**Sunday 01 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-006+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-007+ |

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| 07:00 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-004+ |

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| 07:30 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-005+ |

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| 08:00 | **Food Obsessed: Lard Have Mercy (R)** Dive headfirst into a giant vat of deep-fried deliciousness. We're sinking our teeth into everything from those southern staples to freaky fair food. | **PG** +FOOB01-002+ |

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| 08:30 | **Food Obsessed: Say Cheese! (R)** America's cheesiest dishes just got even cheesier and food obsessed is here to find them. | **PG** +FOOB01-003+ |

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| 09:00 | **Giada At Home: Career Day (R)** Giada De Laurentiis visits her daughter, Jade's, school for a career day presentation. Giada creates a kid-friendly menu for the students to enjoy including Kids Sushi. | **PG** +GIHO06-001+ |

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| 09:30 | **Ridiculous Cakes: Fairy Cakes Can Come True (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-010+ |

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| 10:00 | **Kid's Baking Championship: Sand Castle Sweets (R)** With spring and summer approaching, Valerie Bertinelli and Duff Goldman are reminded of their favorite place to hang out - the beach.  | **PG** +KBAC04-009+ |

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| 11:00 | **Food Obsessed: Lard Have Mercy (R)** Dive headfirst into a giant vat of deep-fried deliciousness. We're sinking our teeth into everything from those southern staples to freaky fair food. | **PG** +FOOB01-002+ |

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| 11:30 | **The Great Food Truck Race: Battle For The South: Fresh Off The Farm (R)** The remaining three food truck teams arrive at a peach farm in Athens, GA, where they meet Tyler Florence and Athens chef Mimi Maumus. | **PG** +GFTR08-005+ |

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| 12:30 | **The Great Food Truck Race: Battle For The South: The Race Through Savannah (R)** The final two food truck teams arrive in Savannah, and Tyler Florence's first challenge brings the teams out of the food trucks and into a new mobile selling vehicle: pedicabs. | **PG** +GFTR08-006+ |

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| 13:30 | **Chopped: Grill Game (R)** No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG** +CHPD34-009+ |

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| 14:30 | **Chopped: Father's Day (R)** Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG** +CHPD34-010+ |

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| 15:40 | **Make You Laugh Out Loud: Dogs Make You Laugh Out Loud (R) ’CC’** Another helping of funny dog clips, showing just how much we love man's best friend. | **PG (S,L)**+MLOL04-012+ |

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| 16:40 | **TBA: ENCORE** | ++ |

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| 18:10 | **Movie: Bend It Like Beckham (R) ’CC’ (2002)** The daughter of a strict Indian couple in London is not permitted to play soccer. One day while playing for fun, her impressive skills are seen by a friend who convinces her to join a semi-pro team. Starring:ARCHIE PANJABI,JONATHAN RHYS MEYERS,KEIRA KNIGHTLEY,PARMINDER NAGRA,PREEYA KALIDAS | **PG (L,S)**+ICNF12-002+ |

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| 20:30 | **Movie: The Firm (R)** A young lawyer joins a prestigious law firm only to discover that it has a sinister dark side. Starring:HOLLY HUNTER,TOM CRUISE,GENE HACKMAN,ED HARRIS,JEANNE TRIPPLEHORN | **M (V,L)**+PAFR01-012+ |

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| 23:45 | **Nip/Tuck (R) ’CC’** A poor Latina woman arrives in Sean and Christian's office with horrible blisters on her forehead. Merrill Bobolit, has been performing cheap, illegal cosmetic surgery on poverty-stricken people. | **MA (V,A)**+NIPT02-013+ |

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| 00:45 | **Nip/Tuck (R) ’CC’** Sean and Christian reluctantly accept the case of Trudy Nye, who wants her nose fixed. Years ago, her abusive husband broke it - on the same day he killed their young son in anger. | **MA (S,A)**+NIPT02-014+ |

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| 01:45 | **Dr. Ken: Ken At The Concert (R)** As Ken tries to hang onto his relationship with Molly, a birthday party accident sends Dave to the doctor's office. | **PG (S)**+DKEN01-017+ |

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| 02:15 | **Dr. Ken: Dicky Wexler's Last Show (R)** Ken and Julie disagree over allowing a critically ill stand-up comic to perform at a benefit show. Allison has a crisis of confidence when she learns that her former patient is seeing a new therapist. | **PG (S)**+DKEN01-018+ |

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| 02:45 | **Dr. Ken: Ken's An Expert Witness (R)** Ken serves as an expert witness in a courtroom appearance that leaves many doubting his medical expertise. Dave sews a prom dress for Molly. | **PG** +DKEN01-019+ |

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| 03:30 | **Ridiculous Cakes: Fairy Cakes Can Come True (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-010+ |

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| 04:00 | **Chopped: Grill Game (R)** No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG** +CHPD34-009+ |

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| 05:00 | **Chopped: Father's Day (R)** Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG** +CHPD34-010+ |

 **Monday 02 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-008+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-009+ |

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

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| 07:30 | **James Robison: Water For Life #1 (R)** Religious Program. | **PG** +JARO20-013+ |

