**Sunday 05 January 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** +IAC13-024+ |

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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** +IAC13-025+ |

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| 07:00 | **The Deep (R) ’CC’** A weird, glowing fish has lured every fish in the area to it with bioluminescence. When Kaiko and Will also fall under its spell, Ant and Fontaine must rescue their parents. | **G** +DEEP-024+ |

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| 07:30 | **The Deep (R) ’CC’** In a fight over Viking treasure, the Nektons take over the Dark Orca submarine and the pirates take over the Aronnax. Neither side is happy about strangers in their homes! | **G** +DEEP-025+ |

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| 08:00 | **Crazy Cakes: Carnivals, Cityscapes And Glowing Cakes (R)** A carnival-themed wedding cake comes complete with a tunnel of love, a Hollywood cityscape pleases everyone at a fundraiser, a baker creates a glow-in-the-dark jellyfish cake and more. | **PG** +CRAZ01-001+ |

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| 08:30 | **Crazy Cakes: Surprise Filled Cakes (R)** A rancher's birthday calls for a pair of larger-than-life cowboy boots, the Texas Reptile Zoo celebrates with a realistic snake cake that blows everyone's mind. | **PG** +CRAZ01-002+ |

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| 09:00 | **Crazy Cakes: Gravity-Defying Musical Cakes (R)** A cake with a working jukebox is music to everyone's ears, a wedding cake is filled with zombies, an alligator groom's cake looks like it crawled right out of the swamp and and a baker defies gravity. | **PG** +CRAZ01-003+ |

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| 09:30 | **Ridiculous Cakes: Pretty Ponies (R)** My Little Pony comes to life in cake for one lucky girl's horse-themed birthday party. | **PG** +RICA02-007+ |

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| 10:00 | **Kid's Baking Championships (R)** Season 2 begins with a pie challenge, during which the 10 kid bakers must create the right balance of crust and filling. | **G** +KBAC02-001+ |

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| 11:00 | **The Kitchen: Spring Feast (R)** Spring has sprung, and Marcela Valladolid celebrates by making a Savory Spring Roasted Rack of Lamb. Learn new and natural techniques for decorating Easter eggs and making food-inspired bouquets. | **PG** +TKIT13-001+ |

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| 12:00 | **The Kitchen: Spring Chicken (R)** The Kitchen is perfecting poultry for spring, starting with Katie Lee's Roast Chicken with a twist and the kick-off of the Rotisserie Club with Jeff Mauro's Pulled Chicken Sandwich. | **PG** +TKIT13-002+ |

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| 13:00 | **Chopped: The Bold And The Baconful (R)** In the first basket, the chefs are shocked to find that a certain fun food has been wrapped in bacon, and in round two, the three remaining competitors present pork and noodle dishes. | **PG** +CHPD27-012+ |

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| 14:00 | **Chopped: Bacon Boys (R)** Four self-assured guys are lucky to get bacon as their theme, but how will these "bacon boys" do in the first round with bacon in the baskets alongside banana jam? | **PG** +CHPD27-013+ |

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| 15:00 | **Restaurant: Impossible: Drowning In Debt (R)** The Mom and Dad's Italian Restaurant in DeFuniak Springs, Fla. refuses to make any changes, despite the ill-prepared food and mounting debt. | **PG** +RIMP06-004+ |

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| 16:00 | **Restaurant: Impossible: In The Pits (R)** Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG** +RIMP06-005+ |

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| 17:00 | **Restaurant: Impossible: Muskrat Mayhem (R)** Chef Robert Irvine travels to Smyrna, Del., to meet three generations of women fighting to keep the Wagon Wheel Family Restaurant open for business. | **PG** +RIMP06-006+ |

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| 18:00 | **Mystery Diners: Mystery Wedding (R)** Kristy and Sarah, owners of Movie sets in New Orleans, are concerned about theft at their prop house-turned-event center. | **PG** +MYSD09-008+ |

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| 18:30 | **Mystery Diners: Too Many Tourists (R)** The owner of Marigny Brasserie in New OrIeans isn't happy about the influx of rowdy tourists at his locals bar, and so he contacts Charles and his team to investigate the situation. | **PG** +MYSD09-009+ |

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| 19:00 | **Mystery Diners: The Spoils Of Victory (R)** A bigger problem is exposed after the owner of Victory, in New Orleans, contacts Charles to investigate rumours that his restaurant's signature cocktail is being served at other nearby bars. | **PG** +MYSD09-010+ |

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| 19:30 | **Ramsay's Kitchen Nightmares: Walnut Tree (R) ’CC’** Gordon goes to The Walnut Tree Inn. It's in big trouble - there's no head chef, the customers have dwindled, and the owner has had to sell the family home to keep the business afloat. | **M (L)**+RAKN01-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Moore Place (R) ’CC’** Gordon visits Moore Place, run by two self-confessed restaurant virgins. They've both had successful previous careers, but hadn't fathomed was just how difficult it would be to run a restaurant. | **MA (L)**+RAKN01-004+ |

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| 21:30 | **Ramsay's Hotel Hell: The Monticello Hotel (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 (L)**+HELL02-002+ |

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| 22:30 | **Nip/Tuck (R) ’CC’** Christian and Sean operate on a South American woman with grotesquely huge breasts and discover that she is being used to carry liquid heroin into the U.S. in her implants. | **MA (D,A)**+NIPT01-012+ |

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| 23:30 | **Nip/Tuck (R) ’CC’** Drug lord Escobar Gallardo's demands that Sean and Christian perform free breast implant removal operations on women Escobar uses to smuggle liquid heroin into the United States. | **MA (A,S)**+NIPT01-013+ |

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| 00:45 | **Scandal: Baby, It's Cold Outside (R) ’CC’** Olivia is feeling more and more frustrated as she takes on "First Lady" type responsibilities at the White House. Meanwhile, Mellie proves just how powerful she can be. | **M (V,S)**+SCAN05-009+ |

