**Sunday 08 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-020+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-021+ |

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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-008+ |

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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-009+ |

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| 08:00 | **Food Obsessed: Oodles Of Noodles (R)** Food obsessed is exploring the endless options for noodles. We've prepared our appetites for everything from noodles swimming in marinara sauce to noodles fried to perfection. | **PG** +FOOB01-004+ |

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| 08:30 | **Food Obsessed: Franks for the Memories (R)** Who needs a hamburger when you can have a hot dog? Food obsessed is searching high and low for hot dogs, frankfurters and sausages that will blow your mind. | **PG** +FOOB01-005+ |

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| 09:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 09:30 | **Reality Cupcakes: Baked And Confused (R)** Baker Ashley Foxen takes food artistry to new heights with her lookalike cupcakes that are both sweet and clever. | **PG** +RCUP01-001+ |

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| 10:00 | **Kid's Baking Championship: #Selfieclairs (R)** A new group of kid bakers introduce themselves via delicious "selfieclairs"; using a selfie as inspiration, the bakers create eclairs in assigned flavors. | **PG** +KBAC05-001+ |

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| 11:00 | **Food Obsessed: Oodles Of Noodles (R)** Food obsessed is exploring the endless options for noodles. We've prepared our appetites for everything from noodles swimming in marinara sauce to noodles fried to perfection. | **PG** +FOOB01-004+ |

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| 11:30 | **Iron Chef America: Symon Vs. Vetri (R)** Chef Marc Vetri of Vetri Italian restaurant takes on Iron Chef Symon. | **PG** +ICAM08-005+ |

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| 12:30 | **Iron Chef America: Morimoto Vs. Sedlar (R)** Morimoto versus Zakarian, whose cuisine will reign supreme? | **PG** +ICAM08-006+ |

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| 13:30 | **Chopped: Clam Clash (R)** In the lightning-fast first round, the chefs must create appetizers in just 20 minutes from clams and a sweet dried fruit.  | **PG** +CHPD35-003+ |

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| 14:30 | **Chopped: The Beets Go On (R)** In the appetizer round, the chefs bake premade dough and try to figure out the best plan for including a Persian hot dog stew in their dishes. | **PG** +CHPD35-004+ |

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| 15:30 | **Make You Laugh Out Loud: Disobedient Dogs Make You Laugh Out Loud (R) ’CC’** Compilation clip show featuring a pack of the badly behaved dogs causing comic chaos. | **PG (S)**+MLOL04-008+ |

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| 16:30 | **TBA: ENCORE** | ++ |

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| 18:00 | **Movie: The Divine Secrets Of The Ya-Ya Sisterhood (R) (2002)** A group of lifelong friends stages an unorthodox intervention to help an acclaimed young playwright unravel the truth about her complicated, eccentric mother. Starring:ASHLEY JUDD,CHERRY JONES,JAMES GARNER,ELLEN BURSTYN,SANDRA BULLOCK,FIONNULA FLANAGAN | **PG (L,A)**+WBFF02-020+ |

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| 20:30 | **Movie: Pelican Brief (R) (1993)** A young law student whose theory about the recent deaths of two Supreme Court justices embroils her in a web of greed, corruption and murder that reaches to the very top of the U.S government. Starring:CYNTHIA NIXON,DENZEL WASHINGTON,JULIA ROBERTS,STANLEY TUCCI,TONY GOLDWYN | **M (V,L)**+WBFF02-050+ |

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| 23:30 | **Nip/Tuck (R) ’CC’** Sean has been operating pro bono on victims of The Carver, a serial rapist who chooses good-looking people and carves their faces as a message to society about beauty and conformity. | **MA (S,A,V)**+NIPT02-015+ |

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| 00:30 | **Nip/Tuck (R) ’CC’** Celebrity Joan Rivers, who is famous for having undergone many cosmetic surgeries, consults with the doctors. | **MA (A,V)**+NIPT02-016+ |

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| 01:30 | **Food Obsessed: Franks for the Memories (R)** Who needs a hamburger when you can have a hot dog? Food obsessed is searching high and low for hot dogs, frankfurters and sausages that will blow your mind. | **PG** +FOOB01-005+ |

