**Sunday 02 February 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** +IAC14-015+ |

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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** +IAC14-016+ |

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| 07:00 | **Sally Bollywood - Super Detective: Storm Clouds Over The SBI / Whodunnit (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-014+ |

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| 07:30 | **Sally Bollywood - Super Detective: Serial Treachery / The Stolen Clothes (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-015+ |

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| 08:00 | **Barefoot Contessa: Fruit All Ways (R)** Sweet and savory, this is fruit all the way and anything goes. Ina is pushing the fruit boundaries by shaking up the classics, getting the scoop on fruit desserts like French Nougatine. | **PG** +BARE07-003+ |

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| 08:30 | **Barefoot Contessa: Italian at Home (R)** Inspired by a recent trip to Florence, Ina is re-creating a fabulous Florentine feast for friends back home in East Hampton. There's a mozzarella master class with a local cheese maker! | **PG** +BARE07-004+ |

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| 09:00 | **Giada At Home: Happy Holidays (R)** Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG** +GIHO05-003+ |

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| 09:30 | **Ridiculous Cakes: High Stakes And Tall Cakes (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** +RICA01-002+ |

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| 10:00 | **Kid's Baking Championship: Cookielicious (R)** The new season of Kids Baking Championship kicks off with a new take on everybody's favourite: cake. | **PG** +KBAC04-001+ |

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| 11:00 | **The Kitchen: Flavors That Whisk You Away (R)** The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG** +TKIT15-012+ |

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| 12:00 | **The Kitchen: Dining On A Dime (R)** The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG** +TKIT15-013+ |

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| 13:00 | **Chopped: Smorgastarta Your Engines (R)** Appetizers are made with a smorgastarta Swedish layer cake. Competitors find the entree complicated because the eggplant preserved in sugar must be incorporated into desserts. | **PG** +CHPD31-001+ |

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| 14:00 | **Chopped: Tailgate Greats (R)** Four devoted football fans compete in a tailgate-theme showdown.  | **PG** +CHPD31-002+ |

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| 15:00 | **Restaurant: Impossible: Fiery Family Fusion (R)** Monica and Elvis opened Pasion Latin Fusion two years ago, hoping to bring fun and authentic Latin cuisine to Albuquerque, but have found little success. Worn down, they turn to Chef Robert Irvine. | **PG** +RIMP08-003+ |

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| 16:00 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 17:00 | **Restaurant: Impossible: Ungratifying (R)** Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG** +RIMP08-005+ |

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| 18:00 | **Movie: Innerspace (R) (1987)** A hapless store clerk must foil criminals to save the life of the man who, miniaturized in a secret experiment, was accidentally injected into him. Starring:DENNIS QUAID,FIONA LEWIS,KEVIN MCCARTHY,MEG RYAN,MARTIN SHORT | **PG (V,L,S)**+WBFF03-053+ |

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| 20:30 | **Movie: Along Came A Spider (R)** When a congressman's daughter under Secret Service protection is kidnapped from a private school, detective Alex Cross investigates the case even though he's recovering from the loss of his partner. Starring:PENELOPE ANN MILLER,MONICA POTTER,MORGAN FREEMAN,MICHAEL MORIARTY,MICHAEL WINCOTT | **MA (V)**+PAFR01-002+ |

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| 22:45 | **Nip/Tuck (R) ’CC’** While driving home, Sean is broadsided by another car and rushed to the hospital. He was saved from major injury by his vehicle's safety devices, but his view of life has changed. | **MA (A)**+NIPT02-005+ |

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| 23:45 | **Nip/Tuck (R) ’CC’** While Julia enjoys socializing with "life coach" Ava Moore, Matt also makes progress working through his feelings with the alluring Ava. | **MA (A,S)**+NIPT02-006+ |

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| 00:45 | **Barefoot Contessa: Italian at Home (R)** Inspired by a recent trip to Florence, Ina is re-creating a fabulous Florentine feast for friends back home in East Hampton. There's a mozzarella master class with a local cheese maker! | **PG** +BARE07-004+ |

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| 01:15 | **Giada At Home: Happy Holidays (R)** Giada De Laurentiis and her family celebrate Christmas California-style with a beautiful holiday dinner on the beach. | **PG** +GIHO05-003+ |

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| 01:45 | **The Kitchen: Flavors That Whisk You Away (R)** The gang takes a tropical trip and Katie Lee begins with her Slow Cooker Hawaiian Pulled Pork, then Jeff Mauro serves up a crispy Hash Brown Crusted Halibut. | **PG** +TKIT15-012+ |

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| 02:45 | **The Kitchen: Dining On A Dime (R)** The Kitchen hosts are sharing tips for money-saving meals and dollar-stretching deals, starting with Sunny Anderson's Meat N' Potatoes Bundt Loaf. | **PG** +TKIT15-013+ |

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| 03:45 | **Chopped: Smorgastarta Your Engines (R)** Appetizers are made with a smorgastarta Swedish layer cake. Competitors find the entree complicated because the eggplant preserved in sugar must be incorporated into desserts. | **PG** +CHPD31-001+ |

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| 04:45 | **Chopped: Tailgate Greats (R)** Four devoted football fans compete in a tailgate-theme showdown.  | **PG** +CHPD31-002+ |

 **Monday 03 February 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** +IAC14-017+ |

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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** +IAC14-018+ |