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| 01:45 | **Scandal: It's Hard Out Here For A General (R) ’CC’** Six months later from Fitz and Olivia's break-up they both try to handle their situation. Meanwhile, Pope and Associates take a new case that could lead to a national crisis. | **M (S)**+SCAN05-010+ |

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| 02:45 | **Movie: Valley Of The Sun (R) (1942)** A former scout for the cavalry exposes a crooked Indian agent and brings a dangerous Indian uprising to a halt. Starring:ANTONIO MORENO,BILLY GILBERT,CEDRIC HARDWICKE,JAMES CRAIG,GEORGE MARSHALL,DEAN JAGGER,LUCILLE BALL,TOM TYLER | **PG (V)**+RKO-117+ |

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| 04:30 | **Movie: Having Wonderful Time (R) (1938)** A light-hearted comedy about a young New York girl who falls in love at a summer camp. Starring:GINGER ROGERS,DOUGLAS FAIRBANKS JR,EVE ARDEN,LEE BOWMAN,LUCILLE BALL,RED SKELTON,PEGGY CONKLIN | **G** +RKO-049+ |

 **Monday 06 January 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** +IAC13-026+ |

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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** +IAC13-027+ |

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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 #3** Religious Program. | **PG** +JARO20-004+ |

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| 08:00 | **The Pioneer Woman: For Pete's Sake (R)** Cowboy Pete's had a long, hard summer working on the farm, so Ree Drummond is making a Tex-Mex dinner to thank him and his family. | **PG** +PIWO12-008+ |

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| 08:30 | **Restaurant: Impossible: Drowning In Debt (R)** The Mom and Dad's Italian Restaurant in DeFuniak Springs, Fla. refuses to make any changes, despite the ill-prepared food and mounting debt. | **PG** +RIMP06-004+ |

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| 09:30 | **Restaurant: Impossible: In The Pits (R)** Lynn has owned Bryan's Smokehouse in Lufkin, Texas for 15 years: Business was great at first, but now an oversaturated market and a staff of misfits have put Lynn further and further into debt. | **PG** +RIMP06-005+ |

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| 10:30 | **Mystery Diners: Mystery Wedding (R)** Kristy and Sarah, owners of Movie sets in New Orleans, are concerned about theft at their prop house-turned-event center. | **PG** +MYSD09-008+ |

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| 11:00 | **Mystery Diners: Too Many Tourists (R)** The owner of Marigny Brasserie in New OrIeans isn't happy about the influx of rowdy tourists at his locals bar, and so he contacts Charles and his team to investigate the situation. | **PG** +MYSD09-009+ |

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| 11:30 | **Mystery Diners: The Spoils Of Victory (R)** A bigger problem is exposed after the owner of Victory, in New Orleans, contacts Charles to investigate rumours that his restaurant's signature cocktail is being served at other nearby bars. | **PG** +MYSD09-010+ |

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| 12:00 | **Once Upon A Time: Greenbacks (R) ’CC’** Tiana seeks help from a traveling soothsayer, Dr. Facilier, in an attempt to save her kingdom. But when it's revealed that he has an ulterior motive she's forced to take matters into her own hands. | **PG (H,V)**+ONCE07-005+ |

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| 13:00 | **Once Upon A Time: Wake Up Call (R) ’CC’** Feeling like a third wheel as Henry and Cinderella's relationship strengthens, Regina is surprised to find herself needed by Drizella, who is searching for magic. | **PG (H,V)**+ONCE07-006+ |

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| 14:00 | **Just Shoot Me!: Hot Nights In Paris (R) ’CC’** Maya and Elliott try living together; Jack and Nina celebrate their anniversary. | **PG** +JUSM04-020+ |

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| 14:30 | **Just Shoot Me!: When Nina Met Her Parents (R) ’CC’** Nina nervously prepares to meet her birth parents. Elliott and Jack discover that Finch has a very special gift. | **PG** +JUSM04-021+ |

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| 15:00 | **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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| 15:30 | **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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| 16:00 | **Special: Jabba's School Holiday Movie Special (R) ’CC’ (2019)** Jason 'Jabba' Davis explores Summer’s best family films. Featuring Frozen 2, Cats, Jumanji 2, Dolittle, Spies In Disguise, The Addams Family, The Playmobil Movie & Star Wars: The Rise of Skywalker. | **PG** +NFFI80-004+ |

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| 17:00 | **Smallville ’CC’** After Clark rescues Lana from a tornado, he discovers the storm's wrath has somehow powered up his spaceship and deposited it in a cornfield. | **PG (V,A,L)**+SMVI02-001+ |

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| 18:00 | **How I Met Your Mother: The Chain Of Screaming (R) ’CC’** When Marshall cries in front of his verbally abusive boss, he seeks the gang's advice on how to regain his self respect in the office. | **PG** +HMYM3-015+ |

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| 18:30 | **The Simpsons: See Homer Run (R)** When a recall election puts Mayor Quimby's job up for grabs, Homer seizes the opportunity to win office and gain his daughter's love. | **PG** +SIMP17-006+ |

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| 19:00 | **The Simpsons: The Last Of The Red Hat Mamas (R)** Milhouse tutors Lisa in Italian, and Marge joins the Cheery Red Tomatoes, a group that plans to rob Mr. Burns. | **PG** +SIMP17-007+ |

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| 19:30 | **Modern Family: My Funky Valentine (R) ’CC’** Phil and Claire break from their traditional Valentine's Day dinner date, and plan a little role-play excursion; Jay and Gloria's ideas of romance clash when he takes her to a comedy show. | **PG (S,L)**+MOFA01-015+ |

