**Sunday 05 April 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**  +IAC16-011+ |

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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**  +IAC16-012+ |

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| 07:00 | **Flushed (R) ’CC’**  A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G**  +FLSH-024+ |

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| 07:30 | **Flushed (R) ’CC’**  A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G**  +FLSH-025+ |

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| 08:00 | **Big Food Truck Tip: Food Trucks Get Rolling In SLC (R)**  Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG**  +BIFT01-006+ |

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| 08:30 | **Easy Chinese: The American Dish With A Chinese Twist (R)**  Ching-He Huang takes on the USA's most beloved dishes as she finds the best burger and spaghetti and meatballs in New York before spinning a Chinese version of them. | **PG**  +EACH02-001+ |

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| 09:00 | **Giada At Home: Cooking With Raffy And Buzz (R)**  Giada De Laurentiis and her Aunt Raffy team up in the kitchen to prepare recipes inspired by family favourites. | **PG**  +GIHO07-005+ |

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| 09:30 | **Reality Cupcakes: Dirt, Grease And Cupcakes (R)**  Ashley Foxen and the gang serve up a 1950s greaser party complete with milkshake cupcakes. | **PG**  +RCUP01-009+ |

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| 10:00 | **Wedding Cake Championship: Viva Mexico! (R)**  Johnny Weir and Tara Lipinski task the five remaining teams with making the ultimate destination beach wedding cake topper. | **PG**  +WECC01-002+ |

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| 11:00 | **Iron Chef America: Symon Vs. Brock (R)**  Charleston based Chef Sean Brock enters Kitchen stadium for the first time to challenge Iron Chef Michael Symon. | **PG**  +ICAM08-030+ |

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| 12:00 | **Iron Chef America: Symon vs. Yagihashi (R)**  Iron Chef Michael Symon faces off against the Challenger, Chicago chef Takashi Yagihashi. | **PG**  +ICAM10-001+ |

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| 13:00 | **Chopped: Rocky Mountain Masters (R)**  Right out of the gate, the chefs are surprised by a bold delicacy that is seafood in name only. Will they know how to turn Rocky Mountain oysters into a tasty appetizer? | **PG**  +CHPD37-011+ |

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| 14:00 | **Chopped: Under The Cuban Sun (R)**  Four chefs with personal connections to Cuba are treated to ingredient baskets filled with a variety of Cuban foods. | **PG**  +CHPD37-012+ |

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| 15:00 | **Wedding Cake Championship: Viva Mexico! (R)**  Johnny Weir and Tara Lipinski task the five remaining teams with making the ultimate destination beach wedding cake topper. | **PG**  +WECC01-002+ |

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| 16:00 | **Restaurant: Impossible: Soup To Nuts Diner (R)**  The Soup to Nuts Diner in Tavares, Fla., is a 1950s-themed diner that looks like it hasn't been cleaned since then! | **PG**  +RIMP05-012+ |

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| 17:00 | **Restaurant: Impossible: Sweet Tea's Restaurant And Catering (R)**  Chef Robert Irvine is on a mission to save Sweet Tea's Restaurant and Catering in Pineville, N.C., but he has to find it first! | **PG**  +RIMP05-013+ |

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| 18:00 | **Mystery Diners: Young Blood (R)**  Charles and his team investigate when the owner of "Harvey's Steakhouse" in Huntington Beach, California, notices a dip in older customers, leading to a discovery of unauthorized events. | **PG (L,A)**  +MYSD10-003+ |

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| 18:30 | **Mystery Diners: Backdoor Bootlegging (R)**  Charles and his team uncover a large-scale bootlegging operation at "Weiland Brewery" in Los Angeles. | **PG (L,A)**  +MYSD10-004+ |

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| 19:00 | **TBA:** | ++ |

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| 19:05 | **Movie: Freaky Friday (R) (2003)**  An overworked mother and her daughter do not get along. When they switch bodies, each is forced to adapt to the other's life for one freaky Friday. Starring:CHAD MICHAEL MURRAY,CHRISTINA VIDAL,LINDSAY LOHAN,JULIE GONZALO,RYAN MALGARINI,JAMIE LEE CURTIS,MARK HARMON | **PG (A)**  +WDFR18-006+ |

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| 21:05 | **Movie: Australia (R) ’CC’ (2006)**  An English aristocrat inherits a sprawling ranch and reluctantly joins forces with a stock-man to drive 2000 head of cattle across hundreds of miles of the country’s most unforgiving land. Starring:BRYAN BROWN,JACK THOMPSON,HUGH JACKMAN,DAVID GULPILIL,BRANDON WALTERS,DAVID WENHAM,NICOLE KIDMAN | **M (V,L)**  +FOXF01-002+ |

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| 00:35 | **Nip/Tuck (R) ’CC’**  Christian becomes the prime suspect in the Carver case after police find a damning piece of evidence at the scene of the latest Carver attack. | **MA (V,S,D,L)**  +NIPT03-005+ |

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| 01:35 | **Movie: A Date With The Falcon (R) (1941)**  A scientist, who has perfected the process of making synthetic diamonds, is kidnapped, and his twin brother takes his place. Starring:ALLEN JENKINS,GEORGE SANDERS,JAMES GLEASON,FRANK MORAN,ED GARGAN,WENDY BARRIE,MONA MARIS | **PG (V)**  +RKO-020+ |

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| 03:00 | **Chopped: Rocky Mountain Masters (R)**  Right out of the gate, the chefs are surprised by a bold delicacy that is seafood in name only. Will they know how to turn Rocky Mountain oysters into a tasty appetizer? | **PG**  +CHPD37-011+ |