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

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| 07:30 | **James Robison: Louie Giglio #2** Religious Program. | **PG (A)**+JARO20-024+ |

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| 08:00 | **Giada At Home: Milestone Recipes (R)** Giada De Laurentiis makes four recipes inspired by important moments in her life and career. | **PG** +GIHO05-004+ |

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| 08:30 | **Restaurant: Impossible: Pizza: Impossible (R)** The food at Mama Della's N.Y. City Pizzeria in Baton Rouge, La., is great, but stubborn owner Barry is the biggest obstacle to his restaurant's success. | **PG** +RIMP08-004+ |

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| 09:30 | **Restaurant: Impossible: Ungratifying (R)** Chef Robert Irvine is in Houston, Texas, for his latest mission, to help turn around Kevin's restaurant, gratifying kitchen and bar. | **PG** +RIMP08-005+ |

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| 10:30 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 11:00 | **Mystery Diners: Local Celebrities (R)** Charles is asked to check up on the staff at Amalfi's in Portland, Oregon, because the owners are worried that they are getting too carried away with the digital shorts they produce.  | **PG** +MYSD08-008+ |

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| 11:30 | **Mystery Diners: Memorabilia Mayhem (R)** A dip in memorabilia sales at the Rock Island Cafe in Honolulu worries the owner, who contacts Charles to investigate whether his staff is to blame. | **PG** +MYSD08-009+ |

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| 12:00 | **Training Day: Apocalypse Now (R) ’CC’** The LAPD assigns heroic cop Kyle Craig to pose as Frank Rourke's trainee to spy on him and report his questionable methods. They form an uneasy alliance that changes their lives. | **M (D,V)**+TRDA01-001+ |

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| 13:00 | **Training Day: Tehrangeles (R) ’CC’** Kyle worries Frank's tactics will put a kidnapped girl at higher risk after a former member of Muammar Gaddafi's Amazonian Guard becomes involved in the deal for the girl's return. | **M (V)**+TRDA01-002+ |

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| 14:00 | **Just Shoot Me!: Friends And Neighbours (R) ’CC’** Kevin and Finch become roommates, and neighbors with Maya. She's not happy Finch still has a key to her apartment. | **PG** +JUSM06-014+ |

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| 14:30 | **Just Shoot Me!: Blind Ambition (R) ’CC’** Maya dates an obnoxious blind man who thinks his disability makes it okay to be rude. Finch takes a class in T.V. broadcasting and helps produce a show where he surprises his guests by attacking them. | **PG** +JUSM06-015+ |

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| 15:15 | **TBA: ENCORE** | ++ |

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| 17:00 | **Smallville ’CC’** Determined to find out where he came from, Clark travels to New York to meet Dr. Virgil Swann, a brilliant scientist who possesses a message for Clark from his home planet. | **PG (H,V)**+SMVI02-016+ |

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| 18:00 | **How I Met Your Mother: The Fight (R) ’CC’** Ted (to prove his mettle) and Barney (to impress Robin) pick a fight with a group of guys who are sitting in the gang's booth. | **PG** +HMYM4-010+ |

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| 18:30 | **The Simpsons: Marge Gamer (R)** Marge decides to find out what there Internet has to offer and soon gets hooked on an online role-playing game. Homer referees Lisa's soccer game. | **PG (V)**+SIMP18-017+ |

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| 19:00 | **The Simpsons: The Boys Of Bummer (R)** Bart becomes the most hated person in Springfield after he is the goat in a championship baseball game, and Homer's new job as a mattress salesman ruins his and Marge's sex life. | **PG (S)**+SIMP18-018+ |

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| 19:30 | **Modern Family: The Wedding, Pt. 1 (R) ’CC’** Mitch and Cam's big day is finally here and nothing can ruin it, until nothing turns into a whole lot of somethings and puts wedding planner extraordinaire Pepper Saltzman to the test. | **PG (S)**+MOFA05-023+ |

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| 20:00 | **Modern Family: The Wedding, Pt. 2 (R) ’CC’** The wedding day chaos continues as the entire party shifts from one contingency plan to another, but an unexpected turn of events leads to the ceremony they've all been waiting for. | **PG (S)**+MOFA05-024+ |

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| 20:30 | **First Dates Australia (R) ’CC’** First Dates returns in a brand new season. Salesman Ryan is ready to shed the muscle man stigma in the search for love. Jake wants someone who can accept his life on the road, as well as his mullet. | **PG (S,L)**+FDAT03-001+ |

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| 21:45 | **First Dates Australia (R) ’CC’** In this episode, an exotic dancer vows he is ready to hang up his G-string and settle down for love. Expectations ride high with a princess in search of her prince charming. | **PG (L,S)**+FDAT03-002+ |

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| 22:55 | **Celebrity Botched Up Bodies (R) ’CC’** Surgeons repair famous faces and their bodies after poor cosmetic surgery. Actress Crissy Rock has had two unsuccessful procedures, while Lisa Maffia had implants to lift her post-breastfeeding boobs, | **MA (A,N)**+BOTB05-002+ |

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| 23:55 | **Are You The One?** An alcohol fueled mistake threatens the strongest couple in the house. Anthony goes after Layton's crush while John makes a move on Christina and the house reels after a Matchup Ceremony. | **MA (L,S)**+AYTO02-004+ |