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| 20:00 | **Modern Family: Fears (R) ’CC’** Claire takes a nervous Haley to the DMV for her third attempt at her driver's test; Phil and Luke embark on a discovery expedition in the dark and creepy crawlspace under the house. | **PG (S,L)**+MOFA01-016+ |

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| 20:30 | **First Dates Australia (R) ’CC’** There's someone out there for everyone, and when the First Dates restaurant sets the table, hopeful singles from across the country will have a chance of meeting their dream partner. | **PG (S)**+FDAT02-005+ |

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| 21:40 | **First Dates Australia (R) ’CC’** A bodybuilder hopes to get a gym junkie's heart rate up. Also, a single mum whose ideal man is Dwayne "The Rock" Johnson is paired with a date named Dwayne. | **PG** +FDAT02-006+ |

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| 22:50 | **Take Me Out (R) ’CC’** A fresh and funny dating show. A single man is introduced to a 30 girl panel and tries to persuade them to keep their lights on so he can pick one for a date on the Gold Coast. Hosted by Joel Creasey. | **M (L,S)**+TAKM01-007+ |

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| 00:05 | **Scandal: The Candidate (R) ’CC’** Mellie seeks out Olivia's help but may not be prepared for what it entails, and Liz tries to convince Susan Ross to run for the presidency.  | **M (A)**+SCAN05-011+ |

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| 01:05 | **Scandal: Wild Card (R) ’CC’** While Fitz is preoccupied with his own interests, Cyrus begins to orchestrate his next master plan and Elizabeth North uses David to mastermind a plan of her own.  | **M (V)**+SCAN05-012+ |

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| 02:05 | **Movie: Yellow Canary (R) (1943)** A socialite suspected of being a Nazi sympathiser is really a British spy. Starring:ALBERT LIEVEN,ANNA NEAGLE,MARGARET RUTHERFORD,RICHARD GREENE,VALENTINE DYALL | **PG (V)**+RKO-124+ |

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| 04:00 | **Movie: Vigil In The Night (R) (1940)** A young nurse makes a fatal mistake for which her older sister takes the blame. Starring:ANNE SHIRLEY,BRIAN AHERNE,CAROLE LOMBARD,ETHEL GRIFFIES,RHYS WILLIAMS,RAFAELA OTTIANO,PETER CUSHING | **PG (A)**+RKO-118+ |

 **Tuesday 07 January 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** +IAC13-028+ |

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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** +IAC13-029+ |

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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** Religious Program. | **PG** +JARO20-005+ |

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| 08:00 | **The Pioneer Woman: Double Game Day (R)** Ree Drummond's family is football crazy, and her and Ladd's alma maters are playing on TV, so she's preparing a game night spread. | **PG** +PIWO12-009+ |

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| 08:30 | **Diners, Drive-Ins and Dives: Peppers, Pork And Poutine (R)** Triple "D" goes triple "p" with some standout veggie and meat dishes. In Phoenix, the tattooed, trained chef putting her spin on chiles and a regional pork dish. | **PG** +DDID17-005+ |

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| 09:00 | **Cake Wars: LEGO (R)** It all begins with a brick as four talented cake bakers piece together incredible LEGO-themed cake creations. | **PG** +CAKW01-006+ |

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| 10:00 | **The Kitchen: Hit Re-Fresh (R)** Welcome spring with fresh ingredients. Start with Geoffrey Zakarian's juicy Pork Chops with Spring Vegetables, Marcela Valladolid's Apple Peel Snacks and Jeff Mauro's Veggie Top Pesto.  | **PG** +TKIT13-003+ |

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| 11:00 | **Chopped: Chopped Champions: Battle 1, Best Of The Best (R)** Returning winners, daunting baskets, killer pressure - it must be Chopped Champions! The five-part tournament kicks off with a stellar group of defending champs. | **PG** +CHPD28-001+ |

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| 12:00 | **Once Upon A Time: Eloise Gardener (R) ’CC’** In pursuit of revenge, Hook seeks a dark and powerful magic, but an encounter with Rapunzel could alter his fate forever. Rogers enlists Henry and Tilly's help in his ongoing quest to find Eloise. | **PG (H,V)**+ONCE07-007+ |

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| 13:00 | **Once Upon A Time: Pretty In Blue (R) ’CC’** In an attempt to prevent a distressed Alice from running away, Henry and Ella follow her into Wonderland. Once there, Henry realizes that Ella has a surprising connection to this strange world. | **PG (H,V)**+ONCE07-008+ |

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| 14:00 | **Just Shoot Me!: Finch On Ice (R) ’CC’** The unexpected arrival of his old figure skating partner has Finch worried.  | **PG** +JUSM04-022+ |

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| 14:30 | **How I Met Your Mother: The Chain Of Screaming (R) ’CC’** When Marshall cries in front of his verbally abusive boss, he seeks the gang's advice on how to regain his self respect in the office. | **PG** +HMYM3-015+ |

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| 15:00 | **The Simpsons: See Homer Run (R)** When a recall election puts Mayor Quimby's job up for grabs, Homer seizes the opportunity to win office and gain his daughter's love. | **PG** +SIMP17-006+ |

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| 15:30 | **The Simpsons: The Last Of The Red Hat Mamas (R)** Milhouse tutors Lisa in Italian, and Marge joins the Cheery Red Tomatoes, a group that plans to rob Mr. Burns. | **PG** +SIMP17-007+ |

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| 16:00 | **Modern Family: My Funky Valentine (R) ’CC’** Phil and Claire break from their traditional Valentine's Day dinner date, and plan a little role-play excursion; Jay and Gloria's ideas of romance clash when he takes her to a comedy show. | **PG (S,L)**+MOFA01-015+ |

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| 16:30 | **Modern Family: Fears (R) ’CC’** Claire takes a nervous Haley to the DMV for her third attempt at her driver's test; Phil and Luke embark on a discovery expedition in the dark and creepy crawlspace under the house. | **PG (S,L)**+MOFA01-016+ |