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| 02:00 | **Giada At Home: Casino Night (R)** Giada De Laurentiis and her husband Todd host a glamorous casino night party inspired by Giada's recent trip to Monte Carlo. | **PG** +GIHO06-007+ |

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| 02:30 | **Reality Cupcakes: Baked And Confused (R)** Baker Ashley Foxen takes food artistry to new heights with her lookalike cupcakes that are both sweet and clever. | **PG** +RCUP01-001+ |

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| 03:00 | **Iron Chef America: Symon Vs. Vetri (R)** Chef Marc Vetri of Vetri Italian restaurant takes on Iron Chef Symon. | **PG** +ICAM08-005+ |

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| 04:00 | **Iron Chef America: Morimoto Vs. Sedlar (R)** Morimoto versus Zakarian, whose cuisine will reign supreme? | **PG** +ICAM08-006+ |

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| 05:00 | **Kid's Baking Championship: #Selfieclairs (R)** A new group of kid bakers introduce themselves via delicious "selfieclairs"; using a selfie as inspiration, the bakers create eclairs in assigned flavors. | **PG** +KBAC05-001+ |

 **Monday 09 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-022+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-023+ |

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

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| 07:30 | **James Robison: Francis Chan (R)** Religious Program. | **PG (A)**+JARO20-009+ |

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| 08:00 | **Giada At Home: Thanksgiving Leftovers (R)** What do you do with all the Thanksgiving leftovers? Giada De Laurentiis takes some of the traditional favorites and makes fun new twists to enjoy after the holiday. | **PG** +GIHO06-008+ |

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| 08:30 | **Kid's Baking Championship: #Selfieclairs (R)** A new group of kid bakers introduce themselves via delicious "selfieclairs"; using a selfie as inspiration, the bakers create eclairs in assigned flavors. | **PG** +KBAC05-001+ |

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| 09:30 | **Iron Chef America: Symon Vs. Vetri (R)** Chef Marc Vetri of Vetri Italian restaurant takes on Iron Chef Symon. | **PG** +ICAM08-005+ |

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| 10:30 | **Iron Chef America: Morimoto Vs. Sedlar (R)** Morimoto versus Zakarian, whose cuisine will reign supreme? | **PG** +ICAM08-006+ |

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| 11:30 | **Chopped: Clam Clash (R)** In the lightning-fast first round, the chefs must create appetizers in just 20 minutes from clams and a sweet dried fruit.  | **PG** +CHPD35-003+ |

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| 12:30 | **Chopped: The Beets Go On (R)** In the appetizer round, the chefs bake premade dough and try to figure out the best plan for including a Persian hot dog stew in their dishes. | **PG** +CHPD35-004+ |

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| 13:30 | **Mystery Diners: Trademark Trouble (R)** A San Diego restaurant owner fears that someone within his organization is trying to steal his signature sandwich. | **PG** +MYSD07-005+ |

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| 14:00 | **Mystery Diners: Customer Concerns (R)** The owner of "730 South" in Denver, worries that his regular customers are guilty of acting entitled and asks Charles and the team to get to the bottom of the problem. | **PG** +MYSD07-006+ |

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| 14:30 | **Mystery Diners: Heavy Metal Mess (R)** The owners of the "Toad Tavern" in Colorado, are concerned that their son and his band mates are too focused on getting their music careers and are letting their responsibilities slide. | **PG** +MYSD07-007+ |

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

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| 16:30 | **Dr. Ken: Jae Meets The Parks (R)** Ken is excited when Molly introduces him to her boyfriend, until he learns about the boyfriend's career choice. Damona challenges Pat over the office dress code. | **PG** +DKEN02-013+ |

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| 17:00 | **Smallville (R) ’CC’** Clark is forced to use his powers within sight of Alicia, a new girl at school, but he is surprised to find out she has powers of her own. The two develop a bond through their shared secret. | **PG (H,V,S)**+SMVI03-014+ |

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| 18:00 | **How I Met Your Mother: Bagpipes (R) ’CC’** Barney arrogantly gives relationship advice to Marshall which results in a huge fight between Marshall and Lily. | **PG** +HMYM5-006+ |