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| 00:55 | **Giada At Home: Milestone Recipes (R)** Giada De Laurentiis makes four recipes inspired by important moments in her life and career. | **PG** +GIHO05-004+ |

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| 01:25 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 01:55 | **Mystery Diners: Local Celebrities (R)** Charles is asked to check up on the staff at Amalfi's in Portland, Oregon, because the owners are worried that they are getting too carried away with the digital shorts they produce.  | **PG** +MYSD08-008+ |

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| 02:25 | **Mystery Diners: Memorabilia Mayhem (R)** A dip in memorabilia sales at the Rock Island Cafe in Honolulu worries the owner, who contacts Charles to investigate whether his staff is to blame. | **PG** +MYSD08-009+ |

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| 02:55 | **Movie: The Saint In London (R) (1939)** The Saint picks up a wounded man on a country road, leading him into a web of intrigue and super-crime. Starring:GEORGE SANDERS,HENRY OSCAR,DAVID BURNS,SALLY GRAY,RALPH TRUMAN,NORAH HOWARD | **PG (V)**+RKO-085+ |

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| 04:30 | **Mystery Diners: Food Cart Catastrophe (R)** When Rod and Linda, owners of a la carts Food Pavilion in Portland, Ore., hear complaints from their tenants about the new onsite manager, they contact Charles Stiles to investigate. | **PG** +MYSD08-007+ |

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| 05:00 | **Mystery Diners: Local Celebrities (R)** Charles is asked to check up on the staff at Amalfi's in Portland, Oregon, because the owners are worried that they are getting too carried away with the digital shorts they produce.  | **PG** +MYSD08-008+ |

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| 05:30 | **Mystery Diners: Memorabilia Mayhem (R)** A dip in memorabilia sales at the Rock Island Cafe in Honolulu worries the owner, who contacts Charles to investigate whether his staff is to blame. | **PG** +MYSD08-009+ |

 **Tuesday 04 February 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** +IAC14-019+ |

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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** +IAC14-020+ |

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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** Religious Program. | **PG** +JARO20-025+ |

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| 08:00 | **Giada At Home: Chicken Three Ways (R)** Giada De Laurentiis makes one delicious chicken and turns it into a handful of elegant dishes that you can enjoy any night of the week. | **PG** +GIHO05-005+ |

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| 08:30 | **Diners, Drive-Ins and Dives: Pork, Pasta And Barbecue (R)** Guy Fieri's checking out some tried and true local faves. | **PG** +DDID18-009+ |

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| 09:00 | **Cake Wars: Captain America (R)** Bakers, assemble! Cake Wars takes on one of the greatest heroes in comic book history - Captain America! | **PG** +CAKW03-001+ |

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| 10:00 | **The Great Food Truck Race: Venice Beach Brawl** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR05-001+ |

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| 11:00 | **Chopped: Chopped: Beat Bobby Flay, Pt. 1 (R)** Bobby Flay joins the judges' panel, as returning champions compete to win the chance to beat chef Bobby. | **PG** +CHPD31-003+ |

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| 12:00 | **Training Day: Trigger Time (R) ’CC’** Kyle and Frank must put aside their differences when they learn that a notorious hitman known as "El Cucuy" is targeting members of the Russian mob. | **M (V)**+TRDA01-003+ |

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| 13:00 | **Training Day: Code Of Honor (R) ’CC’** When Frank's longtime informant and friend is killed by Yakuza assassins, his quest for revenge puts him and Kyle at odds with the FBI. | **M (V)**+TRDA01-004+ |

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| 14:00 | **Just Shoot Me!: A Beautiful Mind (R) ’CC’** Maya goes on a date with the office exterminator, Chris. She will be amazed at how much she actually likes him, though he is not the smartest. | **PG** +JUSM06-016+ |

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| 14:30 | **Just Shoot Me!: Educating Finch (R) ’CC’** Jack agrees to pay for tutoring because Finch isn't doing well in college. After learning his tutor is also a masseuse, Finch trades the tutoring sessions for massages. | **PG** +JUSM06-017+ |

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

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| 16:30 | **Modern Family: The Wedding, Pt. 2 (R) ’CC’** The wedding day chaos continues as the entire party shifts from one contingency plan to another, but an unexpected turn of events leads to the ceremony they've all been waiting for. | **PG (S)**+MOFA05-024+ |

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| 17:00 | **Smallville ’CC’** After his schoolmate, Cyrus Krupp, claims to be an alien and seemingly proves it by using heat vision, Clark investigates and begins to believe that the boy is from Clark's home planet, Krypton. | **PG (H,V,A)**+SMVI02-017+ |

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| 18:00 | **How I Met Your Mother: Little Minnesota (R) ’CC’** Not trusting Barney to keep his hands off his little sister, Ted enlists Lily's help to keep an eye on them. | **PG** +HMYM4-011+ |

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| 18:30 | **The Simpsons: Crook And Ladder (R)** Homer, Moe, Apu and Principal Skinner become volunteer firefighters. But just because they're not getting paid doesn't mean that they can't find a way to receive compensation. | **PG** +SIMP18-019+ |

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| 19:00 | **The Simpsons: Stop, Or My Dog Will Shoot! (R)** Homer drags the family into a cornfield maze after attempting to leave a boring Harvest fest that Marge brought them to. When everyone except Homer escapes, Santa's Little Helper rescues him. | **PG** +SIMP18-020+ |