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| 17:00 | **Smallville ’CC’** Clark goes into hiding after he discovers his startling new power that quickly gets out of control and accidentally harms Lana. | **PG (H,V,S)**+SMVI02-002+ |

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| 18:00 | **How I Met Your Mother: Sandcastles In The Sand (R) ’CC’** When an old high school flame comes back into Robin's life, the gang tries to help a smitten Robin see that he is a real loser. | **PG** +HMYM3-016+ |

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| 18:30 | **The Simpsons: The Italian Bob (R)** The Simpsons become lost in Italy, finding their way to a small town that Sideshow Bob has become the mayor of. | **PG** +SIMP17-008+ |

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| 19:00 | **The Simpsons: Simpsons Christmas Stories (R)** Homer tells the tale of the first Christmas ever, while Grandpa pursues his decade-old feud with Santa. | **PG** +SIMP17-009+ |

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| 19:30 | **Modern Family: Truth Be Told (R) ’CC’** After reconnecting on Facebook, Phil invites his old high-school girlfriend to drop by the house, but this friendly visit quickly turns into trouble; Jay accidentally kills Manny's beloved pet turtle. | **PG (S,L)**+MOFA01-017+ |

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| 20:00 | **Modern Family: Starry Night (R) ’CC’** Phil and Claire each tackle one of their kids' school projects; Jay and Mitchell set out on their traditional father-son outing to see the meteor showers. | **PG (S,L)**+MOFA01-018+ |

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| 20:30 | **Bridezillas: Andrea And Ivy** A new group of chaotic brides do anything possible to make their wedding dreams come true. | **M** +BRIZ08-001+ |

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| 21:30 | **Bridezillas: Ivy And Shandra** As a strict wedding coordinator herself, Ivy is finally planning her own big day; Shandra deals with sibling rivalry and her bridesmades disappearing. | **M** +BRIZ08-002+ |

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| 22:30 | **The Proposal (R) ’CC’** From the producers of The Bachelor, this bold new series rewrites the Australian love story - first impressions to a marriage proposal in just one hour! But, will they say yes? | **PG (S)**+PROP01-001+ |

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| 23:30 | **Nikita: Pilot (R)** After three years in hiding, the rogue Nikita is seeking retribution and making it clear to her former boss, friends and colleagues that she will stop at nothing to expose and destroy Division. | **M (V)**+NIKI01-001+ |

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| 00:30 | **Movie: Time Served (R) (1998)** A woman makes the ultimate sacrifice for her son, when she covers his crime and goes to gaol in his place. Starring:BO HOPKINS,CATHERINE OXENBERG,JAMES HANDY,LARRY MANETTI,LOUISE FLETCHER,LOURDES COLON,JEFF FAHEY,SCOTT SCHUMACHER | **MA (V,N,L)**+WILF-032+ |

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| 02:30 | **Movie: Powder Town (R) (1942)** A scientist working in an ammunition factory comes into conflict with a tough foreman. Starring:EDMUND OBRIEN,JUNE HAVOC,VICTOR MC LAGLEN | **PG (V)**+RKO-080+ |

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| 04:15 | **Movie: 5th Ave Girl (R) (1939)** A comedy about a man who persuades a young girl to masquerade as his lady friend to try to win back the affections of his family. Starring:GINGER ROGERS,JAMES ELLISON,VERREE TEASDALE,WALTER CONNOLLY,TIM HOLT | **G** +RKO-035+ |

 **Wednesday 08 January 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** +IAC13-030+ |

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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** +IAC13-031+ |

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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** +JARO20-006+ |

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| 08:00 | **The Pioneer Woman: Kitchen Confessional: Four Seasons On The Ranch (R)** Ree Drummond is giving the lowdown on how her life and food change during the different seasons on the ranch. | **PG** +PIWO12-010+ |

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| 08:30 | **Diners, Drive-Ins and Dives: Kings And Queens Of 'Cue (R)** Guy's meeting some masters of meat. In Compton, Calif., the Texas-inspired barbecue joint smokin' pork ribs and putting smoked turkey necks in the collard greens. | **PG** +DDID17-006+ |

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| 09:00 | **Cake Wars: The Sound Of Music (R)** Cake Wars gets the musical treatment as four cake artists take on the movie classic, The Sound of Music. | **PG** +CAKW01-007+ |

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| 10:00 | **The Kitchen: What's Hot Right Now (R)** The Kitchen is celebrating spice with Jeff Mauro's Risotto Scampi Fra Diavlo and Sunny Anderson's Easy Sunset Park Noodle Bowl. Chef and restaurateur Michael Psilakis heats up the kitchen. | **PG** +TKIT13-004+ |

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| 11:00 | **Chopped: Chopped Champions: Battle 2, Fighting Shape (R)** A lively group of returning winners are revved up for more Chopped Champions drama and excitement, but when the first basket features deceptively simple sausage and cabbage, will they choke or shine? | **PG** +CHPD28-002+ |

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| 12:00 | **Once Upon A Time: One Little Tear (R) ’CC’** Victoria strikes a deal with Weaver in an attempt to free herself from jail and wake Anastasia, but the cost of saving one life could mean the loss of another. | **PG (H,V)**+ONCE07-009+ |

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| 13:00 | **Once Upon A Time: The Eighth Witch (R) ’CC’** Henry and Ella must act to protect Lucy and the others from Drizella's curse, and Regina is forced to make an unimaginable choice. Roni recruits Henry to search for her sister. | **PG (H,V)**+ONCE07-010+ |

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| 14:00 | **Just Shoot Me!: A&E Biography - Nina Van Horn (R) ’CC’** A&E Biography looks at the troubled history behind the career of Nina Van Horn. | **PG** +JUSM04-023+ |