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| 08:00 | **Giada At Home: Grilling With Bobby (R)** Giada De Laurentiis invites Bobby Flay over for a day of fun in the kitchen. The two create a colourful meal and Bobby shows Giada how to create one of his favorite cocktails. | **PG** +GIHO06-002+ |

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| 08:30 | **The Great Food Truck Race: Battle For The South: Fresh Off The Farm (R)** The remaining three food truck teams arrive at a peach farm in Athens, GA, where they meet Tyler Florence and Athens chef Mimi Maumus. | **PG** +GFTR08-005+ |

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| 09:30 | **The Great Food Truck Race: Battle For The South: The Race Through Savannah (R)** The final two food truck teams arrive in Savannah, and Tyler Florence's first challenge brings the teams out of the food trucks and into a new mobile selling vehicle: pedicabs. | **PG** +GFTR08-006+ |

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| 10:30 | **Chopped: Grill Game (R)** No ovens? No problem. The chefs give the grill pans a major workout in this special competition, where they must get grillin' from the get-go. | **PG** +CHPD34-009+ |

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| 11:30 | **Chopped: Father's Day (R)** Who could ask for a better teammate in the Chopped Kitchen than good ol' Dad? Four fathers join forces with their grown-up kids to make collaborative dishes and to make their families proud. | **PG** +CHPD34-010+ |

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| 12:30 | **Mystery Diners: Dueling Food Trucks (R)** Owners of rival food trucks work together to investigate revenue loss in both of their vehicles. | **PG** +MYSD07-004+ |

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| 13:00 | **The Family: Election Day (R) ’CC’** Willa reveals a terrible secret to Claire right as the Gubernatorial election results are announced. Back in the cellar, Agent Clements tries to convince Jane to set him free. | **M (A,V)**+FAMI01-011+ |

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| 14:00 | **The Family: What Took So Long (R) ’CC’** Nina closes in on Jane. Claire suffers an emotional breakdown when visiting Ben and Adam's prison. | **M (V,A)**+FAMI01-012+ |

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| 15:00 | **TBA:**  | ++ |

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| 16:30 | **Dr. Ken: Ken's New Intern (R)** Ken gets a flirtatious new intern, causing Allison to feel jealous. Damona reveals she is holding a grudge against a popular band, prompting her boyfriend to help her get revenge. | **PG (S)**+DKEN02-012+ |

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| 17:00 | **Smallville (R) ’CC’** While attempting to stop a robbery, Clark shoots a burst of heat vision that is accidentally reflected back into his eyes by a piece of Kryptonite, causing temporary blindness. | **PG (H,V)**+SMVI03-010+ |

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| 18:00 | **How I Met Your Mother: Definitions (R) ’CC’** When the gang finds out that Barney and Robin are hesitant to define their relationship, Lily forces them to confront their fear. | **PG** +HMYM5-001+ |

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| 18:30 | **The Simpsons: Take My Life Please (R)** Homer finds out that he actually won the senior class president election, and he gets an opportunity to find out how his life would have been different if it had happened. | **PG** +SIMP20-010+ |

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| 19:00 | **The Simpsons: How The Test Was Won (R)** Bart and his fellow underachievers are taken on a "field trip" to Capital City so that they can miss the standardized test. | **PG (V)**+SIMP20-011+ |

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| 19:30 | **Modern Family: Chirp (R) ’CC’** Claire and Haley have a bit of quality girl-time while they're stuck at home sick, and Phil is preoccupied by the taunts of a chirping smoke detector. | **PG (S,L)**+MOFA02-007+ |

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| 20:00 | **Modern Family: Manny Get Your Gun (R) ’CC’** Everyone is gathering at a restaurant to celebrate Manny's birthday, though Manny himself is experiencing a mini-life crisis about getting older; on the way to the restaurant. | **PG (S,L)**+MOFA02-008+ |

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| 20:30 | **First Dates Australia (R) ’CC’** One of Australia’s top international models, Simone Holtznagel, is looking for a tall man to meet her strict height requirements. At 6 foot 8, will Peter prove to be a slam dunk for Simone? | **M (S,A)**+FDAT04-003+ |

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| 21:45 | **First Dates UK (R) ’CC’** Rajan is back, and he's looking to get lucky, this time with lovelorn Corinne, who seems to meet all the wrong men. And gentlemanly retiree John hopes to find understanding and empathy in his date. | **M (L,S,A)**+FDUK02-003+ |

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| 23:00 | **Are You The One?** After a failed Matchup Ceremony, the house is eager for a fresh start. John believes he found his match in Jenni and Ashley ends up in a love triangle. | **MA (L,S)**+AYTO02-007+ |

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| 00:00 | **Galavant: Battle Of The Three Armies (R)** The armies of Hortensia and Valencia prepare to square off, but Galavant's zombie army changes the tide of battle... until Wormwood and Madalena use D'DEW take control of the zombies. | **PG (V)**+GALA02-009+ |

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| 00:30 | **Galavant: The One True King (To Unite Them All) (R)** Gareth joins forces with the others when Madalena betrays him by learning D'DEW. Meanwhile, Richard steps up as the One True King when Wormwood kills Tad. | **PG (V)**+GALA02-010+ |

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| 01:00 | **How I Met Your Mother: Definitions (R) ’CC’** When the gang finds out that Barney and Robin are hesitant to define their relationship, Lily forces them to confront their fear. | **PG** +HMYM5-001+ |