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| 04:00 | **Chopped: Under The Cuban Sun (R)**  Four chefs with personal connections to Cuba are treated to ingredient baskets filled with a variety of Cuban foods. | **PG**  +CHPD37-012+ |

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| 05:00 | **Wedding Cake Championship: Viva Mexico! (R)**  Johnny Weir and Tara Lipinski task the five remaining teams with making the ultimate destination beach wedding cake topper. | **PG**  +WECC01-002+ |

**Monday 06 April 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**  +IAC16-013+ |

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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**  +IAC16-014+ |

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| 07:00 | **Restaurant Redemption: Tenshi Sushi (R)**  Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG**  +RERE01-007+ |

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| 07:30 | **James Robison: Dr. Robert Jeffress**  Religious Program. | **PG (A)**  +JARO20-044+ |

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| 08:00 | **Giada At Home: Ciao Chow! (R)**  Giada De Laurentiis creates four Italian small plates and serves them Dim Sum-style to her girlfriends. The menu features Jade's BBP, Hazelnut Brittle, and Crispy Fig and Gorgonzola Ravioli. | **PG**  +GIHO07-006+ |

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| 08:30 | **Throwdown With Bobby Flay: Grinders (R)**  Peter McAndrews puts his famous "Paesano" grinder up against Bobby Flay in a 15-round championship throwdown. Will Bobby's Italian grinder go the distance? | **PG**  +TWBF09-007+ |

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| 09:00 | **Cupcake Wars: Saluting The USO (R)**  Four past champion bakers return and compete for a chance to serve their cupcakes at a black-tie gala celebrating the 70th anniversary of the USO. | **PG**  +CUPW05-012+ |

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| 10:00 | **Iron Chef America: Flay vs. Allegretti (R)**  Iron Chef Bobby Flay faces off against Challenger Alain Allegretti. | **PG**  +ICAM10-002+ |

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| 11:00 | **Sweet Genius: Disco Genius (R)**  Viewers are taken on a sugary journey as four of America's premier pastry chefs compete each week in three unique elimination challenges. | **PG**  +SWEG01-001+ |

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| 12:00 | **Cutthroat Kitchen: I Like My Peppers Pulverized (R)**  A Cuban sandwich must be made using a cigar cutter. Also, two chefs are forced to work in a very confined space. | **PG**  +CUTK04-006+ |

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| 13:00 | **Spring Baking Championship: Wedding Season (R)**  A dessert table and a wedding cake are produced by the three remaining bakers competing for the $50,000 grand prize. | **PG**  +SPBC01-006+ |

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| 14:00 | **Rachael Ray's Week In A Day: Border Bonanza (R)**  Get ready for a weeklong fiesta when Rachael shows you how to prepare five straight mouth-watering Tex-Mex meals in a single day. | **PG**  +WIAD03-006+ |

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| 15:00 | **Dr. Ken: Pat's Rash (R)**  Ken and Allison tell Pat his rash is caused by an allergy to his new girlfriend. | **PG**  +DKEN02-017+ |

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| 15:30 | **TBA: ENCORE** | ++ |

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| 17:00 | **Smallville (R) ’CC’**  After Lana reads from a book written in the 1600s containing magical spells, she, Lois and Chloe become possessed by witches who had been burned at the stake. | **PG (H,V,S)**  +SMVI04-008+ |

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| 18:00 | **How I Met Your Mother: Big Days (R)**  Ted and Barney argue about who can have the hot girl at the bar. Robin is heartbroken over Don and Marshall wants to start a family. Starring:BILL FAGERBAKKE,DAVID HERNIE,LYNDSY FONSECA | **PG (S,A)**  +HMYM6-001+ |

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| 18:30 | **The Simpsons: Moms I'd Like To Forget (R)**  Bart sets out to uncover the origins of a sword-shaped scar on his hand; Marge reconnects with three friends she fell out with years ago. | **PG**  +SIMP22-010+ |

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| 19:00 | **The Simpsons: Flaming Moe (R)**  Moe claims a drink that Homer invented is his own, with the drink making the bar a local hot spot, but threatens his friendship with Homer. | **PG (S)**  +SIMP22-011+ |

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| 19:30 | **Modern Family: Bringing Up Baby (R) ’CC’**  Gloria tries to surprise Jay with news on his birthday that she is pregnant, while Phil surprises Jay with a fishing trip. Meanwhile, Mitchell and Cameron debate getting Lily a cat. | **PG**  +MOFA04-001+ |

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| 20:00 | **Modern Family: Snip (R) ’CC’**  Claire has problems with the kids as Phil prepares to get a vasectomy, Gloria refuses to wear maternity clothes, and Mitchell encourages Cameron to get a job. | **PG**  +MOFA04-002+ |

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| 20:30 | **First Dates Australia (R) ’CC’**  Vivacious Danielle is looking for a good guy who can ultimately just “get it up”. Brandon hopes his Dad jokes and "Red Jesus" beard can win over his date, Casey. | **M (S)**  +FDAT04-008+ |

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| 21:45 | **First Dates UK (R) ’CC’**  Cheeky bank manager Ross is back for a third time, hoping that sparks will fly with schoolteacher Sarah-Jayne. Can Yemi finally escape from the dreaded "friend zone" and find romance with DJ Chelsea? | **M (L,S,A)**  +FDUK02-008+ |

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| 23:00 | **Ink Master Redemption: Two Right Feet (R)**  James Vaughn returns to redeem one of the most infamous pin-up mistakes. Kyle Dunbar and Sebastian Murphy try to keep their cool when faced with unhappy canvases. | **M (L)**  +INKR02-003+ |