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| 14:30 | **How I Met Your Mother: Sandcastles In The Sand (R) ’CC’** When an old high school flame comes back into Robin's life, the gang tries to help a smitten Robin see that he is a real loser. | **PG** +HMYM3-016+ |

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| 15:00 | **The Simpsons: The Italian Bob (R)** The Simpsons become lost in Italy, finding their way to a small town that Sideshow Bob has become the mayor of. | **PG** +SIMP17-008+ |

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| 15:30 | **The Simpsons: Simpsons Christmas Stories (R)** Homer tells the tale of the first Christmas ever, while Grandpa pursues his decade-old feud with Santa. | **PG** +SIMP17-009+ |

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| 16:00 | **Modern Family: Truth Be Told (R) ’CC’** After reconnecting on Facebook, Phil invites his old high-school girlfriend to drop by the house, but this friendly visit quickly turns into trouble; Jay accidentally kills Manny's beloved pet turtle. | **PG (S,L)**+MOFA01-017+ |

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| 16:30 | **Modern Family: Starry Night (R) ’CC’** Phil and Claire each tackle one of their kids' school projects; Jay and Mitchell set out on their traditional father-son outing to see the meteor showers. | **PG (S,L)**+MOFA01-018+ |

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| 17:00 | **Smallville ’CC’** After one of his friends discovers Clark's spaceship in the cornfield, Clark defies his parents' wishes and reveals his secret to the person who gives him a shocking reaction. | **PG (D,H,V)**+SMVI02-003+ |

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| 18:00 | **How I Met Your Mother: The Goat (R) ’CC’** When a guilt-ridden Barney breaks the "Bro Code", he struggles with the ramifications of his misstep. | **PG** +HMYM3-017+ |

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| 18:30 | **The Simpsons: Homer's Paternity Coot (R)** When a frozen mailman from the 60's is found in a Springfield glacier, doubts arise about whether Abe is Homer's father. | **PG** +SIMP17-010+ |

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| 19:00 | **The Simpsons: We're On The Road To D'ohwhere (R)** When Homer is on his way to Vegas to meet up with his friends, he must make a detour to take Bart to an education camp. Meanwhile, Marge has discovered a surprising source of income. | **PG (D)**+SIMP17-011+ |

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| 19:30 | **Modern Family: Game Changer (R) ’CC’** Phil's birthday coincides with the release of the new iPad, and he wants nothing more than to be one of the first people to get one; Claire takes it on as her mission; before coming to Phil's party. | **PG (S,L)**+MOFA01-019+ |

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| 20:00 | **Modern Family: Benched (R) ’CC’** When Luke and Manny's hot-tempered basketball coach quits in the middle of a game, Jay and Phil both jockey to fill the position. Mitchell takes Cameron along to meet a prospective employer. | **PG (S,L)**+MOFA01-020+ |

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| 20:30 | **Movie: The Five Year Engagement (R) ’CC’ (2014)** One year after meeting, Tom proposes to his girlfriend, Violet, but unexpected events continually keep tripping them up as they look to walk down the aisle together. Starring:CHRIS PRATT,JASON SEGAL,JACKI WEAVER,EMILY BLUNT,ALISON BRIE,DAKOTA JOHNSON | **M (S,L)**+NBCF28-005+ |

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| 23:00 | **Movie: Hollow Man (R) ’CC’ (2000)** Kevin Bacon stars as Sebastian Caine, a gifted scientist who elects to be a guinea pig in an experiment for invisibility. Caine becomes obsessed with power and paranoid of his team, turning him into dangerous killer. Starring:GREG GRUNBERG,ELISABETH SHUE,MARY RANDLE,KEVIN BACON,KIM DICKENS,JOSH BROLIN,JOEY SLOTNICK | **MA (V,H,L)**+SPF12-011+ |

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| 01:15 | **Movie: Behind The Rising Sun (R) (1943)** A Japanese War Lord plans to enslave the world. Starring:J.CARROL NAISH,GLORIA HOLDEN,GEORGE GIVOT,DON DOUGLAS,MARGO MARGO,ROBERT RYAN,TOM NEAL | **PG (A,V)**+RKO-009+ |

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| 03:00 | **Movie: Parachute Battalion (R) (1941)** When three men enlist in the Paratroopers, their training is followed and captures their personal dramas and romantic rivalry. Starring:BUDDY EBSEN,HARRY CAREY,EDMOND OBRIEN,ROBERT PRESTON,PAUL KELLY,NANCY KELLY | **PG (V)**+RKO-079+ |

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| 04:30 | **Movie: Count The Hours (R) (1953)** When a farm worker and his wife are accused of murder, the husband confesses in the desperate hope of saving his wife. Starring:ADELE MARA,DELORES MORAN,MACDONALD CAREY,TERESA WRIGHT | **PG (V)**+RKO-017+ |

 **Thursday 09 January 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** +IAC13-032+ |

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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** +IAC13-033+ |

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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 #3** Religious Program. | **PG** +JARO20-007+ |

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| 08:00 | **The Pioneer Woman: Four Shades Of Chocolate (R)** Ree Drummond is whipping up the most decadent chocolate treats from white chocolate all the way down to dark. | **PG** +PIWO12-011+ |

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| 08:30 | **Diners, Drive-Ins and Dives: A Festival Of Flavor (R)** Guy's pullin' over for the bounty of the county. First up is Denver, the throwback bar going gangster on a short rib burger and a savory apple strudel. | **PG** +DDID17-007+ |

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| 09:00 | **Cake Wars: Girl Scouts (R)** See whose Girl Scout cookie crumbles as four talented cake artists compete to have their cake creation at the center of a massive celebration for the Girl Scouts of the USA. | **PG** +CAKW01-008+ |

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| 10:00 | **The Kitchen: Celebrate Good Times (R)** The Kitchen is celebrating good times, and Katie Lee kicks off the party with Surf and Turf Skewers. Then the hosts share their summer food trend forecast, Food Network Star winner Tregaye Fraser. | **PG** +TKIT13-005+ |

