their dream of opening up a kennel business. | **G** +ETTC12-009+ |

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| 02:15 AM | **Dealers Put Your Money Where Your Mouth Is: Tim & David: Car Boot Sale (R)** Popular antiques experts Tim Wonnacott and David Harper fight it out at a car boot sale. Tim finds himself way out of comfort zone at this boot sale, while David meets his match in a steadfast vendor. | **PG** +DELP2-016+ |

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| 03:45 AM | **Storage Hoarders: Richard and Jason (R)** Aggie MacKenzie sorts out one storage hoarder with a penchant for auction house antiques and one with a collection of cultural memorabilia. | **G** +STOH-019+ |

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| 04:45 AM | **Escape To The Continent (R)** Escape to the Continent showcases gorgeous, competitively priced homes, stunning locations, cultural hot-spots, local amenities and leisure opportunities on foreign shores. | **G** +ETCO02-019+ |

**Monday, August 01, 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 | **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** +FLSH02-058+ |

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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** +IAC17-031+ |

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| 08:00 AM | **ToyBox: Ned To The Rescue (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-011+ |

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| 08:30 AM | **ToyBox: The Leak (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-012+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Sally's plan to get Joe away from her backfires. When Ailsa snaps in the diner she fires Jack and orders him to never come back. | **PG** +HAW2-786+ |

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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.  | +NBCS16-031+ |

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| 10:30 AM | **Meet The Press (R)** Chuck Todd interviews newsmakers from around the world. | +NBCM16-031+ |

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| 11:30 AM | **Best Houses Australia (R)** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-006+ |

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| 12:00 PM | **Escape To The Country: Suffolk/Norfolk (R)** Jonnie Irwin is under starter's orders in Suffolk to find a country retreat for a horse loving couple. Then, Jonnie takes a tour of one of the largest open-air free-range pig farms in the UK. | **G** +ETTC20-001+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** In the season premiere, It is now 1919 and the Great War is over. After recent events, Harry looks forward to his daughters’ upcoming wedding. Among the staff, a romantic surprise is in store for Agnes. | **PG** +MRSE3-001+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Foreign Market (R)** Katherine Higgins hopes to prove she's the queen of retro when she takes on John Cameron at a Parisian antiques market. | **PG** +DELP3-007+ |

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| 03:00 PM | **The Zoo (R) ’CC’** A tragic accident has led to Australia's last performing circus elephant being given to Western Plains Zoo. | **G** +ZOOT-003+ |

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| 03:30 PM | **RSPCA Animal Rescue (R) ’CC’** An old Labrador rescued from a riverbank is emotionally reunited with its grateful owner a week after he went missing. Hosted by ANTHONY FIELD. | **G** +ANRS-003+ |

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| 04:00 PM | **Beat Bugs: Being For The Benefit Of Mr. Kite / You've Got To Hide Your Love Away ’CC’** The Beat Bugs put on a spectacular event in village to show off the legendary aerial acrobats of Mr Kite. Then, after feeling unappreciated, Walter decides to create imaginary friends. | **C** +BEAT-009+ |

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| 04:30 PM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-059+ |

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| 05:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-020+ |

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| 05:30 PM | **60 Minute Makeover: Brentwood NEW EPISODE**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** +SMM7-038+ |

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| 06:30 PM | **Bargain Hunt: Hemswell 30 (R)** One team hunting for bargains in Lincolnshire are hot on the trail of something special. | **G** +BHUN28-024+ |

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| 07:30 PM | **Cities Of The Underworld: Barbarian's Lair: Western Europe (R)** After the fall of the Roman Empire, Europe was plunged into chaos for centuries, with vicious carnage and rampant disease regularly raging through the streets. | **PG** +COTW3-006+ |

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| 08:30 PM | **Prime Suspect (R) ’CC’** Another body is discovered on a golf course with exactly the same markings as Karen Howard; and Tennison takes part in a TV reconstruction of the murder. | **M (A,V,L)**+PSP01-002+ |

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| 10:30 PM | **Air Crash Investigations: Disaster On The Potomac (R) ’CC’** Just after taking off, Air Florida Flight 90 plunges into the frozen Potomac River. It takes an ingenious experiment to uncover why it happened. | **PG** +MDAY13-004+ |

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| 11:30 PM | **Bargain Hunt: Hemswell 30 (R)** One team hunting for bargains in Lincolnshire are hot on the trail of something special. | **G** +BHUN28-024+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Foreign Market (R)** Katherine Higgins hopes to prove she's the queen of retro when she takes on John Cameron at a Parisian antiques market. | **PG** +DELP3-007+ |