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| 19:30 | **Modern Family: Lake Life (R) ’CC’** Jay forces the family to spend their family vacation on a houseboat on a lake in an effort to create memories that will last long after he's gone. Mitchell runs into an old flame that opens old wounds | **PG** +MOFA09-001+ |

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| 20:00 | **Modern Family: The Long Goodbye (R) ’CC’** Phil and Claire realize Alex may be more self-sufficient in college than they give her credit for when they drop in for a quick visit. Mitch may have accidentally accelerated a planned renovation. | **PG** +MOFA09-002+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Gondola (R)** Gordon visits La Gondola, an Italian restaurant bogged down by dated cuisine, bad net curtains and no customers. | **M (L)**+RAKN02-008+ |

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| 21:30 | **Ramsay's Kitchen Nightmares: Oscar's (R)** Gordon visits Oscar's, which on the surface looks ideal but is run by a mother in son who constantly bicker, and are losing thousands of pounds each week.  | **MA (L)**+RAKN02-006+ |

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| 22:30 | **Ramsay's Hotel Hell: The Curtis House (R)** Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (N,L)**+HELL02-007+ |

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| 23:30 | **Nikita: The Guardian (R)** Divison's secrets are at risk of being revealed to the world when Owen, a Division operative, escapes from a bank robbery and becomes a fugitive. Percy decides to search for Owen himself. | **M (D,V)**+NIKI01-005+ |

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| 00:30 | **Black-ish: White Breakfast (R)** When Jack and Diane get in trouble at school, Dre and Bow have to figure out the right balance of discipline and support so that their kids aren't too afraid of authority nor entitled either.  | **M (A)**+BLKI04-014+ |

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| 01:00 | **Black-ish: R-E-S-P-E-C-T (R)** Dre and Bow confront gender biases of their own after finding out that both Junior and Zoey have become sexually active. | **M (S,A)**+BLKI04-015+ |

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| 01:30 | **Black-ish: Things Were Different Then (R)** Dre reluctantly helps Junior plan Pops' 65th birthday party and starts to see his dad's past in a new light. | **M (A)**+BLKI04-016+ |

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| 02:00 | **Giada At Home: Chicken Three Ways (R)** Giada De Laurentiis makes one delicious chicken and turns it into a handful of elegant dishes that you can enjoy any night of the week. | **PG** +GIHO05-005+ |

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| 02:30 | **Diners, Drive-Ins and Dives: Pork, Pasta And Barbecue (R)** Guy Fieri's checking out some tried and true local faves. | **PG** +DDID18-009+ |

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| 03:00 | **The Great Food Truck Race: Venice Beach Brawl (R)** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR05-001+ |

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| 04:00 | **Cake Wars: Captain America (R)** Bakers, assemble! Cake Wars takes on one of the greatest heroes in comic book history - Captain America! | **PG** +CAKW03-001+ |

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| 05:00 | **Chopped: Chopped: Beat Bobby Flay, Pt. 1 (R)** Bobby Flay joins the judges' panel, as returning champions compete to win the chance to beat chef Bobby. | **PG** +CHPD31-003+ |

 **Wednesday 05 February 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** +IAC14-021+ |

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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** +IAC14-022+ |

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

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| 07:30 | **James Robison: Sheila Walsh #1** Religious Program. | **PG (A)**+JARO20-026+ |

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| 08:00 | **Giada At Home: Sports Bar Favourites (R)** Giada De Laurentiis puts her spin on traditional bar food with a fun game day menu. | **PG** +GIHO05-006+ |

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| 08:30 | **Diners, Drive-Ins and Dives: South Of The Border (R)** Guy Fieri's headed south of the border to Cabo San Lucas, Mexico. | **PG** +DDID18-010+ |

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| 09:00 | **Cake Wars: SpongeBob (R)** Get ready for SpongeBob, Gary and tons of underwater fun as four incredible bakers battle to have their amazing cake as the centrepiece of a party celebrating SpongeBob SquarePants. | **PG** +CAKW03-002+ |

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| 10:00 | **The Great Food Truck Race: Hot Doggin' It In Tucson** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR05-002+ |

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| 11:00 | **Chopped: Midnight Snack Attack (R)** The challenge faced by the competing chefs is to make the perfect midnight meal. The finalists aim to wake up the judges' palates with breakfast flavors. | **PG** +CHPD31-004+ |

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| 12:00 | **Training Day: Wages Of Sin (R) ’CC’** An internal investigation could cost Frank his badge and freedom, forcing Kyle to help Frank clear his name or risk losing his one connection to his father's murder. | **M (V)**+TRDA01-005+ |

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| 13:00 | **Training Day: Faultlines (R) ’CC’** An investigation into weapons trafficking becomes personal for Tommy when an old friend becomes connected to the case. | **M (V)**+TRDA01-006+ |

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| 14:00 | **Just Shoot Me!: The Book Of Jack (R) ’CC’** Jack wants to write a novel but ends up using a ghostwriter. With him out of the office, Nina, Elliot, and Maya compete for power over the magazine. | **PG** +JUSM06-018+ |

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| 14:30 | **Just Shoot Me!: Blush Gets Some Therapy (R) ’CC’** The Blush staff agrees to corporate therapy after their bickering drives off a client. | **PG** +JUSM06-019+ |