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| 18:30 | **The Simpsons: Waverly Hills 9-0-2-1-D'Oh (R)** The Simpsons set up a fake residence in Waverly Hills so that Bart and Lisa can attend school there. | **PG** +SIMP20-019+ |

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| 19:00 | **The Simpsons: Four Great Women And A Manicure (R)** A series of parodies based on four strong women: Queen Elizabeth, Snow White, Lady MacBeth, and Ayn Rand. | **PG (V)**+SIMP20-020+ |

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| 19:30 | **Modern Family: Regrets Only (R) ’CC’** Gloria and Jay try to help when Phil and Claire get into a huge argument; Cameron asks Mitchell and Luke to help prepare for a big fundraising event. | **PG (S,L)**+MOFA02-016+ |

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| 20:00 | **Modern Family: Two Monkeys And A Panda (R) ’CC’** Cameron decides he wants to write a book celebrating the fact that Lily is adopted. However, during the process he makes a startling discovery.  | **PG (S,L)**+MOFA02-017+ |

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| 20:30 | **First Dates Australia (R) ’CC’** Hoping to find someone to get their hearts racing are these two V8 loving bogans, Ebony and Nick. Also, a brother and sister are duo both searching for the perfect man (not the same one!)  | **PG (L,S,A)**+FDAT04-004+ |

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| 21:45 | **First Dates UK (R) ’CC’** Hunky self-confessed metrosexual Jon is determined to find prickly model Regan's soft side. Braggart playboy Mostafa might have met his match in cutie Cara. | **M (L,S,A)**+FDUK02-004+ |

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| 23:00 | **Ink Master Redemption: Hula Girls And Garter Belts (R)** Hostile canvases await the artists in the opener of this spin-off, in which dissatisfied human canvases from "Ink Master" return for a chance at new tattoos. | **M (L)**+INKR01-001+ |

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| 23:30 | **Ink Master Redemption: Mystical Mistakes (R)** Don and "Mystical Mike" return, and egos collide when they must tag-team with a fan favorite. | **M (L)**+INKR01-002+ |

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| 00:00 | **Are You The One?** Dario and Layton's battle over Ashley intensifies. Ellie is interested in Nathan but Nathan thinks Christina is his perfect match and Christina can not handle the pressure. | **MA (L,S)**+AYTO02-008+ |

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| 01:00 | **How I Met Your Mother: Bagpipes (R) ’CC’** Barney arrogantly gives relationship advice to Marshall which results in a huge fight between Marshall and Lily. | **PG** +HMYM5-006+ |

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| 01:30 | **The Simpsons: Waverly Hills 9-0-2-1-D'Oh (R)** The Simpsons set up a fake residence in Waverly Hills so that Bart and Lisa can attend school there. | **PG** +SIMP20-019+ |

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| 02:00 | **The Simpsons: Four Great Women And A Manicure (R)** A series of parodies based on four strong women: Queen Elizabeth, Snow White, Lady MacBeth, and Ayn Rand. | **PG (V)**+SIMP20-020+ |

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| 02:30 | **Modern Family: Regrets Only (R) ’CC’** Gloria and Jay try to help when Phil and Claire get into a huge argument; Cameron asks Mitchell and Luke to help prepare for a big fundraising event. | **PG (S,L)**+MOFA02-016+ |

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| 03:00 | **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,LEE BOWMAN,EVE ARDEN,PEGGY CONKLIN,LUCILLE BALL,RED SKELTON | **G** +RKO-049+ |

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| 04:30 | **Movie: The Falcon In San Francisco (R) (1945)** Six murders mark the trail of a gang of silk thieves, before Falcon catches the killer. Starring:FAY HELM,RITA CORDAY,ROBERT ARMSTRONG,MYRNA DELL,TOM CONWAY,SHARYN MOFFET,EDWARD BROPHY | **PG (V)**+RKO-027+ |

 **Tuesday 10 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-024+ |

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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** +IAC15-025+ |

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

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| 07:30 | **James Robison: Whitney Capps (R)** Religious Program. | **PG** +JARO20-010+ |

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| 08:00 | **Giada At Home: Gifts Galore (R)** The perfect way to thank a host or hostess is with a homemade treat. Giada De Laurentiis makes a handful of easy and delicious recipes that can be taken to any party. | **PG** +GIHO06-009+ |