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| 01:30 AM | **Motive: Raw Deal (R) ’CC’** The team investigate the death of a carpenter which was ruled a suicide, despite the suspicious circumstances. | **M** +MOTV2-001+ |

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| 02:30 AM | **Motive: They Made Me A Criminal (R) ’CC’** Flynn and the team investigate a seemingly straight forward case of self defence during a home invasion. | **M** +MOTV2-002+ |

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| 03:30 AM | **Air Crash Investigations: Disaster On The Potomac (R) ’CC’** Just after taking off, Air Florida Flight 90 plunges into the frozen Potomac River. It takes an ingenious experiment to uncover why it happened. | **PG** +MDAY13-004+ |

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| 04:30 AM | **Special: Search For The Shark Callers (R) (1991)** Experience the mysteries and ceremonial traditions of the Solomon Islands in a fascinating look at the customs, people and land. Starring: GREG GRAINGER | **G** +AMS-535+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-120+ |

**Tuesday, August 02, 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 | **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** +FLSH02-060+ |

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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** +IAC17-032+ |

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| 08:00 AM | **ToyBox: The Thing-A-Me Ned (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-013+ |

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| 08:30 AM | **ToyBox: Obstacle Course (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-014+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Sally's frustrations over Joe's continual tormenting ends in tears. Teresa and Fisher become allies. | **PG** +HAW2-787+ |

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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.  | +NBCT16-153+ |

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| 12:00 PM | **Cities Of The Underworld: Barbarian's Lair: Western Europe (R)** After the fall of the Roman Empire, Europe was plunged into chaos for centuries, with vicious carnage and rampant disease regularly raging through the streets. | **PG** +COTW3-006+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Harry continues to be preoccupied and his lack of focus on the store is causing problems for their latest event. Serge and Rosalie return from their honeymoon and take up residence at Harry's house. | **PG** +MRSE3-002+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: UK Antique (R)** Katherine Higgins and John Cameron battle to turn the most profit on items bought at Newark antiques market. | **PG** +DELP3-008+ |

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| 03:00 PM | **Nabbed (R) ’CC’** A simple stop for car theft uncovers a serial fraudster; a female driver stuns Police with a breath alcohol result that's off-the-charts, and a young motorcyclist with a Mad Max death wish. | **PG** +NABE-003+ |

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| 03:30 PM | **Crash Investigation Unit: Kogarah (R) ’CC’** A learner driver loses control of her car and runs into a crowd of pedestrians at a bus stop in Kogarah. | **PG** +CIU-003+ |

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| 04:00 PM | **Beat Bugs: Day Tripper / In My Life ’CC’** The Beat Bugs become stranded while trying to help Connie the Cicada. Then, its Katter the Pillar’s birthday party and the Beat Bugs are helping her celebrate. | **C** +BEAT-010+ |

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| 04:30 PM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE! | **C** +FLSH02-061+ |

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| 05:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-021+ |

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| 05:30 PM | **60 Minute Makeover: York (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** +SMM7-039+ |

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| 06:30 PM | **Bargain Hunt: Lincoln 20 (R)** There are dramatic goings-on in Lincoln as two teams act up a storm. | **G** +BHUN28-025+ |

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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. | **M (S)**+KINM01-004+ |

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| 08:30 PM | **Inspector Morse: Inspector Morse: Last Seen Wearing (R) ’CC’** The investigation of a missing schoolgirl from a rich family and exclusive school reveals there's more going on at the school than it seems.  | **PG (A,V)**+INM-005+ |

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| 10:30 PM | **The Border: Cash in the Tank NEW EPISODE** Officers work around the clock to take down suspected drug dealers inside a violent barrio, dismantle a powerful identity theft ring, and intercept a huge cash load headed for the Dominican Republic. | **PG** +TBOR6-003+ |

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| 11:30 PM | **Bargain Hunt: Lincoln 20 (R)** There are dramatic goings-on in Lincoln as two teams act up a storm. | **G** +BHUN28-025+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: UK Antique (R)** Katherine Higgins and John Cameron battle to turn the most profit on items bought at Newark antiques market. | **PG** +DELP3-008+ |

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| 01:30 AM | **Motive: Overboard (R) ’CC’** When a stunning socialite drowns after a celebration aboard a yacht, Detectives Flynn and Vega are faced with a number of potential suspects. Tension builds between Angie and Sergeant Cross. | **M** +MOTV2-003+ |