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| 23:30 | **Ink Master Redemption: Behind Every Inked Man .... (R)**  Unhappy canvases bring loved ones to help face artists Ashley B. and Ally Lee in the Ink Master shop. | **M (L)**  +INKR02-004+ |

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| 00:00 | **It's Always Sunny In Philadelphia: The Gang Texts ’CC’**  During their trip to the Philadelphia Zoo, Mac sets up a text group chain for the gang, but confusion sets in and the gang must learn from the meerkats on how to communicate properly in a group. | **M (O,S)**  +IASP14-005+ |

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| 00:30 | **Are You The One?: Once in a Lifetime Chance Brings Romance**  Twenty singles hope to find their perfect match in Hawaii; lust at first sight puts hearts on the line; couples and love triangles quickly form. | **MA (L,S)**  +AYTO03-001+ |

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| 01:30 | **How I Met Your Mother: Big Days (R)**  Ted and Barney argue about who can have the hot girl at the bar. Robin is heartbroken over Don and Marshall wants to start a family. Starring:BILL FAGERBAKKE,DAVID HERNIE,LYNDSY FONSECA | **PG (S,A)**  +HMYM6-001+ |

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| 02:00 | **The Simpsons: Moms I'd Like To Forget (R)**  Bart sets out to uncover the origins of a sword-shaped scar on his hand; Marge reconnects with three friends she fell out with years ago. | **PG**  +SIMP22-010+ |

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| 02:30 | **The Simpsons: Flaming Moe (R)**  Moe claims a drink that Homer invented is his own, with the drink making the bar a local hot spot, but threatens his friendship with Homer. | **PG (S)**  +SIMP22-011+ |

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| 03:00 | **Modern Family: Bringing Up Baby (R) ’CC’**  Gloria tries to surprise Jay with news on his birthday that she is pregnant, while Phil surprises Jay with a fishing trip. Meanwhile, Mitchell and Cameron debate getting Lily a cat. | **PG**  +MOFA04-001+ |

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| 03:30 | **Giada At Home: Ciao Chow! (R)**  Giada De Laurentiis creates four Italian small plates and serves them Dim Sum-style to her girlfriends. The menu features Jade's BBP, Hazelnut Brittle, and Crispy Fig and Gorgonzola Ravioli. | **PG**  +GIHO07-006+ |

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| 04:00 | **Spring Baking Championship: Wedding Season (R)**  A dessert table and a wedding cake are produced by the three remaining bakers competing for the $50,000 grand prize. | **PG**  +SPBC01-006+ |

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| 05:00 | **Rachael Ray's Week In A Day: Border Bonanza (R)**  Get ready for a weeklong fiesta when Rachael shows you how to prepare five straight mouth-watering Tex-Mex meals in a single day. | **PG**  +WIAD03-006+ |

**Tuesday 07 April 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**  +IAC16-015+ |

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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**  +IAC16-016+ |

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| 07:00 | **Restaurant Redemption: Flame Asian Tapas (R)**  Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG**  +RERE01-008+ |

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| 07:30 | **James Robison: Jentezen Franklin**  Religious Program. | **PG (A)**  +JARO20-045+ |

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| 08:00 | **Giada At Home: Halloween Goodies (R)**  Giada De Laurentiis hosts a very "old school" Halloween party for Jade and her friends. Giada transforms her backyard into a pumpkin patch and the kids decorate pumpkins. | **PG**  +GIHO07-007+ |

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| 08:30 | **Throwdown With Bobby Flay: Boston Cream Pie (R)**  Impressing a Boston crowd with a pie of their own will be one of Bobby Flay's biggest challenges yet. With so many battles fought in Boston, this throwdown may be one for the record books. | **PG**  +TWBF09-008+ |

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| 09:00 | **Cupcake Wars: Renaissance Faire (R)**  Cupcake makers vie for a place at the VIP party celebrating the 50th anniversary of the Renaissance Pleasure Faire in Los Angeles. | **PG**  +CUPW05-013+ |

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| 10:00 | **Iron Chef America: Garces vs. Cowan (R)**  Iron Chef Jose Garces faces off against Challenger Madison Cowan. | **PG**  +ICAM10-003+ |

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| 11:00 | **Sweet Genius: Global Genius (R)**  The chefs are encouraged to think globally in the second test. | **PG**  +SWEG01-002+ |

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| 12:00 | **Cutthroat Kitchen: Ho-Ley Pot (R)**  A chef must use a single-brew coffee machine when making soup. | **PG**  +CUTK04-007+ |

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| 13:00 | **Spring Baking Championship: Berry Naked (R)**  To start, berries are off-limits during a shortcake makeover; and later, the eight competing bakers must create a berry tasty naked cake. | **PG**  +SPBC02-001+ |

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| 14:00 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

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| 15:00 | **Jabba's School Holiday Movie Special: Jabba's School Holiday Movie Special (R) ’CC’ (2019)**  Jason 'Jabba' Davis explores the best family films to watch at home these Easter school holidays. Featuring Stargirl, Star Wars IX, a Pixar retrospective, Little Women, Jumanji, Dolittle and Cats. | **PG**  +NFFI80-005+ |

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| 15:30 | **TBA: ENCORE** | ++ |

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| 17:00 | **Smallville (R) ’CC’**  After Lex is accused of killing a young woman, Clark sets out to prove his innocence and asks an unlikely source for help, Lionel. | **PG (H,V,S,A)**  +SMVI04-009+ |

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| 18:00 | **How I Met Your Mother: Cleaning House (R)**  The gang learn that Barney's mum has been lying to him about events throughout his life, including his father's true identity. Starring:BEN VEREEN,FRANCES CONROY,DAVID HALEY,RILEY THOMAS STUART,MICHAEL EARL REID,WAYNE BRADY | **PG**  +HMYM6-002+ |