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| 08:30 | **Comfort Food Tour: A Symphony Of Sauces (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-006+ |

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| 09:00 | **Cake Wars: Space Jam (R)** Bugs Bunny, Daffy Duck and the Looney Tunes gang are headed to Cake Wars to celebrate the 20th anniversary of the classic basketball movie, Space Jam. | **PG** +CAKW04-008+ |

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| 10:00 | **Iron Chef America: Morimoto Vs. Cohen (R)** New York-based vegetarian chef Amanda Cohen takes on Iron Chef Masaharu Morimoto. | **PG** +ICAM08-007+ |

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| 11:00 | **Chopped: Feel The Burn (R)** In this heated competition, the chefs make the most of fiery, spicy ingredients in the baskets. In round one, a dip made with hot sauce and a spicy piece of poultry challenge the chefs. | **PG** +CHPD35-005+ |

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| 12:00 | **The Catch: The Dining Hall (R) ’CC’** Alice discovers some very hard truths about her brother Tommy and Val is forced to dig into her past in order to help with his case.  | **M (V)**+CATC02-003+ |

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| 13:00 | **The Catch: The Family Way (R) ’CC’** Alice and Ben get caught in each other's crosshairs when they must choose between loyalties. Meanwhile, Alice is forced to confront a past she hoped she'd left behind. | **M (S,V)**+CATC02-004+ |

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| 14:00 | **Trial And Error: Opening Statements (R) ’CC’** As the trial officially begins, Josh's strategy takes a crucial blow and Anne and Dwayne investigate why Larry's former lover, isn't on the prosecution's witness list. | **M** +TRAE01-009+ |

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| 14:30 | **Trial And Error: A Hostile Jury (R) ’CC’** Josh tries to show the hostile jury the real Larry when they visit the crime scene inside the Henderson home and Anna and Dwayne search for Margaret's missing cell phone. | **M (A)**+TRAE01-010+ |

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

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| 16:30 | **Modern Family: Two Monkeys And A Panda (R) ’CC’** Cameron decides he wants to write a book celebrating the fact that Lily is adopted. However, during the process he makes a startling discovery.  | **PG (S,L)**+MOFA02-017+ |

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| 17:00 | **Smallville (R) ’CC’** While his father is awaiting surgery, Clark befriends a young boy, Garrett, whose brother Vince dies from liver failure. However, everyone is shocked when Vince shows up at the hospital, alive. | **PG (H,V,A)**+SMVI03-015+ |

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| 18:00 | **How I Met Your Mother: The Rough Patch (R) ’CC’** When Barney and Robin hit a rough patch in their relationship, Lily devises the perfect plan to break them up, and calls Alan Thicke. | **PG** +HMYM5-007+ |

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| 18:30 | **The Simpsons: Coming To Homerica (R)** Townspeople build a wall around Springfield to keep "immigrants" from Ogdenville from relocating to their town. | **PG** +SIMP20-021+ |

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| 19:00 | **The Simpsons: Homer The Whopper (R)** A Hollywood studio makes a movie based on Comic Book Guy's comic book character Everyman, and Homer is cast in the lead. However, Homer's weight fluctuations cause problems for the production. | **PG** +SIMP21-001+ |

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| 19:30 | **Modern Family: Boys' Night (R) ’CC’** In an attempt to avoid sitting through a classical music concert with Gloria and Manny, Jay feigns a previous engagement with Mitchell.  | **PG (S,L)**+MOFA02-018+ |

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| 20:00 | **Modern Family: The Musical Man (R) ’CC’** Cameron is relishing his role as interim music director at Luke and Manny's school, and he's taking on the upcoming spring musical performance with a little too much zest and fervor.  | **PG (S,L)**+MOFA02-019+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Rococo (R)** Gordon finds a chef caught in a time warp when he tackles a picturesque but largely unfrequented upmarket restaurant in King's Lynn, a traditional market town on the Norfolk coast.  | **MA (L)**+RAKN03-003+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Ms Jean's (R)** Chef Ramsay visits Ms. Jean's Southern Cuisine in Wilkinsburg, PA, which is run by retired special education teacher Jean Gould. Starring:GORDON RAMSAY | **M (L)**+KNUS06-004+ |