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| 01:30 | **The Simpsons: Take My Life Please (R)** Homer finds out that he actually won the senior class president election, and he gets an opportunity to find out how his life would have been different if it had happened. | **PG** +SIMP20-010+ |

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| 02:00 | **The Simpsons: How The Test Was Won (R)** Bart and his fellow underachievers are taken on a "field trip" to Capital City so that they can miss the standardized test. | **PG (V)**+SIMP20-011+ |

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| 02:30 | **Movie: The Master Race (R) (1944)** Nazis plot to take over the world, causing World War III. Starring:GEORGE COULOURIS,LLOYD BRIDGES,NANCY GATES,OSA MASSEN,STANLEY RIDGES | **PG (V)**+RKO-069+ |

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| 04:30 | **Movie: The Woman On Pier 13 (R) (1949)** A newly married shipping magnate is blackmailed into returning to the Communist Party. Starring:JANIS CARTER,LARAINE DAY,JOHN AGAR,ROBERT RYAN,THOMAS GOMEZ | **PG (V)**+RKO-121+ |

 **Tuesday 03 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-010+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-011+ |

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

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| 07:30 | **James Robison: Sheila Walsh With Dr. David Jeremiah (R)** Religious Program. | **PG (A)**+JARO20-005+ |

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| 08:00 | **Giada At Home: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

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| 08:30 | **Comfort Food Tour: Tex-Mex To The Max (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-002+ |

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| 09:00 | **Cake Wars: The Addams Family (R)** It's about to get a little creepy and kooky, because Morticia, Gomez, Uncle Fester and the rest of the Addams Family are on their way to the Cake Wars Kitchen. | **PG** +CAKW04-004+ |

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| 10:00 | **Iron Chef America: Flay Vs. Greenspan (R)** Chef Eric Greenspan enters Kitchen Stadium to challenge Iron Chef Bobby Flay. | **PG** +ICAM08-001+ |

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| 11:00 | **Chopped: Got Your Goat? (R)** The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG** +CHPD34-011+ |

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| 12:00 | **The Catch: The Laragon Gambit (R) ’CC’** Alice and Rose are shocked to discover their longtime political client is being blackmailed by compromising photos. Meanwhile, Margot and Ben's benefactor grows dangerously impatient. | **M (S,V)**+CATC01-005+ |

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| 13:00 | **The Catch: The Benefactor (R) ’CC’** The AVI team takes on a new client, a female captain in the army, who is being harassed by her colleagues. Meanwhile, Alice makes a play on Ben that could put her in some very serious danger. | **M (S,V)**+CATC01-006+ |

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| 14:00 | **Trial And Error: Pilot (R) ’CC’** When a rollercizing poetry professor is arrested for the murder of his wife, a bright-eyed lawyer goes to the quirky town of East Peck, South Carolina defend his first big case. | **M (V,L,S)**+TRAE01-001+ |

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| 14:30 | **Trial And Error: A Wrench In The Case (R) ’CC’** Josh and his team discover DNA that could lead to another suspect. Meanwhile, Josh is concerned about Larry's lack of emotion and his strange obsession with a skate wrench. | **M (V,L,S)**+TRAE01-002+ |

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| 15:00 | **TBA:**  | ++ |

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| 16:30 | **Modern Family: Manny Get Your Gun (R) ’CC’** Everyone is gathering at a restaurant to celebrate Manny's birthday, though Manny himself is experiencing a mini-life crisis about getting older; on the way to the restaurant. | **PG (S,L)**+MOFA02-008+ |

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| 17:00 | **Smallville (R) ’CC’** Clark and Lana each try to kill Chloe for unknown reasons after they receive a mysterious e-mail from the Summerholt Institute. Clark must discover the source of these e-mails. | **PG (H,V)**+SMVI03-011+ |

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| 18:00 | **How I Met Your Mother: Robin 101 (R) ’CC’** Robin fears that Barney is cheating on her, but discovers that he is spending his evenings with Ted. | **PG** +HMYM5-003+ |

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| 18:30 | **The Simpsons: Gone Maggie Gone (R)** In order to rescue Maggie from a Catholic orphanage, Lisa must solve a series of puzzles to reveal the identity of a gem that will bring peace to Springfield. | **PG** +SIMP20-013+ |

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| 19:00 | **The Simpsons: In The Name Of The Grandfather (R)** The Simpsons take Grandpa to Ireland so he can go back to visit a pub he went to during the war, but Grandpa and Homer get suckered into buying the bar. | **PG (S)**+SIMP20-014+ |

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| 19:30 | **Modern Family: Mother Tucker (R) ’CC’** Cameron loves his larger-than-life mom, so Mitchell isn't quite sure how to tell Cam that she makes him a little uncomfortable. Gloria mocks Jay for complaining about a little stomach ache. | **PG (S,L)**+MOFA02-009+ |