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| 18:30 | **The Simpsons: Homer The Father (R)**  Homer picks up parenting advice from an 80s sitcom; Bart becomes involved in trading nuclear secrets. | **PG**  +SIMP22-012+ |

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| 19:00 | **The Simpsons: The Blue And The Gray (R)**  Moe employs Homer as his wing man, only to find Homer has more luck with the ladies than he does; Marge finds her first gray hair. | **PG (S)**  +SIMP22-013+ |

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| 19:30 | **Modern Family: Schooled (R) ’CC’**  Phil and Claire get emotional as they send Haley off to school, Manny makes Jay and Gloria take a parenting class, and Mitchell and Cameron clash with lesbian parents from Lily's school. | **PG (S)**  +MOFA04-003+ |

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| 20:00 | **Modern Family: The Butler's Escape (R) ’CC’**  Phil is upset that Luke wants to give up magic, Jay tries to get away from Gloria's snoring, Mitchell does errands as Cameron starts his new job as music teacher, Alex suddenly becomes more sarcastic. | **PG**  +MOFA04-004+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Bonapartes Restaurant (R)**  Gordon visits Bonaparte's Restaurant in West Yorkshire. While the head chef aspires to be on TV, Gordon discovers that he cannot cook an omelette, and winds up setting the cooker on fire. | **MA (L)**  +RAKN01-001+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Levanti's (R)**  Competition has driven the brother-and-sister team that run Levanti's insane. Can Chef Ramsay save the family establishment? Starring:GORDON RAMSAY | **M (L)**  +KNUS06-008+ |

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| 22:30 | **Ramsay's Hotel Hell: Angler's Lodge (R) ’CC’**  Gordon visits Island Park, to help rescue the stunning Angler's Lodge. The owner, who built the lodge with his own hands, has lost his passion after a family tragedy and it has almost cost him his bus | **M (L)**  +HELL03-002+ |

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| 23:30 | **Nikita: Pandora (R)**  Percy makes a move to take over the CIA, Alex goes rogue and Michael gets trapped inside Division, making him unable to help Nikita... who may have to pay with her life for helping Alex. | **M (D,V)**  +NIKI01-022+ |

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| 00:30 | **Nikita (R)**  Nikita and Michael plot to take down Division and Oversight and are prepared to use the contents of the black box to do so. | **MA (V)**  +NIKI02-001+ |

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| 01:30 | **Marvel's Agent Carter: A Little Song And Dance (R)**  Jack comes up with his own plan to stop Vernon and Whitney, but things don't go as he expected. Meanwhile, Jarvis makes a startling confession to Peggy. | **M (V)**  +MACA02-009+ |

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| 02:30 | **Marvel's Agent Carter: Hollywood Ending (R)**  To stop Whitney, the team attempts to steal her research so that they can build a rift generator of their own and send the Zero Matter back to where it came from. | **M (V)**  +MACA02-010+ |

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| 03:30 | **How I Met Your Mother: Cleaning House (R)**  The gang learn that Barney's mum has been lying to him about events throughout his life, including his father's true identity. Starring:BEN VEREEN,FRANCES CONROY,DAVID HALEY,RILEY THOMAS STUART,MICHAEL EARL REID,WAYNE BRADY | **PG**  +HMYM6-002+ |

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| 04:00 | **Spring Baking Championship: Berry Naked (R)**  To start, berries are off-limits during a shortcake makeover; and later, the eight competing bakers must create a berry tasty naked cake. | **PG**  +SPBC02-001+ |

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| 05:00 | **Rachael Ray's Week In A Day: Fall In Love With Fall (R)**  All the autumn flavors you love come together for a week's worth of meals that your whole family will fall for. | **PG**  +WIAD03-007+ |

**Wednesday 08 April 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**  +IAC16-017+ |

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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**  +IAC16-018+ |

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| 07:00 | **Restaurant Redemption: Crimson (R)**  Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG**  +RERE01-011+ |

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| 07:30 | **James Robison: Sheila Walsh: Praying Women #5**  Religious Program. | **PG (A)**  +JARO20-046+ |

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| 08:00 | **Giada At Home: Giving Thanks (R)**  Giada hosts a traditional family Thanksgiving outdoors. The meal features all the fixings with fun twists like Turkey Breast "Porchetta," and Bacon Bourbon Brussels Sprout Skewers. | **PG**  +GIHO07-008+ |

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| 08:30 | **Throwdown With Bobby Flay: Vegetable Lasagna (R)**  Christine and Carla are feeding a community of extended family but will Bobby Flay get booted when he comes knocking for his own Vegetable Lasagne Throwdown? | **PG**  +TWBF09-009+ |

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| 09:00 | **Cupcake Wars: The Nutcracker (R)**  Four talented bakers compete to have their cupcakes at the opening night party for the New York City Ballet's performance of The Nutcracker. | **PG**  +CUPW04-001+ |

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| 10:00 | **Iron Chef America: Flay vs. Hastings (R)**  Iron Chef Bobby Flay faces off against Challenger Chris Hastings. | **PG**  +ICAM10-004+ |

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| 11:00 | **Sweet Genius: Candied Genius (R)**  The chefs try to create frozen desserts with candied ginger and squid ink. | **PG**  +SWEG01-003+ |

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| 12:00 | **Cutthroat Kitchen: The Eggs-Orcist (R)**  One chef must make a lobster roll, using a roll submerged in a lobster tank. Also, an unusual chocolate platter is presented during a cake challenge. | **PG**  +CUTK04-008+ |