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

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| 16:30 | **Modern Family: The Long Goodbye (R) ’CC’** Phil and Claire realize Alex may be more self-sufficient in college than they give her credit for when they drop in for a quick visit. Mitch may have accidentally accelerated a planned renovation. | **PG** +MOFA09-002+ |

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| 17:00 | **Smallville ’CC’** After Lana is almost assaulted by a college student, Clark loses control and injures him. The Kents are then sued for punitive damages that could cost them the farm, and Clark questions his powers. | **PG (V,A)**+SMVI02-018+ |

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| 18:00 | **How I Met Your Mother: Benefits (R) ’CC’** Ted and Robin become "friends with benefits" to deal with conflicts they're having around the apartment. | **PG** +HMYM4-012+ |

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| 18:30 | **The Simpsons: 24 Minutes (R)** Bart and Lisa join forces to stop the school bullies from setting off a stink bomb at the school bake sale. | **PG (O,V)**+SIMP18-021+ |

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| 19:00 | **The Simpsons: You Kent Always Say What You Want (R)** After Kent Brockman is fired as a news anchor, he and Lisa use the Internet to expose the Fox News Conspiracy. | **PG** +SIMP18-022+ |

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| 19:30 | **Modern Family: Catch of the Day (R) ’CC’** Phil's daily ritual of kicking off his underwear and catching them in his hands is an indicator of whether or not he'll have a good day - and today he didn't catch them. | **M (S)**+MOFA09-003+ |

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| 20:00 | **Modern Family: Sex, Lies And Kickball (R) ’CC’** Jay and Gloria run into Shorty, who's back from Costa Rica for a visit, and insist that he stay with them. While Jay hopes for some one-on-one time with his best pal, Gloria has other plans for Shorty | **PG (S,A)**+MOFA09-004+ |

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| 20:30 | **Movie: The Hundred-Foot Journey (R) ’CC’ (2014)** The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. Starring:HELEN MIRREN,OM PURI,MANISH DAYAL,CHARLOTTE LE BON,JUHI CHAWLA,FARZANA DUA ELAHE,MITRA DILLON | **PG (A,L)**+WDFC53-020+ |

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| 23:00 | **Movie: Paranoia (R) (2013)** An entry-level employee at a powerful corporation finds himself occupying a corner office, but at a dangerous price. Starring:AMBER HEARD,HARRISON FORD,LIAM HEMSWORTH,GARY OLDMAN | **M (V,L)**+ICNF16-002+ |

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| 01:10 | **Black-ish: FriDre Night Lights** Dre is thrilled when Jack makes the football team, but Bow is against the idea. Meanwhile, Diane wants Junior to drive her to her first real date with Jalen, but Junior overstays his welcome. | **PG (A)**+BLKI05-021+ |

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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: SpongeBob (R)** Get ready for SpongeBob, Gary and tons of underwater fun as four incredible bakers battle to have their amazing cake as the centrepiece of a party celebrating SpongeBob SquarePants. | **PG** +CAKW03-002+ |

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| 05:00 | **Chopped: Midnight Snack Attack (R)** The challenge faced by the competing chefs is to make the perfect midnight meal. The finalists aim to wake up the judges' palates with breakfast flavors. | **PG** +CHPD31-004+ |

 **Thursday 06 February 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** +IAC14-023+ |

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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** +IAC14-024+ |

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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** Religious Program. | **PG (A)**+JARO20-027+ |

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| 08:00 | **Giada At Home: Decadent Delights (R)** It's all about indulgence as Giada De Laurentiis prepares a decadent menu. Italy meets pure comfort with three delicious recipes. | **PG** +GIHO05-007+ |

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| 08:30 | **Diners, Drive-Ins and Dives: Tennessee Holiday Traditions (R)** Guy Fieri's digging into the unique holiday traditions in Tennessee. | **PG** +DDID18-011+ |

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| 09:00 | **Cake Wars: Charlie Brown's All-Stars (R)** Charlie Brown, Snoopy and the whole Peanuts gang are headed to Cake Wars to celebrate the 50th anniversary of the iconic special Charlie Brown's All-Stars! | **PG** +CAKW03-003+ |

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| 10:00 | **The Great Food Truck Race: Dinner Dates, Austin Style** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR05-003+ |

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| 11:00 | **Chopped: Chopped: Beat Bobby Flay, Pt. 2 (R)** Four returning champions compete for a chance to beat Bobby Flay. | **PG** +CHPD31-005+ |

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| 12:00 | **Training Day: Quid Pro Quo (R) ’CC’** Kyle's morals are put to the test when Frank involves him in a plan to take down a criminal defense attorney who has been helping his clients eliminate witnesses. | **M (V,S)**+TRDA01-007+ |

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| 13:00 | **Training Day: Blurred Lines (R) ’CC’** The hunt for a father-and-son crime team becomes personal for Frank, who is forced to face the parallels between the duo and his own childhood as the son of an outlaw. | **M (V)**+TRDA01-008+ |

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| 14:00 | **Just Shoot Me!: The Burning House (R) ’CC’** Finch produces a low-budget movie with the help of his coworkers and David Hasselhoff. Things go wrong, like a flaming bird house tragedy and Jack's scratched car.  | **PG** +JUSM06-020+ |

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| 14:30 | **Just Shoot Me!: The Bad Grandma (R) ’CC’** Elliot's grandmother offends him when she lavishes attention on Finch but ignores Elliot. | **PG** +JUSM06-021+ |