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| 02:30 AM | **Motive: Deception (R) ’CC’** A case hits close to home for the Homicide team when the victim is one of their own. As they work through the investigation, Sergeant Cross blurs the line between professional and personal. | **M (V)**+MOTV2-004+ |

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| 03:30 AM | **The Border: Cash in the Tank (R)** Officers work around the clock to take down suspected drug dealers inside a violent barrio, dismantle a powerful identity theft ring, and intercept a huge cash load headed for the Dominican Republic. | **PG** +TBOR6-003+ |

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| 04:30 AM | **Special: The Super Dragons (R) (1987)** Meet a group of Aboriginal people whose existence, even today, is closely related to a particular group of lizards. Starring: VIC MARTIN | **G** +AMS-348+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-121+ |

**Wednesday, August 03, 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 | **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** +FLSH02-062+ |

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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** +IAC17-033+ |

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| 08:00 AM | **ToyBox: School For Pretend Superheroes (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-015+ |

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| 08:30 AM | **ToyBox: What More Could A Doll Want? (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-016+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Sally flies at Jack for believing Joe's story over hers. Curtis and Selina's friendship leads to an intimate kiss. | **PG** +HAW2-788+ |

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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.  | +NBCT16-154+ |

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| 12:00 PM | **The Great War: The People's Story (R)** See the stories of ordinary British people brought to life, told through their diaries, letters and memoirs as their lives were changed forever by what they called the Great War. | **PG** +GRAW-004+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Harry applies for a bank loan to fund Nancy Webb's project but Loxley runs interference. Lois looks into Marie's past. Agnes is worried about Henri. Kitty asks Harry for a job, resulting in an attack. | **PG (A,V)**+MRSE3-003+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Car Boot Sale (R)** John Cameron and Katherine Higgins are challenged to spot the best bargains at a car boot sale. | **PG** +DELP3-009+ |

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| 03:00 PM | **Cook Me The Money: Bury NEW EPISODE** Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG** +CMTM-003+ |

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| 04:00 PM | **Beat Bugs: Why Don't We Do It In The Road / The Word ’CC’** When the Beat Bugs break the rules and play on the road, it’s up to Walter to find his inner action hero and save his friends. Then, the Beat Bugs make a mysterious new friend named Melvin. | **C** +BEAT-011+ |

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| 04:30 PM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE!  | **C** +FLSH02-063+ |

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| 05:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-022+ |

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| 05:30 PM | **60 Minute Makeover: New Eltham (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** +SMM7-040+ |

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| 06:30 PM | **Bargain Hunt: Norfolk 24 (R)** One team opts for a bit of nostalgia at Norfolk antiques fair. | **G** +BHUN28-026+ |

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| 07:30 PM | **Doc Martin: The Portwenn Effect (R) ’CC’** Martin turns down Louisa's invitation to a dance, so she asks Mark to go instead, prompting him to approach Martin for advice.  | **PG (A)**+DOCM-004+ |

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| 08:30 PM | **Lewis: The Indelible Stain (R) ’CC’** A controversial American academic is invited to at Oxford's Department of Criminology but is later found strangled in his room. Was his murder motivated by politics, ambition, or vengeance?  | **M (V)**+LEWS6-004+ |

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| 10:30 PM | **How Britain Worked: Mills (R)** Guy Martin works to get a Yorkshire saw mill up and running and back in business, and then use it to make a replica of another less celebrated invention of the Victorian era: a wooden bicycle. | **PG** +GMIW-003+ |

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| 11:30 PM | **Bargain Hunt: Norfolk 24 (R)** One team opts for a bit of nostalgia at Norfolk antiques fair. | **G** +BHUN28-026+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Car Boot Sale (R)** John Cameron and Katherine Higgins are challenged to spot the best bargains at a car boot sale. | **PG** +DELP3-009+ |

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| 01:30 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-122+ |

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| 02:00 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:30 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:00 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:30 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 04:00 AM | **How Britain Worked: Mills (R)** Guy Martin works to get a Yorkshire saw mill up and running and back in business, and then use it to make a replica of another less celebrated invention of the Victorian era: a wooden bicycle. | **PG** +GMIW-003+ |

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| 05:00 AM | **Special: Sunrise Over South Africa (R) (1992)** Discover the whole spectrum of South Africa's diverse attractions, its treasures and its truths. Starring:GREG GRAINGER | **G** +AMS-541+ |