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| 13:00 | **Spring Baking Championship: Great Outdoors (R)**  The seven remaining bakers take on outdoor activities with a ballpark snack dessert and barbecue imposter desserts. Baby back rib brownies, anyone? | **PG**  +SPBC02-002+ |

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| 14:00 | **Rachael Ray's Week In A Day: A Chicken In Every Pot (R)**  The good old chicken dinner gets reinvented in five ways, with recipes from all over the world. | **PG**  +WIAD03-008+ |

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| 15:00 | **Modern Family: The Butler's Escape (R) ’CC’**  Phil is upset that Luke wants to give up magic, Jay tries to get away from Gloria's snoring, Mitchell does errands as Cameron starts his new job as music teacher, Alex suddenly becomes more sarcastic. | **PG**  +MOFA04-004+ |

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| 15:30 | **TBA: ENCORE** | ++ |

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| 17:00 | **Smallville (R) ’CC’**  A secret experiment that Lex is conducting at LuthorCorp goes terribly awry and causes the release of a dangerous toxin into the air. Smallville residents infected by the toxin, including Clark. | **PG (H,V)**  +SMVI04-010+ |

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| 18:00 | **How I Met Your Mother: Unfinished (R)**  When Ted declines Barney's offer to design the new GNB building, Barney tries to woo him by using all of his best womanizing tactics; and still not over Don, Robin drunk-dials him. Starring:JAMES LANHAM,MALEA MITCHELL,JUDE WILL,TARA ERICA MOORE | **PG**  +HMYM6-003+ |

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| 18:30 | **The Simpsons: Angry Dad: The Movie (R)**  Bart's Angry Dad character gets his own movie, but when the movie starts winning awards, Homer tries to hog all the credit. | **PG**  +SIMP22-014+ |

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| 19:00 | **The Simpsons: The Scorpion's Tale (R)**  Lisa's school project leads to the discovery of a new drug that makes the elderly less cranky and more tolerable. | **PG**  +SIMP22-015+ |

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| 19:30 | **Modern Family: Open House Of Horrors (R) ’CC’**  Claire tries to scare Phil on Halloween night, Cameron tries to show off his new slimmer body at his Halloween party, and Mitchell's white lie about Lily's mother gets him in trouble. | **PG (A)**  +MOFA04-005+ |

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| 20:00 | **Modern Family: Yard Sale (R) ’CC’**  A yard sale at Jay's house reveals a secret in Gloria's past, Phil's wild side when he tries Jay's old motorcycle, and concern that Alex's new boyfriend might be gay. | **PG**  +MOFA04-006+ |

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| 20:30 | **Movie: Vegas Vacation (R) ’CC’**  In the fourth outing for the vacation franchise, the Griswolds have to survive Vegas fever when they go to Las Vegas for a fun family vacation. Starring:BEVERLY DANGELO,RANDY QUAID,ETHAN EMBRY,CHEVY CHASE,MARISOL NICHOLS | **PG (S)**  +WBFF01-047+ |

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| 22:30 | **Movie: The World's End (R) ’CC’ (2013)**  Five friends who reunite in an attempt to top their epic pub crawl from twenty years earlier unwittingly become humanity's only hope for survival. Starring:EDDIE MARSAN,ROSAMUND PIKE,PADDY CONSIDINE,SIMON PEGG,MARTIN FREEMAN,NICK FROST | **MA (L,V)**  +NBCF29-004+ |

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| 00:45 | **How I Met Your Mother: Unfinished (R)**  When Ted declines Barney's offer to design the new GNB building, Barney tries to woo him by using all of his best womanizing tactics; and still not over Don, Robin drunk-dials him. Starring:JAMES LANHAM,MALEA MITCHELL,JUDE WILL,TARA ERICA MOORE | **PG**  +HMYM6-003+ |

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| 01:30 | **The Simpsons: Angry Dad: The Movie (R)**  Bart's Angry Dad character gets his own movie, but when the movie starts winning awards, Homer tries to hog all the credit. | **PG**  +SIMP22-014+ |

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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 | **Spring Baking Championship: Great Outdoors (R)**  The seven remaining bakers take on outdoor activities with a ballpark snack dessert and barbecue imposter desserts. Baby back rib brownies, anyone? | **PG**  +SPBC02-002+ |

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| 05:00 | **Rachael Ray's Week In A Day: A Chicken In Every Pot (R)**  The good old chicken dinner gets reinvented in five ways, with recipes from all over the world. | **PG**  +WIAD03-008+ |

**Thursday 09 April 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**  +IAC16-019+ |

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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**  +IAC16-020+ |

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| 07:00 | **Restaurant Redemption: Session Bistro (R)**  Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG**  +RERE01-012+ |

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| 07:30 | **James Robison: Jentezen Franklin**  Religious Program. | **PG (A)**  +JARO20-047+ |

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| 08:00 | **Giada At Home: Slumber Party With Alie And Georgia (R)**  Giada De Laurentiis is a guest at the Hollywood Improv, for Alie Ward and Georgia Hardstark's live comedy show called Slumber Party with Alie and Georgia. | **PG**  +GIHO07-009+ |

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| 08:30 | **Throwdown With Bobby Flay: Key Lime Pie (R)**  Chef Bobby Flay better hope his Key Lime Pie won't be a lemon when he faces off against a dynamic duo. | **PG**  +TWBF09-010+ |

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| 09:00 | **Cupcake Wars: Hollywood Christmas Parade (R)**  Tis the season for cupcakes as four talented cupcake bakers battle for a place among the stars at the Hollywood Christmas Parade. | **PG**  +CUPW04-002+ |

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| 10:00 | **Iron Chef America: Symon vs. Izard (R)**  Iron Chef Michael Symon faces off against the challenger, Chicago chef Stephanie Izard. | **PG**  +ICAM10-005+ |