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| 20:00 | **Modern Family: Dance Dance Revelation (R) ’CC’** It's Luke and Manny's first school dance, and everyone gets in on the "fun"; Jay and Phil have to take the boys on a mall run, which becomes quite stressful. | **PG (S,L)**+MOFA02-010+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms (R)** Gordon tackles The Fenwick Arms pub in rural Lancashire. The pub is run by a landlord who, after thirty years in the business and a quadruple heart-bypass, still puts in 120 hours a week. | **MA (L)**+RAKN03-002+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Mama Maria (R)** Chef Ramsay heads to Brooklyn, New York, to save a 55-year-old restaurant that has fallen to the wayside after the death of its owner's father. Starring:GORDON RAMSAY | **M (L)**+KNUS06-003+ |

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| 22:30 | **Ramsay's Hotel Hell: River Rock (R)** A run-down Pennsylvania hotel needs to be cleaned of dead bugs and stained bedspreads. Starring:GORDON RAMSAY | **M (L)**+HELL01-003+ |

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| 23:30 | **Nikita: Free (R)** Now an agent, Alex gets a new apartment and is given a cover job. She meets her new neighbor, Nathan, who invites her to a party at his house. Nikita warns Alex about getting too involved with people. | **M (D,V)**+NIKI01-012+ |

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| 00:30 | **Nikita: Coup De Grace (R)** Alex's first assignment is a group mission to kill the Prince of Georgia at a museum gala. After Alex tells Nikita about the order, the two devise a plan to foil the assassination. | **M (D,V)**+NIKI01-013+ |

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| 01:30 | **Giada At Home: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

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| 02:00 | **Comfort Food Tour: Tex-Mex To The Max (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-002+ |

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| 02:30 | **Iron Chef America: Flay Vs. Greenspan (R)** Chef Eric Greenspan enters Kitchen Stadium to challenge Iron Chef Bobby Flay. | **PG** +ICAM08-001+ |

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| 03:30 | **Cake Wars: The Addams Family (R)** It's about to get a little creepy and kooky, because Morticia, Gomez, Uncle Fester and the rest of the Addams Family are on their way to the Cake Wars Kitchen. | **PG** +CAKW04-004+ |

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| 04:30 | **Chopped: Got Your Goat? (R)** The chefs race to figure out what to do with a seafood product and some boozy veggies in the first round. | **PG** +CHPD34-011+ |

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| 05:30 | **Giada At Home: Dim Sum (R)** Giada De Laurentiis prepares a dim sum menu inspired by her recent trip to Hong Kong. She invites her travel companions over to enjoy the exotic dishes. | **PG** +GIHO06-003+ |

 **Wednesday 04 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-012+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-013+ |

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

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| 07:30 | **James Robison: Dr. David Jeremiah #2 (R)** Religious Program. | **PG** +JARO20-006+ |

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| 08:00 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 08:30 | **Comfort Food Tour: More Cheese, Please (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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| 09:00 | **Cake Wars: Magic (R)** Grab a hat and wand and prepare to cast a spell as Cake Wars takes on magic. | **PG** +CAKW04-005+ |

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| 10:00 | **Iron Chef America: Morimoto Vs. Marino (R)** Chef Dena Marino from Aspen takes on Iron Chef Masaharu Morimoto. | **PG** +ICAM08-002+ |

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| 11:00 | **Chopped: Bangin' Backyard Cookout (R)** The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG** +CHPD34-012+ |

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| 12:00 | **The Catch: The Ringer (R) ’CC’** AVI takes on a case involving a missing child with parents embattled in a bitter divorce. Against their better judgment, Ben convinces Margot and Reggie to work a con for their benefactor. | **M (V,S)**+CATC01-007+ |

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| 13:00 | **The Catch: The Package (R) ’CC’** Ben agrees to help Rhys with one of their biggest cons to date: to break Leah Wells out of FBI custody. Meanwhile, Sophie asks Alice and the AVI team to help a friend get out of a very bad contract. | **M (V,S)**+CATC01-008+ |

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| 14:00 | **Trial And Error: The Other Man (R) ’CC’** Josh and his team discover a "sex print" on the wall that leads to a shocking new suspect. Plus, Josh gets sloppy and gives a piece of damning evidence to the Prosecution. | **M (S)**+TRAE01-003+ |

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| 14:30 | **Trial And Error: An Unwelcomed Distraction (R) ’CC’** A new suspect turns up in a coma and Josh becomes a suspect himself. Meanwhile, Margaret Henderson's autopsy report leads to a frantic search for the murder weapon. | **M (A)**+TRAE01-004+ |

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| 15:00 | **TBA:**  | ++ |

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| 16:30 | **Modern Family: Dance Dance Revelation (R) ’CC’** It's Luke and Manny's first school dance, and everyone gets in on the "fun"; Jay and Phil have to take the boys on a mall run, which becomes quite stressful. | **PG (S,L)**+MOFA02-010+ |

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| 17:00 | **Smallville (R) ’CC’** Clark discovers that his schoolmate Jordan can foresee the future, and he is horrified when Jordan predicts that Lana will die in a fire in the next few days. | **PG (D,V,A)**+SMVI03-012+ |

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| 18:00 | **How I Met Your Mother: The Sexless Innkeeper (R) ’CC’** When Lily and Marshall realise that Robin and Barney are the perfect double-date couple, they are intent on impressing them. | **PG** +HMYM5-004+ |

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| 18:30 | **The Simpsons: Wedding For Disaster (R)** Homer is kidnapped moments before he and Marge are supposed to re-renew their vows. | **PG** +SIMP20-015+ |