**Thursday, August 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 (R)** Shopping program. | **G** +INFO01-001+ |

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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** +FLSH02-064+ |

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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** +IAC17-034+ |

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| 08:00 AM | **ToyBox: Brothers & Sisters (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-017+ |

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| 08:30 AM | **ToyBox: Dr Patches (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-018+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Ailsa is forced to lie on the floor while the diner is being robbed. Curtis and Selina stop denying their true feelings for each other. | **PG** +HAW2-789+ |

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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.  | +NBCT16-155+ |

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| 12:00 PM | **Doc Martin: The Portwenn Effect (R) ’CC’** Martin turns down Louisa's invitation to a dance, so she asks Mark to go instead, prompting him to approach Martin for advice.  | **PG (A)**+DOCM-004+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Kitty is taken to hospital as Frank, fearing he will be incriminated begs Kitty to drop the charges. Serge learns Loxley was using him. Henri decides to leave London and Harry confides in Nancy. | **PG** +MRSE3-004+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Showdown (R)** In their final challenge, John Cameron and Katherine Higgins devise and organise a special charity event, each hoping to raise the most cash. | **PG** +DELP3-010+ |

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| 03:00 PM | **Property Ladder: Fred Keeve (R)** Fred is a guidance counsellor hoping to build his nest egg by flipping houses. Real estate expert Kirsten Kemp does her best to advise the renovation rookie as his project goes from bad to worse. | **PG** +PROL-003+ |

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| 04:00 PM | **Beat Bugs: Glass Onion / Honey Pie ’CC’** The Beat Bugs are divided on what to do with a shiny new treasure. Then, the Beat Bugs recreate an old cooking show to help Granny Bee remember the recipe to her famous honey pie. | **C** +BEAT-012+ |

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| 04:30 PM | **Flushed ’CC’** A rip-roaring game show for kids. Two teams battle it out to determine who wins the prize and who ends up covered in PURPLE SLUDGE! | **C** +FLSH02-065+ |

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| 05:00 PM | **Medical Emergency (R) ’CC’** Dramatic real life series, following the lives of the staff at The Alfred Hospital Emergency and Trauma Centre in Melbourne. | **PG** +MDEM-023+ |

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| 05:30 PM | **60 Minute Makeover: East Croydon (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** +SMM7-041+ |

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| 06:30 PM | **Bargain Hunt: Stamford 11 (R)** One of the antiques meets an undignified end at auction while Tim Wonnacott admires a medieval barn in Cheshire. | **G** +BHUN28-027+ |

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| 07:30 PM | **The Vicar Of Dibley - Christmas 2004: The Vicar Of Dibley - Christmas 2004 (R)** Geraldine celebrates her tenth year as the vicar and as usual, nothing goes to plan for the upcoming Christmas festivities.  | **PG (S)**+BBCS4-002+ |

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| 08:30 PM | **Murdoch Mysteries: In The Altogether / The Telsa Effect NEW EPISODE**Murdoch investigates the murder of a young woman who posed for racy photographs. Then, Murdoch investigates the murder of a man who was cooked from the inside. | **M (V)**+MMYS03-707+ |

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| 10:30 PM | **Suspects (R)** In the team's investigation of a petrol-bomb attack, Jack sets his sights on a reprobate property developer who has so far managed to elude conviction. | **M (V,L)**+SUPT3-003+ |

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| 11:30 PM | **Bargain Hunt: Stamford 11 (R)** One of the antiques meets an undignified end at auction while Tim Wonnacott admires a medieval barn in Cheshire. | **G** +BHUN28-027+ |

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| 12:30 AM | **Dealers Put Your Money Where Your Mouth Is: Katherine v. John: Showdown (R)** In their final challenge, John Cameron and Katherine Higgins devise and organise a special charity event, each hoping to raise the most cash. | **PG** +DELP3-010+ |

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| 01:30 AM | **Property Ladder: Fred Keeve (R)** Fred is a guidance counsellor hoping to build his nest egg by flipping houses. Real estate expert Kirsten Kemp does her best to advise the renovation rookie as his project goes from bad to worse. | **PG** +PROL-003+ |

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| 02:30 AM | **Suspects (R)** In the team's investigation of a petrol-bomb attack, Jack sets his sights on a reprobate property developer who has so far managed to elude conviction. | **M (V,L)**+SUPT3-003+ |