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| 11:00 | **Sweet Genius: Hard-Boiled Genius (R)**  The chefs must cook frozen desserts that include hard-boiled eggs. | **PG**  +SWEG01-004+ |

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| 12:00 | **Cutthroat Kitchen: Two Chefs, One Toga (R)**  One chef must make a lobster roll using a roll submerged in a lobster tank, and a chef is given a rather unusual chocolate platter for their chocolate cake. | **PG**  +CUTK04-009+ |

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| 13:00 | **Spring Baking Championship: Bake The Rainbow (R)**  The bakers make yummy dippers and create a sweet fondue; the bakers must produce rainbow desserts. | **PG**  +SPBC02-003+ |

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| 14:00 | **Rachael Ray's Week In A Day: Back To The Grind (R)**  Rachael proves that ground meat can do so much more than burgers. | **PG**  +WIAD03-009+ |

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| 15:00 | **Modern Family: Yard Sale (R) ’CC’**  A yard sale at Jay's house reveals a secret in Gloria's past, Phil's wild side when he tries Jay's old motorcycle, and concern that Alex's new boyfriend might be gay. | **PG**  +MOFA04-006+ |

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| 15:30 | **TBA: ENCORE** | ++ |

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| 17:00 | **Smallville (R) ’CC’**  Claiming to be cured, Alicia is released from Belle Reve psychiatric hospital and arrives in Smallville to rekindle her relationship with Clark. | **PG (S,A,V)**  +SMVI04-011+ |

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| 18:00 | **How I Met Your Mother: Subway Wars (R)**  When the gang teases Robin about not being a real New Yorker, she sets out to prove them wrong. Guest starring Maury Povich. Starring:JAN BRYANT,GEOFF STULTS,KOBY ROUVIERE,LAURA BELL BUNDY,MARSHALL MANESH | **PG**  +HMYM6-004+ |

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| 18:30 | **The Simpsons: Love Is A Many Strangled Thing (R)**  The tables are turned for Homer and Bart after a therapist cures Homer of his violent tendencies toward the boy. | **PG (A)**  +SIMP22-017+ |

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| 19:00 | **The Simpsons: The Great Simpsina (R)**  The family is greeted by folk singer Ewell Freestone when they visit a peach farm, but Marge goes overboard with peach-inspired dishes. | **PG**  +SIMP22-018+ |

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| 19:30 | **Modern Family: Arrested (R) ’CC’**  When Haley is arrested for underage drinking, Phil, Claire, and Mitchell must intervene, leaving Cameron in charge of the kids. Jay's crazy ex-wife makes a surprise visit. | **PG**  +MOFA04-007+ |

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| 20:00 | **Modern Family: Mistery Date (R) ’CC’**  While Claire and the kids are away at one of Alex's competitions, one of Cam's friends has a "date" with Phil. Meanwhile, Mitchell has a breakthrough with Jay on a shopping trip. | **PG**  +MOFA04-008+ |

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| 20:30 | **Grey's Anatomy: Papa Don't Preach ’CC’ NEW EPISODE**  Catherine is back in town and has no idea what’s been going on between Jackson and Maggie, while her relationship with Richard has become distant. | **M (A)**  +GREY16-007+ |

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| 21:30 | **Grey's Anatomy: My Shot ’CC’ NEW EPISODE**  Meredith faces the medical board as her future as a doctor remains uncertain, and she's forced to reckon with her past in some challenging ways. Meanwhile, the interns are put to the test. | **M (A)**  +GREY16-008+ |

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| 22:30 | **Movie: I Give it A Year (R) ’CC’ (2013)**  Newlyweds Nat and Josh are very happy despite their differences, though friends and family aren't convinced that they can last. As complications begin to doubt their relationship, will they make it? Starring:ALEX MACQUEEN,JASON FLEMYNG,RAFE SPALL,ROSE BYRNE,MINNIE DRIVER,ANNA FARIS,JANE ASHER,STEPHEN MERCHANT | **MA (N,L,S)**  +ENTO-002+ |

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| 00:30 | **Revolution**  Rachel makes a valiant attempt to rescue Miles and to escape with an ailing Tribesman's wife, while Neville and Jason are caught off-guard and assaulted by violent refugees. | **MA (V,A)**  +REVO02-003+ |

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| 01:30 | **Throwdown With Bobby Flay: Key Lime Pie (R)**  Chef Bobby Flay better hope his Key Lime Pie won't be a lemon when he faces off against a dynamic duo. | **PG**  +TWBF09-010+ |

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| 02:00 | **Sweet Genius: Hard-Boiled Genius (R)**  The chefs must cook frozen desserts that include hard-boiled eggs. | **PG**  +SWEG01-004+ |

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| 03:00 | **Cutthroat Kitchen: Two Chefs, One Toga (R)**  One chef must make a lobster roll using a roll submerged in a lobster tank, and a chef is given a rather unusual chocolate platter for their chocolate cake. | **PG**  +CUTK04-009+ |

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| 04:00 | **Spring Baking Championship: Bake The Rainbow (R)**  The bakers make yummy dippers and create a sweet fondue; the bakers must produce rainbow desserts. | **PG**  +SPBC02-003+ |

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| 05:00 | **Rachael Ray's Week In A Day: Back To The Grind (R)**  Rachael proves that ground meat can do so much more than burgers. | **PG**  +WIAD03-009+ |

**Friday 10 April 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**  +IAC16-021+ |

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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**  +IAC16-022+ |

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| 07:00 | **Restaurant Redemption: Xie (R)**  Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG**  +RERE01-013+ |