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| 11:00 | **Chopped: Chopped Champions: Battle 3, Chefs In Control (R)** Four returning champs are ready to give it all they've got, and in the appetizer round, they must endure a hard-to-melt candy and a difficult-to-prep veggie. | **PG** +CHPD28-003+ |

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| 12:00 | **Once Upon A Time: Secret Garden (R) ’CC’** After attempting a spell, Robin disappears from Storybrooke and Zelena arrives in the New Enchanted Forest looking for her. Regina and Zelena seek the resurrection amulet to save Lucy. | **PG (H)**+ONCE07-011+ |

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| 13:00 | **Once Upon A Time: A Taste Of The Heights (R) ’CC’** Facilier appears to warn Tiana of a danger to her kingdom. Sabine is excited to participate in a food truck festival until an anonymous tip to the cops leaves her unable. | **PG (A,V,L)**+ONCE07-012+ |

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| 14:00 | **Just Shoot Me!: Fast Times At Finchmont High (R) ’CC’** Maya has a problem when a reporter scheduled to pose as a high school student calls in sick. Needing someone for the assignment, Jack turns to Finch. | **PG** +JUSM04-024+ |

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| 14:30 | **How I Met Your Mother: The Goat (R) ’CC’** When a guilt-ridden Barney breaks the "Bro Code", he struggles with the ramifications of his misstep. | **PG** +HMYM3-017+ |

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| 15:00 | **The Simpsons: Homer's Paternity Coot (R)** When a frozen mailman from the 60's is found in a Springfield glacier, doubts arise about whether Abe is Homer's father. | **PG** +SIMP17-010+ |

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| 15:30 | **The Simpsons: We're On The Road To D'ohwhere (R)** When Homer is on his way to Vegas to meet up with his friends, he must make a detour to take Bart to an education camp. Meanwhile, Marge has discovered a surprising source of income. | **PG (D)**+SIMP17-011+ |

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| 16:00 | **Modern Family: Game Changer (R) ’CC’** Phil's birthday coincides with the release of the new iPad, and he wants nothing more than to be one of the first people to get one; Claire takes it on as her mission; before coming to Phil's party. | **PG (S,L)**+MOFA01-019+ |

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| 16:30 | **Modern Family: Benched (R) ’CC’** When Luke and Manny's hot-tempered basketball coach quits in the middle of a game, Jay and Phil both jockey to fill the position. Mitchell takes Cameron along to meet a prospective employer. | **PG (S,L)**+MOFA01-020+ |

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| 17:00 | **Smallville ’CC’** When the school unwittingly uses red meteor rocks in its class rings, Clark experiences a new meteorite effect: Stunning his friends and family, he becomes a rebellious and dangerous teenager. | **PG (H,V,S)**+SMVI02-004+ |

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| 18:00 | **How I Met Your Mother: Rebound Bro (R) ’CC’** When Ted tells the gang Stella's intimate secret, he must face the consequences of breaking her trust. | **PG** +HMYM3-018+ |

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| 18:30 | **The Simpsons: My Fair Laddy (R)** Bart and Lisa bets whether Lisa can turn Groundskeeper Willie into a proper gentleman. | **PG** +SIMP17-012+ |

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| 19:00 | **The Simpsons: The Seemingly Neverending Story (R)** In this story within a story within a story within a story, a cave-exploring expedition, an angry sheep and a lovestruck Moe become inextricably entwined. | **PG** +SIMP17-013+ |

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| 19:30 | **Ink Master Redemption: Stained Glass From The Past NEW EPISODE**Sarah Miller returns to call out Steve Tefft. Miami Burgess calls out Big Ceeze for the tattoo that sent him home. | **M** +INKR02-005+ |

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| 20:00 | **Ink Master Redemption: The Witch Is Back NEW EPISODE**Emily Elegado has to swallow her pride when she returns to redeem not one, but three unhappy canvases. | **M** +INKR02-006+ |

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| 20:30 | **Ink Master: Ruffled Feathers NEW EPISODE**Team Nunez is out for revenge in the Flash Challenge while an artist betrays Team Peck in the elimination. | **M (L)**+INKM08-003+ |

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| 21:30 | **Ink Master: Put On Your Armor NEW EPISODE**No artist is safe when both teams must transform canvases into warriors. | **M** +INKM08-004+ |

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| 22:30 | **Revolution: No Quarter (R)** On the run from the Militia, Nora leads Miles and Charlie back to the rebel camp. Meanwhile, Aaron and Maggie search for Grace; and Danny stands up to one of Captain Neville's men. | **MA (V,A)**+REVO01-003+ |

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| 23:30 | **Revolution: The Plague Dogs (R)** After Charlie and Nora rescue Miles from the Militia, they set off to meet Aaron and Maggie. Tracking Miles and Charlie at every turn is Nate. | **MA (V,A)**+REVO01-004+ |

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| 00:30 | **Ink Master Redemption: Stained Glass From The Past (R)** Sarah Miller returns to call out Steve Tefft. Miami Burgess calls out Big Ceeze for the tattoo that sent him home. | **M** +INKR02-005+ |

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| 01:00 | **Ink Master Redemption: The Witch Is Back (R)** Emily Elegado has to swallow her pride when she returns to redeem not one, but three unhappy canvases. | **M** +INKR02-006+ |

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| 01:30 | **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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| 02:30 | **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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| 03:30 | **Movie: Five Came Back (R) (1939)** A tense drama about 12 people who must make a courageous decision when their crashed plane can only take five of them to safety. Starring:ALLEN JENKINS,C. AUBREY SMITH,CHESTER MORRIS,LUCILLE BALL,JOHN CARRADINE,JOSEPH CALLEIA,PATRIC KNOWLES,WENDY BARRIE | **PG (A,V)**+RKO-036+ |