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

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| 16:30 | **Modern Family: Sex, Lies And Kickball (R) ’CC’** Jay and Gloria run into Shorty, who's back from Costa Rica for a visit, and insist that he stay with them. While Jay hopes for some one-on-one time with his best pal, Gloria has other plans for Shorty | **PG (S,A)**+MOFA09-004+ |

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| 17:00 | **Smallville ’CC’** Clark inadvertently witnesses the robbery of a LuthorCorp truck carrying kryptonite and is stunned to realize that he can't stop the thieves, they are as strong as he is. | **PG (H,V)**+SMVI02-019+ |

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| 18:00 | **How I Met Your Mother: Three Days Of Snow (R) ’CC’** A blizzard hits New York City, threatening a tradition of Marshall and Lily's and leaving Ted and Barney to keep McClaren's doors open. | **PG** +HMYM4-013+ |

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| 18:30 | **The Simpsons: He Loves To Fly And He D'oh's (R)** Homer falls in love with private planes after taking a flight to Chicago with Mr.Burns. | **PG (D,V,S)**+SIMP19-001+ |

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| 19:00 | **The Simpsons: The Homer Of Seville (R)** Homer becomes an opera star after an injury improves his singing voice. | **PG (V,S)**+SIMP19-002+ |

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| 19:30 | **Modern Family: It's The Great Pumpkin, Phil Dunphy (R) ’CC’** Phil and Claire still want to celebrate Halloween in a big way, but it seems no one shares their same enthusiasm making them wonder if maybe everyone else is right. | **PG (S,A)**+MOFA09-005+ |

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| 20:00 | **Modern Family: Ten Years Later (R) ’CC’** Claire is determined to make up for her less-than-joyful mood at Jay and Gloria's wedding by throwing their tenth-anniversary party. | **PG** +MOFA09-006+ |

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| 20:30 | **Ink Master: Duck And Cover Up NEW EPISODE**One artist cracks under pressure after one of the most difficult Flash Challenges ever. | **M** +INKM08-011+ |

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| 21:30 | **Ink Master: Road To The Finale NEW EPISODE**Dave digs deeper into the lives and strategies of the final six artists in the Peck vs Nunez competition. | **M** +INKM08-012+ |

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| 22:30 | **Ink Master Redemption: Finish What You Started NEW EPISODE**Tatu Baby and King Ruck return to complete unfinished work for unhappy canvases. | **M (L)**+INKR02-013+ |

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| 23:00 | **Ink Master Redemption: Master Canvas Call Out NEW EPISODE**Runner-up master canvases defend their tattoos against the artists who robbed them of the title; Cleen Rock One, Anthony Michaels, Jime Litwalk and Joey Hamilton return. | **M (L)**+INKR03-001+ |

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| 23:30 | **Revolution: The Stand (R)** Miles leads the rebel squad out of Philadelphia and away from Monroe's helicopters and machine guns. Meanwhile, a guilt-ridden Rachel tries to redeem herself by providing power to the rebels. | **MA (V,A)**+REVO01-011+ |

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| 00:30 | **Revolution: Ghosts (R)** A final act of heroism by one of their own saves the lives of Charlie and the gang, but the loss devastates everyone and they must carry on with heavy hearts but increased resolve. | **MA (V,A)**+REVO01-012+ |

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| 01:30 | **Ink Master Redemption: Finish What You Started (R)** Tatu Baby and King Ruck return to complete unfinished work for unhappy canvases. | **M (L)**+INKR02-013+ |

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| 02:00 | **Giada At Home: Decadent Delights (R)** It's all about indulgence as Giada De Laurentiis prepares a decadent menu. Italy meets pure comfort with three delicious recipes. | **PG** +GIHO05-007+ |

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| 02:30 | **Diners, Drive-Ins and Dives: Tennessee Holiday Traditions (R)** Guy Fieri's digging into the unique holiday traditions in Tennessee. | **PG** +DDID18-011+ |

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| 03:00 | **The Great Food Truck Race: Dinner Dates, Austin Style (R)** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR05-003+ |

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| 04:00 | **Cake Wars: Charlie Brown's All-Stars (R)** Charlie Brown, Snoopy and the whole Peanuts gang are headed to Cake Wars to celebrate the 50th anniversary of the iconic special Charlie Brown's All-Stars! | **PG** +CAKW03-003+ |

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| 05:00 | **Chopped: Chopped: Beat Bobby Flay, Pt. 2 (R)** Four returning champions compete for a chance to beat Bobby Flay. | **PG** +CHPD31-005+ |

 **Friday 07 February 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** +IAC14-025+ |

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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** +IAC14-026+ |

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

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| 07:30 | **James Robison: Sheila Walsh w/ Dr. David Jeremiah** Religious Program. | **PG (A)**+JARO20-028+ |

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| 08:00 | **Giada At Home: Recipe for Romance (R)** Giada De Laurentiis shows her love of all things chocolate with a chocolate-inspired menu. | **PG** +GIHO05-008+ |

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| 08:30 | **Diners, Drive-Ins and Dives: Family Time (R)** Guy Fieri's visiting some families keeping it real in the kitchen. | **PG** +DDID18-012+ |