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| 19:00 | **The Simpsons: Eeny, Teeny Maya, Moe (R)** Moe begins dating a little person he met on the Internet, while Maggie is being bullied at the playground next to Moe's where Homer is leaving her. | **PG** +SIMP20-016+ |

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| 19:30 | **Modern Family: Slow Down Your Neighbors (R) ’CC’** Claire becomes a determined neighborhood vigilante hoping to catch and stop a menacing car that speeds though their streets Jay teaches Manny how to ride a bike.  | **PG (S,L)**+MOFA02-011+ |

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| 20:00 | **Modern Family: Our Children, Ourselves (R) ’CC’** When Claire and Phil implore Alex to relax a little about her studies it causes them to start questioning their own intellectual drives; Gloria tries to befriend another nice couple, much to Jay's cha | **PG (S,L)**+MOFA02-012+ |

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| 20:30 | **Movie: The Twilight Saga: Eclipse (R) (2010)** As a string of mysterious killings grips Seattle, Bella is forced to choose between her love for vampire Edward and her friendship with werewolf Jacob. Starring:ANNA KENDRICK,BILLY BURKE,KRISTEN STEWART,ROBERT PATTINSON,XAVIER SAMUEL,JUSTIN CHON | **M (H,V)**+STUC03-003+ |

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| 23:00 | **Ex On The Beach** Eight single guys and girls head to an idyllic beach to enjoy a summer holiday in paradise... until their exes turn up. | **MA (L,S)**+EXOB06-009+ |

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| 00:00 | **Ex On The Beach** Eight single guys and girls head to an idyllic beach to enjoy a summer holiday in paradise... until their exes turn up. | **MA (L,S)**+EXOB06-010+ |

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| 01:00 | **Giada At Home: Jade's Sleepover (R)** Giada De Laurentiis creates a delicious kid friendly menu for her daughter, Jade's, sleep-over party. | **PG** +GIHO06-004+ |

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| 01:30 | **Comfort Food Tour: More Cheese, Please (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-003+ |

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

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

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

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

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| 04:00 | **Cake Wars: Magic (R)** Grab a hat and wand and prepare to cast a spell as Cake Wars takes on magic. | **PG** +CAKW04-005+ |

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| 05:00 | **Chopped: Bangin' Backyard Cookout (R)** The chefs imagine they're making a memorable meal for a backyard party in this cookout competition. | **PG** +CHPD34-012+ |

 **Thursday 05 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-014+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-015+ |

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

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| 07:30 | **James Robison: Water For Life Special #2 (R)** Religious Program. | **PG (A)**+JARO20-018+ |

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| 08:00 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

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| 08:30 | **Comfort Food Tour: Bacon On Top (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-004+ |

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| 09:00 | **Cake Wars: Trolls (R)** Cake Wars joins Poppy and her friend Branch for an epic adventure, as four bakers go to battle to have their cake at the center of a party celebrating the DreamWorks animated movie Trolls. | **PG** +CAKW04-006+ |

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| 10:00 | **Iron Chef America: Symon Vs. Fraser (R)** Chef Neal Fraser battles Iron Chef Michael Symon. | **PG** +ICAM08-003+ |

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| 11:00 | **Chopped: Greater Tater (R)** The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG** +CHPD34-013+ |

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| 12:00 | **The Catch: The Happy Couple (R) ’CC’** Ben makes a critical decision just as the matriarch of the Kensington Firm, Sybil Griffiths, pays an unexpected visit that throws everyone off their game. | **M (V)**+CATC01-009+ |

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| 13:00 | **The Catch: The Wedding (R) ’CC’** Sybil proves to be a formidable adversary and devises a well-orchestrated con that takes place at a high-profile wedding. Meanwhile, Alice finds herself in a precarious situation. | **M (V,S)**+CATC01-010+ |

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| 14:00 | **Trial And Error: Right-Hand Man (R) ’CC’** A new piece of evidence leads Josh to an unlikely new suspect: Larry's brother in law. Meanwhile the case takes another turn when Dwayne finds a dismembered human arm. | **M (L,S)**+TRAE01-005+ |

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| 14:30 | **Trial And Error: Secrets and Lies (R) ’CC’** Larry insists on a lie-detector test to prove his innocence, but the results drop a bombshell. Dwayne becomes a hometown celebrity and the team gets a surprising new benefactor. | **M (A)**+TRAE01-006+ |

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| 15:00 | **TBA:**  | ++ |

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| 16:30 | **Modern Family: Our Children, Ourselves (R) ’CC’** When Claire and Phil implore Alex to relax a little about her studies it causes them to start questioning their own intellectual drives; Gloria tries to befriend another nice couple, much to Jay's cha | **PG (S,L)**+MOFA02-012+ |

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| 17:00 | **Smallville (R) ’CC’** After Pete defies corrupt street-racing promoters who want him to purposely lose, the thugs that run the illegal events threaten his life. Pete asks Clark to use his powers to stop them. | **PG (V,A)**+SMVI03-013+ |

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| 18:00 | **How I Met Your Mother: Dual Citizenship (R) ’CC’** Barney tries to convince Robin to become an American citizen. Ted and Marshall's road trip goes off course when Lily tags along. | **PG** +HMYM5-005+ |