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| 03:30 AM | **The Vicar Of Dibley - Christmas 2004 (R)** Geraldine celebrates her tenth year as the vicar and as usual, nothing goes to plan for the upcoming Christmas festivities.  | **PG (S)**+BBCS4-002+ |

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| 04:30 AM | **Motive: Dead End (R) ’CC’** Detectives Flynn and Vega must solve a case involving the death of a promising high school senior. Angie takes an aggressive approach in the case that Vega doesn’t agree with. | **M** +MOTV2-005+ |

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

**Friday, August 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)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 AM | **Flushed ’CC’ SEASON FINAL**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** +FLSH02-066+ |

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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** +IAC17-035+ |

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| 08:00 AM | **ToyBox: Helping Day (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-019+ |

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| 08:30 AM | **ToyBox: What's In The Box? (R) ’CC’** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB-020+ |

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| 09:00 AM | **Home And Away (R) ’CC’** Angel learns that she cannot give into Dylan's every wish. Shannon feels hurt and betrayed by Selina and Curtis. | **PG** +HAW2-790+ |

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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.  | +NBCT16-156+ |

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| 12:00 PM | **Better Homes And Gardens (R) ’CC’** Joh and Pete visit the Trigg Beach House in WA. Karen shares her recipe for an Almond Macadamia Tart. Dr Harry answers a cry for help this week as he visits a cat with a serious case of the blues.  | **G** +BHAG21-028+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’** Harry and Nancy enjoy their secret romance. With Henri gone, the store is on the lookout for new staff members. A unfavourable article about Kitty appears in the papers. Harry unveils his plan. | **PG (S)**+MRSE3-005+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Curtis v. James: UK Antique (R)** Auctioneer James 'The Lionheart' Lewis takes on wheeler dealer Curtis 'The Detective' Dowling to see who can turn the biggest profit from items bought at Swinderby Antiques Fair. | **PG** +DELP3-011+ |

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| 03:00 PM | **Australia's Best Backyards (R) ’CC’** A Queensland garden made just for Pirates. How to fit 100 cars and a pub in the backyard. Jamie visits a remarkable Victorian garden where the owner never waters, weeds, or fertilises. | **G** +ABBY2-003+ |

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| 03:30 PM | **The Outdoor Room With Jamie Durie: India (R) ’CC’** Jamie faces his toughest challenge - a family whose backyard backs onto a busy motorway!  | **G** +ORWJ-004+ |

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| 04:00 PM | **Beat Bugs: Carry That Weight / Blackbird ’CC’ SEASON FINAL**When the ants become homeless, Crick invites them to come and live in the village with the Beat Bugs. Then, the Beat Bugs befriend Blackbird after discovering a mutual love of daydreaming. | **C** +BEAT-013+ |

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| 04:30 PM | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **C** +FLSH-001+ |

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| 05:00 PM | **Best Houses Australia (R)** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-006+ |

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| 05:30 PM | **60 Minute Makeover: South Mimms (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** +SMM7-042+ |

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| 06:30 PM | **Bargain Hunt: NW8 27 (R)** Teams head to one of London's premier antique hotspots while Tim Wonnacott explores West Wycombe Park. | **G** +BHUN28-028+ |

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| 07:30 PM | **The Border: Hidden Tunnel NEW EPISODE** Agents stationed at southern border towns in Arizona fight a constant battle to stem the flow of illegal immigrants and drugs. Vast, open desert means smugglers constantly try to slip through. | **PG** +TBOR6-004+ |

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| 08:30 PM | **Escape To The Country: North Devon (R)** Alistair Appleton travels to North Devon to see if he help can cook up the perfect rural home for a pair of baking enthusiasts. | **G** +ETTC20-002+ |

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| 09:30 PM | **Art Of The Architect: Coming Home NEW EPISODE** Tony Koia is helping create a dream home for Ann & Bryan Olliver on Lake Wakatipu. | **G** +ARTO01-004+ |

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| 10:30 PM | **Best Houses Australia NEW EPISODE** Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G** +BHOZ05-007+ |

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| 11:00 PM | **Cook Me The Money: Bury (R)** Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG** +CMTM-003+ |

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| 12:00 AM | **Australia's Best Backyards (R) ’CC’** A Queensland garden made just for Pirates. How to fit 100 cars and a pub in the backyard. Jamie visits a remarkable Victorian garden where the owner never waters, weeds, or fertilises . | **G** +ABBY2-003+ |