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| 05:00 | **Special: Jabba's School Holiday Movie Special (R) ’CC’ (2019)** Jason 'Jabba' Davis explores Summer’s best family films. Featuring Frozen 2, Cats, Jumanji 2, Dolittle, Spies In Disguise, The Addams Family, The Playmobil Movie & Star Wars: The Rise of Skywalker. | **PG** +NFFI80-004+ |

 **Friday 10 January 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** +IAC13-034+ |

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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** +IAC13-035+ |

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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** Religious Program. | **PG** +JARO20-008+ |

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| 08:00 | **The Pioneer Woman: Special Day (R)** Ree Drummond's daughter Paige is spending the day watching some of the younger kids, so Ree packs them some fun treats for a late-afternoon picnic. | **PG** +PIWO12-012+ |

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| 08:30 | **Diners, Drive-Ins and Dives: Timeless Traditions (R)** Guy gets the lowdown on some longstanding traditions. In Philadelphia, the Jamaican joint going all out authentic with the jerk chicken. | **PG** +DDID17-008+ |

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| 09:00 | **Cake Wars: Star Wars (R)** Cake Wars takes on one of the biggest adventures in the galaxy... Star Wars! The winning creation will be the front and center at a huge bash celebrating Disney's newest Star Wars video game. | **PG** +CAKW02-001+ |

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| 10:00 | **The Kitchen: Toast To Mom (R)** Celebrating Mother's Day, starting with Geoffrey Zakarian's Chamomile French Toast and Katie Lee's Mini Broccoli Quiches. Then Bloom School is in session with three new floral arrangements for mom. | **PG** +TKIT13-006+ |

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| 11:00 | **Chopped: Chopped Champions: Battle 4, Kitchen Storm (R)** Geared up for killer cooking and serious drama, a husband and wife are among the returning champs for the fourth round of Chopped Champions. | **PG** +CHPD28-004+ |

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| 12:00 | **Once Upon A Time: Knightfall (R) ’CC’** Tilly warns Rogers and Gold not to trust Gothel, and is soon framed for a crime she didn't commit. Meanwhile, Ivy takes Henry's advice and reaches out to Jacinda. | **PG (H)**+ONCE07-013+ |

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| 13:00 | **Once Upon A Time: The Girl In The Tower (R) ’CC’** Rogers and Henry try to find a way to clear Tilly of Hilda's murder. In the past, Alice escapes the tower and discovers that she's still trapped, and teams up with Robin to defeat a threatening troll. | **PG (A,V)**+ONCE07-014+ |

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| 14:00 | **Special: Jabba's School Holiday Movie Special (R) ’CC’ (2019)** Jason 'Jabba' Davis explores Summer’s best family films. Featuring Frozen 2, Cats, Jumanji 2, Dolittle, Spies In Disguise, The Addams Family, The Playmobil Movie & Star Wars: The Rise of Skywalker. | **PG** +NFFI80-004+ |

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| 15:00 | **Just Shoot Me!: When Nina Met Elliott (R) ’CC’** Nina discovers her role in a fifteen-year-old accident that changed Elliott's life forever; immigration authorities question the legitimacy of Dennis and Adrienne's marriage. | **PG** +JUSM04-002+ |

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| 15:30 | **How I Met Your Mother: Rebound Bro (R) ’CC’** When Ted tells the gang Stella's intimate secret, he must face the consequences of breaking her trust. | **PG** +HMYM3-018+ |

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| 16:00 | **The Simpsons: My Fair Laddy (R)** Bart and Lisa bets whether Lisa can turn Groundskeeper Willie into a proper gentleman. | **PG** +SIMP17-012+ |

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| 16:30 | **The Simpsons: The Seemingly Neverending Story (R)** In this story within a story within a story within a story, a cave-exploring expedition, an angry sheep and a lovestruck Moe become inextricably entwined. | **PG** +SIMP17-013+ |

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| 17:00 | **The Secret Life Of Dogs (R) ’CC’** This ground breaking series explores the huge diversity of dogs by separating them into three distinct tribes – man’s best friend, workers and family. | **G** +SLOD02-002+ |

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| 18:00 | **The Secret Life Of Dogs (R) ’CC’** This ground breaking series explores the huge diversity of dogs by separating them into three distinct tribes – man’s best friend, workers and family. | **G** +SLOD02-003+ |

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| 19:00 | **Movie: Yogi Bear (R)** A documentary filmmaker travels to Jellystone Park to shoot a project and soon crosses paths with Yogi Bear, his sidekick Boo-Boo, and Ranger Smith. Starring:ANNA FARIS,DAN AYKROYD,JUSTIN TIMBERLAKE,TOM CAVANAGH,T.J. MILLER | **G** +WBFF01-051+ |

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| 20:30 | **Movie: This Is 40 (R) ’CC’ (2014)** Married couple Pete and Debbie are turning 40. But instead of celebrating, they're mired in a mid-life crisis with unruly kids, debt and unhappiness mounding as they try to navigate life at a new age. Starring:IRIS APATOW,JASON SEGEL,LESLIE MANN,PAUL RUDD,MEGAN FOX,MAUDE APATOW | **M (S,D,N,L)**+NBCF28-009+ |

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| 23:10 | **Movie: About Last Night (R) ’CC’ (2014)** Follow two couples as they journey from the bar to the bedroom and are eventually put to the test in the real world. Starring:CHRISTOPHER MCDONALD,KEVIN HART,PAULA PATTON,MICHAEL EALY | **MA (L,D,O,S)**+SPCF01-010+ |

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| 01:15 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 01:45 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:15 | **Movie: A Woman Rebels (R) (1936)** Katharine Hepburn stars as a young girl whose experiences in Victorian England lead to her crusading for Women's Rights. Starring:HERBERT MARSHALL,DAVID MANNERS,ELIZABETH ALLEN,DONALD CRISP,DORIS DUDLEY,LUCILE WATSON,KATHARINE HEPBURN,VAN HEFLIN | **PG (A)**+RKO-123+ |