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| 09:00 | **Cake Wars: How To Train Your Dragon (R)** It's time for a fire-breathing adventure as four talented breakers unleash their inner dragon. The winning cake creation will be the center of a party celebrating How to Train Your Dragon. | **PG** +CAKW03-004+ |

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| 10:00 | **The Great Food Truck Race: High Steaks In OKC** It's The Great Food Truck Race, where seven of the country's best and most successful food truck owners team up with friends and family to hit the road and cook their way across America. | **PG** +GFTR05-004+ |

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| 11:00 | **Chopped: Cheap Eats (R)** The chefs are surprised with some thrifty, yet uniquely yummy, finds in the baskets. | **PG** +CHPD31-006+ |

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| 12:00 | **Training Day: Bad Day At Aqua Mesa (R) ’CC’** Frank and Kyle seek justice for a community organizer who is accidentally killed in a gang-related shooting. | **M (D,V)**+TRDA01-009+ |

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| 13:00 | **Training Day: Sunset (R) ’CC’** Frank and Holly's worlds collide when several of her call girls go missing, leading the SIS to investigate an eccentric, reclusive Hollywood producer. | **M (V)**+TRDA01-010+ |

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| 14:00 | **Just Shoot Me!: The Boys In The Band (R) ’CC’** Finch's fellow band member, Greg, asks Nina out. She's mortified when she finds out they have an air band with imaginary instruments. | **PG** +JUSM06-022+ |

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| 14:45 | **Just Shoot Me!: Guess Who's Coming To Blush (R) ’CC’** Jack hires a woman off the street to run the desk, but the staff thinks it's just because Jack wants to seduce her.  | **PG** +JUSM07-001+ |

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| 15:15 | **Just Shoot Me!: Mr. Jealousy (R) ’CC’** Finch is scared about Jack liking Vicki, so he sets her up to look bad, but he's not sure when she'll get him back. | **PG** +JUSM07-002+ |

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| 15:45 | **Modern Family: It's The Great Pumpkin, Phil Dunphy (R) ’CC’** Phil and Claire still want to celebrate Halloween in a big way, but it seems no one shares their same enthusiasm making them wonder if maybe everyone else is right. | **PG (S,A)**+MOFA09-005+ |

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| 16:15 | **Modern Family: Ten Years Later (R) ’CC’** Claire is determined to make up for her less-than-joyful mood at Jay and Gloria's wedding by throwing their tenth-anniversary party. | **PG** +MOFA09-006+ |

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| 16:45 | **The Simpsons: He Loves To Fly And He D'oh's (R)** Homer falls in love with private planes after taking a flight to Chicago with Mr.Burns. | **PG (D,V,S)**+SIMP19-001+ |

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| 17:15 | **The Simpsons: The Homer Of Seville (R)** Homer becomes an opera star after an injury improves his singing voice. | **PG (V,S)**+SIMP19-002+ |

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| 17:45 | **Movie: Oz The Great & Powerful (R) ’CC’ (2013)** A circus magician looking for fame and fortune is swept away to the vibrant Land of Oz where he meets three witches and is drawn into a battle of good vs evil that could change him forever. Starring:ABIGAIL SPENCER,BILL COBBS,JAMES FRANCO,RACHEL WEISZ,MILA KUNIS,MICHELLE WILLIAMS,ZACH BRAFF | **PG (V)**+WDF52-007+ |

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| 20:30 | **Movie: The Holiday (R) ’CC’ (2006)** Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love. Starring:CAMERON DIAZ,JACK BLACK,ELI WALLACH,EDWARD BURNS,JUDE LAW,KATE WINSLET,RUFUS SEWELL | **M (L,S)**+NBCR10-007+ |

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| 23:10 | **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)**+EXOB06-001+ |

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| 00:10 | **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)**+EXOB06-002+ |

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| 01:10 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 01:40 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:10 | **Movie: Tall In The Saddle (R) (1944)** A woman-hating cowboy becomes foreman of a ranch run by a pretty girl and her spinster aunt, who have inherited the ranch. Starring:AUDREY LONG,ELISABETH RISDON,ELLA RAINES,JOHN WAYNE,RAYMOND HATTON,WARD BOND,GABBY HAYES | **G** +RKO-106+ |

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| 04:00 | **Cake Wars: How To Train Your Dragon (R)** It's time for a fire-breathing adventure as four talented breakers unleash their inner dragon. The winning cake creation will be the center of a party celebrating How to Train Your Dragon. | **PG** +CAKW03-004+ |

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| 05:00 | **Chopped: Cheap Eats (R)** The chefs are surprised with some thrifty, yet uniquely yummy, finds in the baskets. | **PG** +CHPD31-006+ |

 **Saturday 08 February 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** +IAC14-027+ |

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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** +IAC14-028+ |

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| 07:00 | **Sally Bollywood - Super Detective: New Girl / Birthday Surprise (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-016+ |

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| 07:30 | **Sally Bollywood - Super Detective: Champion / Hot Potatoes (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-017+ |

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| 08:00 | **Taco Trip: Portland, Maine (R)** Maine is America's biggest lobster producer, so Chef Aaron shows up hungry to try fresh lobster tacos in Portland. | **PG** +TACO02-007+ |

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| 08:30 | **Taco Trip: Boston (R)** Aaron visits Boston, where he eats spicy salsa, paired with a burrito containing fried plantains and Cubano tacos. | **PG** +TACO02-008+ |