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| 12:30 AM | **The Outdoor Room With Jamie Durie: India (R) ’CC’** Jamie faces his toughest challenge - a family whose backyard backs onto a busy motorway!  | **G** +ORWJ-004+ |

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| 01:00 AM | **Escape To The Country: North Devon (R)** Alistair Appleton travels to North Devon to see if he help can cook up the perfect rural home for a pair of baking enthusiasts. | **G** +ETTC20-002+ |

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| 02:00 AM | **Motive: Bad Blonde (R) ’CC’** When the Homicide team investigates a blood-soaked crime scene, the pressure is on tofind a missing and badly injured bartender. | **M (V)**+MOTV2-006+ |

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| 03:00 AM | **Motive: Pitfall (R) ’CC’** Detectives Flynn and Vega are pulled away from his father’s wedding to investigate askydiving jump gone wrong. | **M** +MOTV2-007+ |

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| 04:00 AM | **Special: The Jump-Up Land (R) (1985)** Retrace the 1883 William O'Donnell expedition across some of the most rugged territory Australia has to offer. | **G** +AMS-284+ |

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| 05:00 AM | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-123+ |

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

**Saturday, August 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 (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 AM | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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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’** The team heads bush to surprise mum, dad and their five kids as a tired old farmhouse springs into twenty-first century life. | **G** +RFI3-002+ |

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| 08:30 AM | **Room For Improvement (R) ’CC’** An old backyard carport is magically transformed into a tropical cabana, complete with the coolest furniture and latest colours! | **G** +RFI3-003+ |

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| 09:00 AM | **The Real Seachange (R) ’CC’** Things heat up in Canada at the grand opening of the Boardwalk Restaurant. Will Ian and Catherine's first day be a success? | **G** +RLSC2-005+ |

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| 09:30 AM | **The Real Seachange (R) ’CC’** Alan and Michelle are ready to jump into the deep end. But can Alan's medical condition take it? | **G** +RLSC2-006+ |

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| 10:00 AM | **Travel Oz: Cape Leveque: Mud Crabbing (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-007+ |

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| 10:45 AM | **Travel Oz: Mitchell Falls (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-008+ |

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| 11:30 AM | **Dealers Put Your Money Where Your Mouth Is: Curtis v. James: UK Antique (R)** Auctioneer James 'The Lionheart' Lewis takes on wheeler dealer Curtis 'The Detective' Dowling to see who can turn the biggest profit from items bought at Swinderby Antiques Fair. | **PG** +DELP3-011+ |

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| 12:30 PM | **Great South East ’CC’ NEW EPISODE**Explore leisure and recreation in South East Queensland. | **G** +GSTH16-026+ |

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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** +7CTC16-023+ |

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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** +7QWE16-024+ |

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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** +WAWE03-025+ |

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| 02:30 PM | **Sydney Weekender (R) ’CC’** Mike hits Sydney Harbour to test 5 different boats at the Sydney International Boat Show. Rose visits New Zealand for a Tastebud Tour. Jason and Beck check out Hawker Lane for some Asian food.  | **G** +7SWE23-025+ |

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| 03:00 PM | **Club Rugby 2016** Details TBC  | +CLUB16-022+ |

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| 05:00 PM | **Anthony Bourdain: No Reservations: Rio De Janeiro (R)** Tony travels to Rio to uncover the unseen city. He visits Rio’s famous favelas with writer of City of God Paulo Lins and meet up with Brazilian chef Alex Atala. | **PG** +NORE08-015+ |

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| 06:00 PM | **Mighty Cruise Ships: Le Soleal (R) ’CC’** Experience exotic lands, creatures, and encounters that passengers pay thousands of dollars for, aboard Le Soleal. | **G** +MCRU-002+ |

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| 07:15 PM | **Escape To The Country: Oxfordshire (R)** Alistair Appleton is off to Oxfordshire to help a nautical couple find a property close to the river - so they can moor their boat. | **G** +ETTC12-010+ |

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| 08:15 PM | **Escape To The Country: Warwickshire (R)** Jules Hudson takes on the mammoth challenge of helping a couple escape from Shanghai to Warwickshire. Plus Jules meets up with the workers at Britain's longest established cycle manufacturer. | **G** +ETTC20-003+ |

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| 09:15 PM | **2016 Rio Olympics: Day 1 - Evening ’CC’ LIVE**Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-601+ |

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| 12:00 AM | **2016 Rio Olympics: Day 1 - Overnight ’CC’ LIVE**Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-101+ |