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| 04:15 | **Movie: Roughshod (R) (1949)** While trying to elude three escaped convicts, a rancher and his young brother help four stranded dance hall girls. Starring:CLAUDE JARMAN JR.,GLORIA GRAHAME,MARTHA HYER,JOHN IRELAND,JEFF DONNELL,ROBERT STERLING,MYRNA DELL | **PG (V)**+RKO-084+ |

 **Saturday 11 January 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** +IAC13-036+ |

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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** +IAC13-037+ |

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| 07:00 | **The Deep (R) ’CC’** The Nektons explore a floating island and find the last piece of the Ephemychron. Ant assembles it, and it works! Perhaps now they can find Lemuria! But why is this island moving? | **G** +DEEP-026+ |

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| 07:30 | **Sally Bollywood - Super Detective: New Teacher / The Sorceress (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-001+ |

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| 08:00 | **Carnival Kings: We All Scream For Ice Cream! And Waffles! (R)** Chef Richie takes on Adam Terry of Waffle Love and his fluffy, ice cream-covered Dulce de Liege Waffle. | **PG** +CKIN01-004+ |

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| 08:30 | **Carnival Kings: What Came First, The Burger ... Or The Egg? (R)** Chef Richie is rolling the dice at the Great American Foodie Fest in Las Vegas, Nevada. | **PG** +CKIN01-005+ |

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| 09:00 | **Carnival Kings: What's Your Queso-DILLA, Man? (R)** Richie Farina hits the road to Southern California, where he may have met his match at the San Bernardino County Fair. | **PG** +CKIN01-006+ |

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| 09:30 | **Ridiculous Cakes: It's a Bird! It's a Plane! No, It's a Cake! (R)** A cake celebrating Superman becomes one cake artist's kryptonite. A cake for a stylish client could be a fashion faux pas, and a cake that explodes with candy is a sweet surprise. | **PG** +RICA02-008+ |

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| 10:00 | **Kid's Baking Championships (R)** The nine remaining kid bakers are challenged to make artfully decorated eclairs. | **G** +KBAC02-002+ |

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| 11:00 | **Chopped: Chopped Champions: Battle 5, $50,000 Pay Day (R)** It's the $50,000 grand finale and one of the returning champs is destined to win the grand prize and considerable bragging rights! | **PG** +CHPD28-005+ |

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| 12:10 | **Movie: Yogi Bear (R)** A documentary filmmaker travels to Jellystone Park to shoot a project and soon crosses paths with Yogi Bear, his sidekick Boo-Boo, and Ranger Smith. Starring:ANNA FARIS,DAN AYKROYD,JUSTIN TIMBERLAKE,TOM CAVANAGH,T.J. MILLER | **G** +WBFF01-051+ |

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| 13:40 | **TBA: ENCORE** | ++ |

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| 14:40 | **One Tree Hill: Are You True? (R)** After a particularly spectacular basketball game, Lucas quickly supplants Nathan as the team's most popular player. Cheerleader Brooke immediately sets her romantic sights on the new star athlete. | **PG (S,A,L)**+ONTH01-003+ |

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| 15:40 | **One Tree Hill: Crash Into You (R)** Haley convinces Lucas to go with the team to a party at Nathan's beach house, hoping that the guys will become friendlier. Lucas confronts his mother when he sees the wealth that is denied him. | **PG (S,A,L)**+ONTH01-004+ |

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| 16:40 | **Movie: Cloud 9 (R) ’CC’ (2014)** A snowboarder takes lessons from a former champion, inspiring him to reach for the stars once again. Starring:ANDREW CALDWELL,CARLON JEFFERY,DOVE CAMERON,LUKE BENWARD,KIERSEY CLEMONS,MIKE C MANNING,DILLON LANE | **G** +WDFC54-001+ |

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| 18:30 | **Movie: Diary Of A Wimpy Kid: Dog Days (R) (2012)** School's out. Summer vacation is on. However, Greg may not have the best summer vacation ever. What could go wrong? Starring:ROBERT CAPRON,ZACHARY GORDON,STEVE ZAHN,DEVON BOSTICK | **PG (A)**+FOXF08-013+ |

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| 20:30 | **Movie: Little Miss Sunshine (R) (2006)** A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus. Starring:ABIGAIL BRESLIN,ALAN ARKIN,GREG KINNEAR,PAUL DANO,STEVE CARELL,TONI COLLETTE | **M (D,L,S,A)**+FOXF08-042+ |

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| 22:35 | **Movie: People Like Us (R) (2012)** While settling his recently deceased father's estate, a salesman discovers he has a sister whom he never knew about and is tasked delivering an inheritance to her. Starring:CHRIS PINE,ELIZABETH BANKS,MICHAEL HALL DADDARIO,OLIVIA WILDE,MICHELLE PFEIFFER,MARK DUPLASS | **M (D,S,L)**+WDF52-005+ |

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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 | **Movie: The Three Musketeers (R) (1935)** Dumas' classic tale of dashing D'Artgnan who joined the French King's Musketeers. Starring:HEATHER ANGEL,IAN KEITH,MARGOT GRAHAME,PAUL LUKAS,ONLSOW STEVENS,WALTER ABEL | **G** +RKO-111+ |

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| 04:00 | **Movie: Step Lively (R) (1944)** Frank Sinatra stars in this comical musical about a producer, who after many financial hurdles, finally lands in the big time. Starring:ADOLPHE MENJOU,ANNE JEFFREYS,GLORIA DE HAVEN,GEORGE MURPHY,FRANK SINATRA,EUGENE PALLETTE,WALTER SLEZAK | **G** +RKO-103+ |