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| 09:00 | **Taco Trip: Santa Barbara (R)** Explore the food scene of Santa Barbara, California. | **PG** +TACO02-009+ |

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| 09:30 | **Ridiculous Cakes: Cake Couture (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** +RICA01-003+ |

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| 10:00 | **Kid's Baking Championship: Pizza For Dessert (R)** The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG** +KBAC04-002+ |

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| 11:00 | **Chopped: Chopped: Beat Bobby Flay, Pt. 3 (R)** The returning winners struggle to keep track of all four ingredients for the first round; a giant piece of meat and some tasty little dried fruit make up the entree round's ingredients. | **PG** +CHPD31-007+ |

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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** +HELW01-007+ |

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| 12:30 | **Just Shoot Me!: Nina And The Rocker (R) ’CC’** A legendary rocker comes to the magazine for an interview. Nina claims to be the inspiration for one of his songs, "Nina in the Cantina", because they had a moment years ago. | **PG** +JUSM07-003+ |

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| 13:00 | **Just Shoot Me!: Halloween? Halloween! (R) ’CC’** Nina throws a Halloween party, where Finch and Jack compete for Blush's newest cover model, Kelly. | **PG (S)**+JUSM07-004+ |

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| 13:30 | **Just Shoot Me!: Da Sister Who Loved DiMauro (R) ’CC’** Elliot tries to date Vicki but ends up with her sister. Jack monitors the office remotely with a 2-way A/V system. | **PG** +JUSM07-005+ |

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| 14:00 | **Just Shoot Me!: That Burning Passion (R) ’CC’** Maya falls for a gorgeous firefighter who happens to be Vicki's separated husband. Jealousy causes tensions between Nina and Simon. | **PG** +JUSM07-006+ |

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| 14:30 | **Just Shoot Me!: The Write Stuff (R) ’CC’** Finch uses sad stories from his life in college to gain sympathy from Maya. Nina redoes the pin-up shot that brought her fame. | **PG** +JUSM07-007+ |

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| 15:00 | **Just Shoot Me!: It's Raining Babies (R) ’CC’** Finch masterminds a confrontation between Vicki and Nina, leaving them with revenge on their minds when they discover the truth. | **PG** +JUSM07-008+ |

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| 15:30 | **Special: Nippers Safe For Life (R) (2020)** We spend time on the sand with the junior surf lifesavers, better known as Nippers, who are learning big life lessons while having great fun on beautiful Queensland beaches. | **PG** +AUMS85-001+ |

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| 16:00 | **One Tree Hill: The Living Years (R)** Unable to cope with the pressure from Dan, Nathan quits the basketball team. Although Haley fears that Nathan will not need her emotional support as much now, he relies even more heavily on her. | **PG (S,A,L)**+ONTH01-011+ |

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| 17:00 | **Movie: Curly Sue (R) (1991)** When a young orphan girl and the down-on-his-luck con man who has raised her since infancy try to pull a scam on a jaded Chicago attorney, the three form a very unlikely family. Starring:ALISAN PORTER,JAMES BELUSHI,JOHN GETZ,KELLY LYNCH | **PG (L,V)**+WBFF03-024+ |

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| 19:00 | **Movie: The BFG (R) ’CC’ (2016)** An orphan little girl befriends a benevolent giant who takes her to Giant Country, where they attempt to stop the man-eating giants that are invading the human world. Starring:BILL HADER,MARK RYLANCE,PENELOPE WILTON,RUBY BARNHILL,JEMAINE CLEMENT,REBECCA HALL | **G** +WDFC59-002+ |

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| 21:20 | **Movie: City Of Angels (R) ’CC’ (1998)** A doctor falls in love with an angel, who came down to earth to comfort one of her dying patients. Starring:ANDRE BRAUGHER,DENNIS FRANZ,NICOLAS CAGE,MEG RYAN,COLM FEORE | **M (S)**+WBFF02-016+ |

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| 23:40 | **One Tree Hill: Crash Course In Polite Conversation (R)** After Peyton receives the devastating news that her father is lost at sea, she and Lucas take an overnight trip to Hilton Head, South Carolina, to identify a body that has washed ashore. | **PG (D,S,A)**+ONTH01-012+ |

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| 00:40 | **Movie: The Saint's Vacation (R) (1941)** The Saint must stop a valuable secret from falling into the wrong hands. Starring:CECIL PARKER,GORDON MC LEOD,HUGH SINCLAIR,LEUEEN MC GRATH,SALLY GRAY | **PG (V)**+RKO-091+ |

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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 | **Taco Trip: Boston (R)** Aaron visits Boston, where he eats spicy salsa, paired with a burrito containing fried plantains and Cubano tacos. | **PG** +TACO02-008+ |

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| 03:30 | **Taco Trip: Santa Barbara (R)** Explore the food scene of Santa Barbara, California. | **PG** +TACO02-009+ |

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| 04:00 | **Chopped: Chopped: Beat Bobby Flay, Pt. 3 (R)** The returning winners struggle to keep track of all four ingredients for the first round; a giant piece of meat and some tasty little dried fruit make up the entree round's ingredients. | **PG** +CHPD31-007+ |

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| 05:00 | **Kid's Baking Championship: Pizza For Dessert (R)** The kids have to get creative to turn pizza into a sweet treat by creating dessert pizzas. | **PG** +KBAC04-002+ |