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| 22:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 1 (R)** Gordon Ramsay checks in to some of America's worst hotels. Starring:GORDON RAMSAY | **M (L)**+HELL01-004+ |

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| 23:30 | **Nikita: The Next Seduction (R)** While out on a mission for Division, Alex runs into Irina, a woman from her past. Alex tries to help Irina break free from her captor, but her old friend double-crosses her and turns Alex over. | **M (D,V)**+NIKI01-014+ |

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| 00:30 | **Nikita: Alexandra (R)** While out on a mission for Division, Alex runs into Irina, a woman from her past. Alex tries to help Irina break free from her captor, but her old friend double-crosses her and turns Alex over. | **M (D,V)**+NIKI01-015+ |

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| 01:30 | **How I Met Your Mother: The Rough Patch (R) ’CC’** When Barney and Robin hit a rough patch in their relationship, Lily devises the perfect plan to break them up, and calls Alan Thicke. | **PG** +HMYM5-007+ |

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| 02:00 | **Giada At Home: Gifts Galore (R)** The perfect way to thank a host or hostess is with a homemade treat. Giada De Laurentiis makes a handful of easy and delicious recipes that can be taken to any party. | **PG** +GIHO06-009+ |

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| 02:30 | **Comfort Food Tour: A Symphony Of Sauces (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-006+ |

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| 03:00 | **Cake Wars: Space Jam (R)** Bugs Bunny, Daffy Duck and the Looney Tunes gang are headed to Cake Wars to celebrate the 20th anniversary of the classic basketball movie, Space Jam. | **PG** +CAKW04-008+ |

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| 04:00 | **Iron Chef America: Morimoto Vs. Cohen (R)** New York-based vegetarian chef Amanda Cohen takes on Iron Chef Masaharu Morimoto. | **PG** +ICAM08-007+ |

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| 05:00 | **Chopped: Feel The Burn (R)** In this heated competition, the chefs make the most of fiery, spicy ingredients in the baskets. In round one, a dip made with hot sauce and a spicy piece of poultry challenge the chefs. | **PG** +CHPD35-005+ |

 **Wednesday 11 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-026+ |

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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** +IAC15-027+ |

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

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| 07:30 | **James Robison: Sheila Walsh - Disappointment With God's Timing (R)** Religious Program. | **PG** +JARO20-011+ |

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| 08:00 | **Giada At Home: Christmas Brunch (R)** Nothing is better on Christmas morning than an amazing festive brunch. Giada De Laurentiis and her Aunt Raffy create a menu that's savory, sweet and sure to please this holiday season. | **PG** +GIHO06-010+ |

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| 08:30 | **Beach Eats USA: Surf And Turf (R)** Curtis Stone is finding the best of both surf and turf right on some of the most beautiful beaches in America. | **PG** +BEEA01-003+ |

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| 09:00 | **Cake Wars: Monopoly (R)** Who will pass "go" and collect $10,000 as Cake Wars celebrates the iconic board game, Monopoly? | **PG** +CAKW04-009+ |

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| 10:00 | **Iron Chef America: Symon Vs. Crenn (R)** "Next Iron Chef" alum Dominique Crenn battles Iron Chef Michael Symon. | **PG** +ICAM08-008+ |

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| 11:00 | **Chopped: Comfort Zone (R)** In this special competition, the baskets are filled with enticing, soul-soothing comfort foods. | **PG** +CHPD35-006+ |

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| 12:00 | **The Catch: The Bad Girl (R) ’CC’** The AVI team digs deep into Margot's past to uncover the truth about who is set on destroying the Kensington Firm. | **M (V)**+CATC02-005+ |

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| 13:00 | **The Catch: The Hard Drive (R) ’CC’** Alice and Val reexamine the cold case that brought them together as partners, and Ben and Rhys are faced with a major threat when they are told that their undercover status may have been compromised. | **M (D,V,S)**+CATC02-006+ |

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| 14:00 | **Trial And Error: Unusual Suspect (R) ’CC’** After the prosecution presents its case for 28 grueling days, Josh's defense suffers a major setback. Plus, Larry forbids Josh from putting Summer on the stand. | **M (S)**+TRAE01-011+ |