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| 07:30 | **James Robison: Water For Life Special #2**  Religious Program. | **PG (A)**  +JARO20-048+ |

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| 08:00 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 08:30 | **Throwdown With Bobby Flay: Fried Green Tomato BLT (R)**  Will Bobby Flay's sandwich be built BLT-tough or will it end up a fried green flop? | **PG**  +TWBF09-011+ |

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| 09:00 | **Cupcake Wars: The Closer 100th Episode (R)**  Four returning bakers who all lost previous Cupcake Wars come back to fight for redemption and a place at the 100th Episode celebration of the hit show "The Closer". | **PG**  +CUPW04-003+ |

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| 10:00 | **Iron Chef America: Flay / Valladolid vs. Morimoto / Zimmern (R)**  Two Iron Chefs are teamed up with special guests in this battle, using the special ingredient of salmon. | **PG**  +ICAM10-006+ |

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| 11:00 | **Sweet Genius: Glistening Genius (R)**  In the second test, are diamonds a chef's best friend? | **PG**  +SWEG01-005+ |

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| 12:00 | **Cutthroat Kitchen: When In Rome, Cook On A Scooter (R)**  A chef is forced to cook while riding a scooter, and a casserole is made while paying tribute to the typical 1950s housewife. | **PG**  +CUTK04-010+ |

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| 13:00 | **Spring Baking Championship: Sweet-Toothed Farmer (R)**  Challenges include turning farm-fresh vegetables into delectable desserts; and paying sweet homage to bacon and eggs. | **PG**  +SPBC02-004+ |

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| 14:00 | **Rachael Ray's Week In A Day: Double Take (R)**  New twists on some of your favourite meals will have you doing double takes at the dinner table all week long. | **PG**  +WIAD03-010+ |

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| 15:00 | **Cupcake Wars: The Closer 100th Episode (R)**  Four returning bakers who all lost previous Cupcake Wars come back to fight for redemption and a place at the 100th Episode celebration of the hit show "The Closer". | **PG**  +CUPW04-003+ |

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| 16:00 | **Iron Chef America: Flay / Valladolid vs. Morimoto / Zimmern (R)**  Two Iron Chefs are teamed up with special guests in this battle, using the special ingredient of salmon. | **PG**  +ICAM10-006+ |

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| 17:00 | **Jabba's School Holiday Movie Special: Jabba's School Holiday Movie Special (R) ’CC’ (2019)**  Jason 'Jabba' Davis explores the best family films to watch at home these Easter school holidays. Featuring Stargirl, Star Wars IX, a Pixar retrospective, Little Women, Jumanji, Dolittle and Cats. | **PG**  +NFFI80-005+ |

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| 17:30 | **Movie: The Chronicles Of Narnia: Prince Caspian (R) (2008)**  The Pevensie siblings return to Narnia, where they are enlisted to once again help ward off an evil king and restore the rightful heir to the land's throne, Prince Caspian. Starring:ANNA POPPLEWELL,BEN BARNES,PETER DINKLAGE,WARWICK DAVIS,WILLIAM MOSELEY,SKANDAR KEYNES,TILDA SWINTON | **PG (A,V)**  +WDFR18-004+ |

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| 20:30 | **Movie: As Good As It Gets (R) ’CC’ (1997)**  A dysfunctional writer's world is forever changed by a waitress with a sick child, an artist neighbour and an ugly but endearing little dog. Starring:BERNADETTE BALAGTAS,CUBA GOODING JR,JACK NICHOLSON,HELEN HUNT,JAFFE COHEN,SKEET ULRICH,GREG KINNEAR,LUPE ONTIVEROS,ROSS BLECKNER,YEARDLEY SMITH,SHIRLEY KNIGHT | **M (A,L,S)**  +SPF11-005+ |

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| 23:15 | **Movie: Proof Of Life (R) ’CC’**  Alice hires a professional negotiator to obtain the release of her engineer husband, who has been kidnapped by anti-government guerrillas in South America. Starring:DAVID MORSE,DAVID CARUSO,RUSSELL CROWE,MEG RYAN,PAMELA REED | **M (D,V,L)**  +WBFF01-037+ |

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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 | **Giada At Home: An Italian Christmas (R)**  Giada De Laurentiis hosts Christmas Eve dinner to celebrate The Feast of the Seven Fishes with her Italian family. | **PG**  +GIHO07-010+ |

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| 03:30 | **Throwdown With Bobby Flay: Fried Green Tomato BLT (R)**  Will Bobby Flay's sandwich be built BLT-tough or will it end up a fried green flop? | **PG**  +TWBF09-011+ |

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| 04:00 | **Spring Baking Championship: Sweet-Toothed Farmer (R)**  Challenges include turning farm-fresh vegetables into delectable desserts; and paying sweet homage to bacon and eggs. | **PG**  +SPBC02-004+ |

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| 05:00 | **Rachael Ray's Week In A Day: Double Take (R)**  New twists on some of your favourite meals will have you doing double takes at the dinner table all week long. | **PG**  +WIAD03-010+ |

**Saturday 11 April 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**  +IAC16-023+ |

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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**  +IAC16-024+ |

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| 07:00 | **Flushed (R) ’CC’**  A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G**  +FLSH-026+ |

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| 07:30 | **Flushed (R) ’CC’**  A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G**  +FLSH-027+ |

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| 08:00 | **Ten Dollar Dinners: Healthy, Wealthy And Wise (R)**  Melissa d'Arabian prepares a refreshing Greek-inspired meal that is simple and affordable. Her Greek salad with roasted salmon is a meal-worthy version of the satisfying classic. | **PG**  +TEDD07-002+ |