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| 18:30 | **The Simpsons: The Good, The Sad And The Drugly (R)** Bart gets Milhouse to take the rap for a prank at school, and then blows him off when he falls for a cute 5th grade do-gooder, prompting Milhouse's wrath. | **PG (D)**+SIMP20-017+ |

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| 19:00 | **The Simpsons: Father Knows Worst (R)** Homer becomes a helicopter parent at Springfield Elementary by helping Bart finish a class project and helping Lisa become popular, and Marge finds a secret sauna in their house. | **PG** +SIMP20-018+ |

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| 19:30 | **Modern Family: Caught In The Act (R) ’CC’** Plans backfire when the kids try to surprise their parents with breakfast in bed on their anniversary, only to catch Phil and Claire in a compromising position. | **PG (S,L)**+MOFA02-013+ |

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| 20:00 | **Modern Family: Princess Party (R) ’CC’** It's Lily's second birthday and Mitchell tells Cam that he can't dress up as Fizbo the clown, as it won't mesh with the Princess theme. Mitch wants Lily to be the center of attention instead of Cam. | **PG (S,L)**+MOFA02-015+ |

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| 20:30 | **Movie: Fool's Gold (R) ’CC’** A new clue to the whereabouts of a lost treasure rekindles a married couple's sense of adventure, and their estranged romance. Starring:ALEXIS DZIENA,DONALD SUTHERLAND,KATE HUDSON,MATTHEW MCCONAUGHEY,KEVIN HART | **M (V,S)**+WBFF01-018+ |

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| 22:50 | **Movie: New In Town (R) (2009)** A Miami businesswoman adjusts to her new life in a tiny Minnesota town. Starring:HARRY CONNICK JR.,JK SIMMONS,RENEE ZELLWEGER,SIOBHAN FALLON HOGAN | **PG (L)**+ICNF15-007+ |

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| 00:50 | **Revolution: Clue (R)** A captive Nora is tortured and left for dead. Although Monroe learns of Rachael's attempt to reach the Tower, he's unaware of her deadly plan for him. | **MA (V,A)**+REVO01-018+ |

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| 02:00 | **Dr. Ken: Dave's Sex Talk (R)** When Ken avoids answering his questions about sex, Dave turns to Julie for answers. Molly gives Allison a wardrobe makeover. | **PG (S)**+DKEN01-020+ |

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| 02:30 | **Dr. Ken: Korean Men's Club (R)** To keep Ken from meddling in her book club, Allison convinces him to join a civic-minded Korean Men's Club. Molly asks Dave for advice on attracting a nerdy classmate. | **PG** +DKEN01-021+ |

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| 03:00 | **Dr. Ken: Ken Tries Stand-Up (R)** Seeing a college classmate at the Laugh Factory inspires Ken to pursue his dream of being a stand-up comic. Dave enlists Molly to train him for a push-up contest with their grandfather, D.K. | **PG (S)**+DKEN01-022+ |

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| 03:30 | **Cake Wars: Trolls (R)** Cake Wars joins Poppy and her friend Branch for an epic adventure, as four bakers go to battle to have their cake at the center of a party celebrating the DreamWorks animated movie Trolls. | **PG** +CAKW04-006+ |

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| 04:30 | **Chopped: Greater Tater (R)** The chefs learn that their competition has a potato theme, with spuds of some kind in every basket. The chefs must incorporate two tater products into their Canadian bacon appetizers. | **PG** +CHPD34-013+ |

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| 05:30 | **Giada At Home: Diner Favorites (R)** Giada De Laurentiis puts an elegant spin on the classic burger, fries and shakes combo. In the kitchen she creates Giada's Diner Burger with the works. | **PG** +GIHO06-005+ |

 **Friday 06 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-016+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-017+ |

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

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| 07:30 | **James Robison: Dr. David Jeremiah #1 (R)** Religious Program. | **PG** +JARO20-008+ |

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| 08:00 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 08:30 | **Comfort Food Tour: All American Eats (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-005+ |

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| 09:00 | **Cake Wars: Transformers (R)** Autobots roll out. Four talented bakers will enter battle, but to take home $10,000, they'll have to create Transformers-themed cakes that are more than meets the eye. | **PG** +CAKW04-007+ |

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| 10:00 | **Iron Chef America: Morimoto Vs. Chauhan... (R)** Chicago chef Maneet Chauhan enters Kitchen Stadium to challenge Iron Chef Masaharu Morimoto. | **PG** +ICAM08-004+ |

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| 11:00 | **Chopped: Food Truck Luck (R)** Which food truck chef will fortune shine upon in this competition of determined mobile meal vendors? | **PG** +CHPD35-001+ |

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| 12:00 | **The Catch: The New Deal (R) ’CC’** Now in jail, Ben is forced to reckon with his criminal past, while the team at Anderson Vaughan Investigations must come to terms with getting in bed with the bad guys. | **M (V,S)**+CATC02-001+ |

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| 13:00 | **The Catch: The Hammer (R) ’CC’** The AVI team takes on a difficult and unlikely client being hunted by a sharpshooting assassin. Meanwhile, Alice struggles to keep Tommy out of trouble as Rhys and Ben are tempted by old tricks. | **M (V)**+CATC02-002+ |