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| 14:30 | **Trial And Error: The Defense Rests (R) ’CC’** Josh takes a huge gamble by putting Larry on the stand, and Larry's testimony leads to a shocking discovery that may be too difficult to overcome. | **M (A)**+TRAE01-012+ |

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

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| 16:30 | **Modern Family: The Musical Man (R) ’CC’** Cameron is relishing his role as interim music director at Luke and Manny's school, and he's taking on the upcoming spring musical performance with a little too much zest and fervor.  | **PG (S,L)**+MOFA02-019+ |

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| 17:00 | **Smallville (R) ’CC’** Clark receives a panicked call from Lana and hears a gunshot before the line goes dead but when he finds her, he is stunned to discover she is alive and well. | **PG (H,V)**+SMVI03-016+ |

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| 18:00 | **How I Met Your Mother: Slapsgiving 2: Revenge Of The Slap (R) ’CC’** It's Thanksgiving Day and Barney is on high alert. Then, Lily's estranged father shows up. Guest starring Chris Elliott. | **PG** +HMYM5-009+ |

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| 18:30 | **The Simpsons: Bart Gets A Z (R)** When Bart's prank gets Ms. Krabappel fired from Springfield Elementary School, he tries to make it up to her without letting her know that he was responsible. | **PG** +SIMP21-002+ |

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| 19:00 | **The Simpsons: The Great Wife Hope (R)** Marge takes on the owner of an ultimate fighting league in the ring in order to get the sport banned in Springfield. | **PG (V)**+SIMP21-003+ |

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| 19:30 | **Modern Family: Someone To Watch Over Lily (R) ’CC’** Mitchell and Cameron are looking to assign a legal guardian who would care for Lily should something happen to them, and are secretly assessing their family members. | **PG (S,L)**+MOFA02-020+ |

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| 20:00 | **Modern Family: Mother's Day (R) ’CC’** Claire and Gloria want to spend a nice Mother's Day outdoors hiking with the kids, but their nonstop bickering and complaining drives Claire to the edge, and she brings Gloria down with her.  | **PG (S,L)**+MOFA02-021+ |

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| 20:30 | **Movie: The Twilight Saga: Breaking Dawn - Part 1 (R) (2011)** The Quileutes close in on expecting parents Edward and Bella, whose unborn child poses a threat to the Wolf Pack and the towns people of Forks. Starring:BILLY BURKE,GIL BIRMINGHAM,KRISTEN STEWART,SARAH CLARKE,TY OLSSON,TAYLOR LAUTNER | **M (A,H)**+STUC03-004+ |

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| 22:50 | **Movie: Nothing To Lose (R) (2015)** In a state of despair, Nick Beame encounters a bumbling thief whose attempted carjacking goes awry when Nick takes him on an involuntary joyride. Starring:MARTIN LAWRENCE,KELLY PRESTON,JOHN MCGINLEY,TIM ROBBINS,REBECCA GAYHEART,STEVE OEDEKERK | **M (S,V,L)**+WDFR17-009+ |

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| 01:00 | **Black-ish: Is It Desert Or Dessert?** Dre has concerns about Jack and Diane spending the weekend with their friends' family in the desert. Meanwhile, Pops is forced to come to terms with how he treats women after he helps set Junior up. | **PG (A)**+BLKI05-023+ |

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| 01:30 | **Black-ish: Relatively Grown Man** After Junior gets an offer for his dream job working with Migos, Dre and Bow are determined to convince him to return to college and get his degree. | **PG (A)**+BLKI05-024+ |

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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 | **Iron Chef America: Symon Vs. Crenn (R)** "Next Iron Chef" alum Dominique Crenn battles Iron Chef Michael Symon. | **PG** +ICAM08-008+ |

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| 05:00 | **Chopped: Comfort Zone (R)** In this special competition, the baskets are filled with enticing, soul-soothing comfort foods. | **PG** +CHPD35-006+ |

 **Thursday 12 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-028+ |

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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** +IAC15-029+ |

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

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| 07:30 | **James Robison: Kyle Idleman (R)** Religious Program. | **PG (A)**+JARO20-012+ |

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| 08:00 | **Giada At Home: Healthy And Hearty (R)** Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG** +GIHO06-011+ |