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| 08:30 | **Ten Dollar Dinners: Chick, Chick, Ole (R)**  Melissa d'Arabian serves up the craveable flavours of restaurant-style fajitas on a budget-friendly bill. | **PG**  +TEDD07-003+ |

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| 09:00 | **Ten Dollar Dinners: Back In Tucson (R)**  Melissa d'Arabian shares some of her favorite recipes from her childhood in Tucson. | **PG**  +TEDD07-004+ |

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| 09:30 | **Guy's Big Bite: Al Pastor All Day (R)**  Guy Fieri's hosting taco night, so he prepares an all-time favorite, Al Pastor Tacos, filled with roasted pork and topped with Pineapple Jalapeno Salsa. For dessert, he turns down the heat. | **PG**  +GUBB19-001+ |

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| 10:00 | **Wedding Cake Championship: Puppy Love (R)**  Tara Lipinski's dog Dublin joins the four remaining teams to introduce a precocious pet topper challenge. | **PG**  +WECC01-003+ |

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| 11:00 | **Sweet Genius: Hidden Genius (R)**  Find out who has hidden genius through masquerade masks and candy apples. | **PG**  +SWEG01-006+ |

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| 12:00 | **Ten Dollar Dinners: Healthy, Wealthy And Wise (R)**  Melissa d'Arabian prepares a refreshing Greek-inspired meal that is simple and affordable. Her Greek salad with roasted salmon is a meal-worthy version of the satisfying classic. | **PG**  +TEDD07-002+ |

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| 12:30 | **My Asian Banquet: Japan**  Jason brings his knowledge of Asian cuisine into your lounge room each episode and re-creates My Asian Banquet. | **PG**  +MYAB01-005+ |

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| 13:00 | **Guy's Big Bite: Al Pastor All Day (R)**  Guy Fieri's hosting taco night, so he prepares an all-time favorite, Al Pastor Tacos, filled with roasted pork and topped with Pineapple Jalapeno Salsa. For dessert, he turns down the heat. | **PG**  +GUBB19-001+ |

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| 13:30 | **Restaurant Impossible: Longbranch Steak And Seafood (R)**  Robert Irvine arrived in Fayetteville, to help owner Lisa Howard revive Longbranch Steak and Seafood, the restaurant her husband Lindsay gave her two years ago as a wedding gift. | **PG**  +RIMP04-001+ |

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| 14:45 | **One Tree Hill (R)**  Felix organizes a "dare night" to test the limits of his new classmates. While out playing the game, Lucas meets a mysterious girl, Anna. Peyton tearfully confesses to a priest. | **PG (S,L)**  +ONTH02-005+ |

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| 15:45 | **One Tree Hill (R)**  After dare night resulted in new relationships, Lucas shares a romantic evening with Anna during a midnight meteor shower. Andy surprises Karen with dinner, and Keith cooks for Jules on their date. | **PG (S,L)**  +ONTH02-006+ |

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| 16:45 | **Movie: Battle Of The Year (R) (2013)**  A legendary break-dancing crew returns to its roots in order to reclaim the world championship. Starring:CHRIS BROWN,JOSH HOLLOWAY,JOSH PECK,LAZ ALONSO | **PG (V,L)**  +SPCF07-001+ |

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| 19:00 | **Movie: Save The Last Dance (R) ’CC’**  A white midwestern girl moves to Chicago, where her new boyfriend is a black teen from the South Side with a rough, semi-criminal past. Starring:KERRY WASHINGTON,JULIA STILES,SEAN PATRICK THOMAS,TERRY KINNEY | **PG (V,L,A)**  +PAFR01-029+ |

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| 21:15 | **Movie: Prisoners (2013)**  When Keller Dover's daughter and her friend go missing, he takes matters into his own hands as the police pursue multiple leads and the pressure mounts. Starring:JAKE GYLLENHAAL,HUGH JACKMAN,MARIA BELLO,MELISSA LEO,TERRENCE HOWARD,VIOLA DAVIS,PAUL DANO | **MA (V,A)**  +WBFF03-097+ |

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| 00:30 | **Movie: The Saint Meets The Tiger (R) (1943)**  The Saint trails a gang that plans to transport stolen gold to a worthless South American mine. Starring:ANTHONY QUINN,CLIFFORD EVANS,JAN GILLIE,HUGH SINCLAIR,DENNIS ARUNDELL,WYLIE WATSON,GORDON MCLEOD | **PG (V)**  +RKO-088+ |

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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 | **Ten Dollar Dinners: Healthy, Wealthy And Wise (R)**  Melissa d'Arabian prepares a refreshing Greek-inspired meal that is simple and affordable. Her Greek salad with roasted salmon is a meal-worthy version of the satisfying classic. | **PG**  +TEDD07-002+ |

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| 03:30 | **Ten Dollar Dinners: Chick, Chick, Ole (R)**  Melissa d'Arabian serves up the craveable flavours of restaurant-style fajitas on a budget-friendly bill. | **PG**  +TEDD07-003+ |

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| 04:00 | **Ten Dollar Dinners: Back In Tucson (R)**  Melissa d'Arabian shares some of her favorite recipes from her childhood in Tucson. | **PG**  +TEDD07-004+ |

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| 04:30 | **Guy's Big Bite: Al Pastor All Day (R)**  Guy Fieri's hosting taco night, so he prepares an all-time favorite, Al Pastor Tacos, filled with roasted pork and topped with Pineapple Jalapeno Salsa. For dessert, he turns down the heat. | **PG**  +GUBB19-001+ |

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| 05:00 | **Wedding Cake Championship: Puppy Love (R)**  Tara Lipinski's dog Dublin joins the four remaining teams to introduce a precocious pet topper challenge. | **PG**  +WECC01-003+ |