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| 14:00 | **Trial And Error: The Case Gets Big (R) ’CC’** Josh's boss, Mr. Mankiewicz, reveals a hole in his case. Meanwhile, Larry takes matters into his own hands, with deadly consequences. | **M (S)**+TRAE01-007+ |

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| 14:25 | **Trial And Error: A Change In Defense (R) ’CC’** Josh's boss creates turmoil when he takes over the case. Meanwhile, when Mankiewicz suggests Larry plead insanity, Josh and Carol Anne Keane try to convince Larry to stand trial. | **M (A)**+TRAE01-008+ |

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| 14:50 | **Modern Family: Princess Party (R) ’CC’** It's Lily's second birthday and Mitchell tells Cam that he can't dress up as Fizbo the clown, as it won't mesh with the Princess theme. Mitch wants Lily to be the center of attention instead of Cam. | **PG (S,L)**+MOFA02-015+ |

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| 15:20 | **The Simpsons: The Good, The Sad And The Drugly (R)** Bart gets Milhouse to take the rap for a prank at school, and then blows him off when he falls for a cute 5th grade do-gooder, prompting Milhouse's wrath. | **PG (D)**+SIMP20-017+ |

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| 15:50 | **The Simpsons: Father Knows Worst (R)** Homer becomes a helicopter parent at Springfield Elementary by helping Bart finish a class project and helping Lisa become popular, and Marge finds a secret sauna in their house. | **PG** +SIMP20-018+ |

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| 16:20 | **Movie: The Hunchback Of Notre Dame (R) (1996)** A deformed bell-ringer must assert his independence from a vicious government minister in order to help his friend, a gypsy dancer. Starring:CHARLES KIMBROUGH,JASON ALEXANDER,DEMI MOORE,KEVIN KLINE,PAUL KANDEL,TOM HULCE | **G** +WDFR18-007+ |

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| 18:10 | **Movie: The Prince And Me (R) (2004)** At college Paige meets Eddie, a fellow student from Denmark, who happens to be a prince. Starring:BEN MILLER,LUKE MABLY,JULIA STILES,MIRANDA RICHARDSON | **PG (L,S)**+ICNF15-012+ |

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| 20:30 | **Movie: What Women Want (R) ’CC’ (2000)** A man gets a whole new outlook on life when a fluke accident gives him the ability to read women's minds. Starring:ALAN ALDA,ASHLEY JOHNSON,HELEN HUNT,JUDY GREER,MEL GIBSON,MARISA TOMEI,SARAH PAULSON | **PG (S,L)**+ICNF12-003+ |

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| 23:10 | **Movie: The Boy Next Door (R) ’CC’ (2015)** A recently cheated on married woman falls for a younger man who has moved in next door, but their torrid affair soon takes a dangerous turn. Starring:IAN NELSON,KRISTIN CHENOWETH,JOHN CORBETT,JENNIFER LOPEZ,RYAN GUZMAN,LEXI ATKINS | **MA (V,S,L)**+NBCR30-002+ |

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| 01:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 01:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:00 | **Giada At Home: Ghoulish Goodies (R)** It's Halloween and Giada De Laurentiis is creating spooky treats for the kids to enjoy at her festive backyard party. | **PG** +GIHO06-006+ |

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| 02:30 | **Comfort Food Tour: All American Eats (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-005+ |

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| 03:00 | **Iron Chef America: Morimoto Vs. Chauhan... (R)** Chicago chef Maneet Chauhan enters Kitchen Stadium to challenge Iron Chef Masaharu Morimoto. | **PG** +ICAM08-004+ |

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| 04:00 | **Cake Wars: Transformers (R)** Autobots roll out. Four talented bakers will enter battle, but to take home $10,000, they'll have to create Transformers-themed cakes that are more than meets the eye. | **PG** +CAKW04-007+ |

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| 05:00 | **Chopped: Food Truck Luck (R)** Which food truck chef will fortune shine upon in this competition of determined mobile meal vendors? | **PG** +CHPD35-001+ |

 **Saturday 07 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-018+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-019+ |

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| 07:00 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-006+ |

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| 07:30 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-007+ |

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| 08:00 | **Baked In Vermont: Vermont Country Boil (R)** Gesine Prado's friends from down south are coming up to visit their kids attending university nearby so she's throwing a Vermont-style Low Country boil for them.  | **PG** +BAVE02-010+ |

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| 08:30 | **Ten Dollar Dinners: Open-Air Fare (R)** Melissa d'Arabian makes ooey, gooey Three Cheese Steak Sandwiches with a side of Crispy Oven Fries. For something a little sweet, Caramel Apples rolled in your favorite candies. | **G** +TEDD06-001+ |

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| 09:00 | **Ten Dollar Dinners: Accessible Yet Exotic (R)** Melissa d'Arabian stirs up her Easy Chicken Curry with Vegetables with some Coconut Scented Rice rounds out the meal and soaks up the delicious sauce. For something sweet, Mom's Banana Bread. | **G** +TEDD06-002+ |

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| 09:30 | **Ridiculous Cakes: This Cake Packs A Punch (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-011+ |