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| 08:30 | **Beach Eats USA: Island Bites (R)** It's island life for Curtis Stone as he hops from California to Georgia to Florida in search of adventure and the most incredible island bites. | **PG** +BEEA01-004+ |

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| 09:00 | **Cake Wars: Rose Bowl (R)** It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG** +CAKW04-010+ |

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| 10:00 | **Iron Chef America: Flay Vs Stone (R)** Chef Curtis Stone takes on Iron Chef Bobby Flay in a skipjack tuna showdown. | **PG** +ICAM08-009+ |

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| 11:00 | **Chopped: Waffles For The Win (R)** The judges have a pressing matter to discuss with four lucky chefs: waffles. | **PG** +CHPD35-007+ |

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| 12:00 | **The Catch: The Birthday Party (R) ’CC’** Alice is caught off guard when someone from her past resurfaces and is in need of her help. Meanwhile, Ben and Margot have to work together to keep a sweet sixteen party from getting out of hand. | **M (V)**+CATC02-007+ |

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| 13:00 | **The Catch: The Knock-Off (R) ’CC’** Alice's attention to her recent case forces Ben to confront her about their relationship, and Ben and Rhys help Justine solve the biggest case of her life. | **M (V,S)**+CATC02-008+ |

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| 14:00 | **Trial And Error: The Verdict (R) ’CC’** The trial is over and the verdict is finally announced. A key piece of evidence is found that answers the question, "Who killed Margaret Henderson". | **M (S)**+TRAE01-013+ |

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| 14:30 | **How I Met Your Mother: Slapsgiving 2: Revenge Of The Slap (R) ’CC’** It's Thanksgiving Day and Barney is on high alert. Then, Lily's estranged father shows up. Guest starring Chris Elliott. | **PG** +HMYM5-009+ |

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

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| 16:30 | **Modern Family: Mother's Day (R) ’CC’** Claire and Gloria want to spend a nice Mother's Day outdoors hiking with the kids, but their nonstop bickering and complaining drives Claire to the edge, and she brings Gloria down with her.  | **PG (S,L)**+MOFA02-021+ |

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| 17:00 | **Smallville (R) ’CC’** When Jonathan acts strangely, Clark believes that his Kryptonian father, Jor-El, is sending Jonathan messages and is the cause for his father's withdrawal from the family. | **PG (H,V)**+SMVI03-017+ |

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| 18:00 | **How I Met Your Mother: The Window (R) ’CC’** Marshall takes action when he finds a letter written by his younger self. | **PG** +HMYM5-010+ |

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| 18:30 | **The Simpsons: The Devil Wears Nada (R)** Marge rediscovers her sexuality after appearing in a racy calendar, but Homer is too tired to respond to her advances because he is being worked to death by his new boss, Carl. | **PG (S)**+SIMP21-005+ |

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| 19:00 | **The Simpsons: Pranks And Greens (R)** Bart meets the boy responsible for the greatest prank in Springfield Elementary School history, and discovers that he's now a 19-year-old loser. | **PG** +SIMP21-006+ |

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| 19:30 | **Modern Family: Good Cop, Bad Dog (R) ’CC’** Phil and Claire swap parenting roles for the day: Claire will be the fun loving good cop and Phil the bad cop. Gloria is at it again, taking in every sob story and stray she comes across. | **PG (S,L)**+MOFA02-022+ |

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| 20:00 | **Modern Family: See You Next Fall (R) ’CC’** The whole family is gathering at Jay's before heading out to Alex's graduation ceremony from junior high; Jay is preoccupied with hiding a Botox mishap from everyone. | **PG (S,L)**+MOFA02-023+ |

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| 20:30 | **Movie: Date Night (R) ’CC’ (2010)** In New York City, a case of mistaken identity turns a bored married couple's attempt at a glamorous and romantic evening into something more thrilling and dangerous. Starring:MARK WAHLBERG,TINA FEY,TARAJI P. HENSON,STEVE CARELL | **M (L,S)**+FOXF08-009+ |

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| 22:20 | **Movie: Due Date (R) ’CC’** High-strung father-to-be Peter Highman is forced to hitch a ride with aspiring actor Ethan Tremblay on a road trip in order to make it to his child's birth on time. Starring:JAMIE FOXX,JULIETTE LEWIS,ROBERT DOWNEY JR,MICHELLE MONAGHAN,TODD PHILLIPS,ZACH GALIFIANAKIS | **MA (D,L,S)**+WBFF01-015+ |