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| 10:00 | **Kid's Baking Championship: Cover Story Cakes (R)** It's the 10th birthday celebration for Food Network Magazine! It's every baker for themselves as Duff Goldman and Valerie Bertinelli challenge the three finalists to create the birthday cake. | **PG** +KBAC04-010+ |

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| 11:00 | **Chopped: Spooked (R)** Creepy surprises and freaky finds - the chefs are sure to be spooked by what they get in the baskets for Halloween. | **PG** +CHPD35-002+ |

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| 12:00 | **Helloworld (R) ’CC’ ENCORE**Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-011+ |

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| 12:30 | **Galavant: About Last Knight (R)** Isabella banishes Wormwood and Barry, who meet Sid in the Forest of Coincidence and learn that Valencia is ruled by a war-crazed king and queen. | **PG** +GALA02-006+ |

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| 13:00 | **Galavant: Love And Death (R)** Sid, Richard, and Roberta take the dying Galavant to Neo of Sporin, hoping for a miraculous cure. However, they're too late... or are they? | **PG** +GALA02-007+ |

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| 13:30 | **Galavant: Do The D'Dew (R)** Galavant tries to motivate his zombie army, while Richard and Roberta celebrate their newfound love. Meanwhile, Madalena secretly joins forces with Wormwood to learn the power of D'Dew. | **PG** +GALA02-008+ |

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| 14:00 | **Galavant: Battle Of The Three Armies (R)** The armies of Hortensia and Valencia prepare to square off, but Galavant's zombie army changes the tide of battle... until Wormwood and Madalena use D'DEW take control of the zombies. | **PG (V)**+GALA02-009+ |

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| 14:30 | **Galavant: The One True King (To Unite Them All) (R)** Gareth joins forces with the others when Madalena betrays him by learning D'DEW. Meanwhile, Richard steps up as the One True King when Wormwood kills Tad. | **PG (V)**+GALA02-010+ |

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| 15:00 | **One Tree Hill: How Can You Be Sure? (R)** Lucas must make a difficult decision regarding Brooke. Haley considers having sex with Nathan. Keith wants more from his relationship with Karen. And Dan tries to get runaway Nathan to return home. | **PG (S,A,L)**+ONTH01-019+ |

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| 16:00 | **One Tree Hill: What Is And What Should Never Be (R)** While Nathan looks for an after-school job to pay his rent, Haley hosts a party at his apartment - but she panics when the situation gets out of control. | **PG (S,A,L)**+ONTH01-020+ |

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| 17:00 | **Movie: Flubber (R) (1997)** ROBIN WILLIAMS stars as Professor Phillip Brainard who, while working on a revolutionary source of energy, accidentally invents a miraculous, gravity-defying goo called Flubber. Starring:CHRISTOPHER MCDONALD,MARCIA GAY HARDEN,ROBIN WILLIAMS,TED LEVINE | **G** +WDFR16-005+ |

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| 19:00 | **Movie: Home Alone 2: Lost In New York (R) (1992)** One year after Kevin McCallister was left home alone to defeat a pair of bumbling burglars, he accidentally finds himself stranded in New York City, and those same criminals are not far behind. Starring:CATHERINE O HARA,DANIEL STERN,MACAULAY CULKIN,JOHN HEARD,JOE PESCI | **PG (V)**+FOXF08-031+ |

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| 21:30 | **Movie: National Lampoon's European Vacation (R) ’CC’ (1985)** The Griswold family take on the European continent all in a catastrophe-filled fortnight - thanks to a TV quiz-show grand prize. Starring:CHEVY CHASE,JASON LIVELY,SHEILA KENNEDY,D'ANGELO BEVERLY,JOHN ASTIN | **M (S)**+WBFF02-045+ |

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| 23:30 | **Movie: The Truth About Cats And Dogs (R) (1996)** A successful veternarian & radio show host with low self-esteem asks her model friend to impersonate her when a handsome man wants to see her. Starring:BEN CHAPLIN,JANEANE GAROFALO,JAMIE FOXX,UMA THURMAN | **M (S,L)**+FOXF09-029+ |

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| 01:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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

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| 02:30 | **Ten Dollar Dinners: Open-Air Fare (R)** Melissa d'Arabian makes ooey, gooey Three Cheese Steak Sandwiches with a side of Crispy Oven Fries. For something a little sweet, Caramel Apples rolled in your favorite candies. | **G** +TEDD06-001+ |

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| 03:00 | **Ten Dollar Dinners: Accessible Yet Exotic (R)** Melissa d'Arabian stirs up her Easy Chicken Curry with Vegetables with some Coconut Scented Rice rounds out the meal and soaks up the delicious sauce. For something sweet, Mom's Banana Bread. | **G** +TEDD06-002+ |

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| 03:30 | **Ridiculous Cakes: This Cake Packs A Punch (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-011+ |

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| 04:00 | **Chopped: Spooked (R)** Creepy surprises and freaky finds - the chefs are sure to be spooked by what they get in the baskets for Halloween. | **PG** +CHPD35-002+ |

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| 05:00 | **Kid's Baking Championship: Cover Story Cakes (R)** It's the 10th birthday celebration for Food Network Magazine! It's every baker for themselves as Duff Goldman and Valerie Bertinelli challenge the three finalists to create the birthday cake. | **PG** +KBAC04-010+ |