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| 00:20 | **Revolution: Children Of Men (R)** Rachel and Monroe battle with more than wits. Meanwhile, Miles, Charlie, Nora and Aaron get inside the Tower… but Neville and son Jason get shut out. Miles and Monroe once again face-off. | **MA (V,A)**+REVO01-019+ |

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| 01:30 | **Giada At Home: Healthy And Hearty (R)** Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG** +GIHO06-011+ |

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| 02:00 | **Beach Eats USA: Island Bites (R)** It's island life for Curtis Stone as he hops from California to Georgia to Florida in search of adventure and the most incredible island bites. | **PG** +BEEA01-004+ |

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| 02:30 | **Cake Wars: Rose Bowl (R)** It's time for kick-off as Cake Wars celebrates one of the longest-standing traditions of college football, the Rose Bowl game. | **PG** +CAKW04-010+ |

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| 03:30 | **Iron Chef America: Flay Vs Stone (R)** Chef Curtis Stone takes on Iron Chef Bobby Flay in a skipjack tuna showdown. | **PG** +ICAM08-009+ |

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| 04:30 | **Chopped: Waffles For The Win (R)** The judges have a pressing matter to discuss with four lucky chefs: waffles. | **PG** +CHPD35-007+ |

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| 05:30 | **Giada At Home: Healthy And Hearty (R)** Giada De Laurentiis creates meals that feature vegetables as the main dish with hearty and colourful dishes. | **PG** +GIHO06-011+ |

 **Friday 13 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-030+ |

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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** +IAC15-031+ |

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

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

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| 08:00 | **Giada At Home: Easy Italian (R)** Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG** +GIHO06-012+ |

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| 08:30 | **Beach Eats USA: Dockside Dining (R)** Curtis Stone sets sail to discover the ultimate dockside dining in South Carolina, California and the Gulf Coast of Alabama. | **PG** +BEEA01-005+ |

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| 09:00 | **Cake Wars: Happy Feet (R)** Put on your dancing shoes and start tapping your toes as Cake Wars celebrates the animated film Happy Feet. | **PG** +CAKW04-011+ |

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| 10:00 | **Iron Chef America: Morimoto Vs. Zakarian (R)** A culinary battle between New York chef Geoffrey Zakarian and Iron Chef Masaharu Morimoto. | **PG** +ICAM08-010+ |

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| 11:00 | **Chopped: Pie Jinks (R)** The chefs get news that the judges will be expecting three courses of flaky, perfect pies.  | **PG** +CHPD35-008+ |

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| 12:00 | **The Catch: The Cleaner (R) ’CC’** The AVI team discover their working relationship with Margot isn't as clean as they'd like, while Alice finds herself on the receiving end of a life-altering confession. | **M (V)**+CATC02-009+ |

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| 13:00 | **The Catch: Mockingbird (R) ’CC’** While Alice and Ben are forced to face their pasts, a shocking betrayal could change everything. | **M (V)**+CATC02-010+ |

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| 14:00 | **How I Met Your Mother: The Window (R) ’CC’** Marshall takes action when he finds a letter written by his younger self. | **PG** +HMYM5-010+ |

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| 14:40 | **Modern Family: Good Cop, Bad Dog (R) ’CC’** Phil and Claire swap parenting roles for the day: Claire will be the fun loving good cop and Phil the bad cop. Gloria is at it again, taking in every sob story and stray she comes across. | **PG (S,L)**+MOFA02-022+ |

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| 15:10 | **Modern Family: See You Next Fall (R) ’CC’** The whole family is gathering at Jay's before heading out to Alex's graduation ceremony from junior high; Jay is preoccupied with hiding a Botox mishap from everyone. | **PG (S,L)**+MOFA02-023+ |

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| 15:40 | **The Simpsons: The Devil Wears Nada (R)** Marge rediscovers her sexuality after appearing in a racy calendar, but Homer is too tired to respond to her advances because he is being worked to death by his new boss, Carl. | **PG (S)**+SIMP21-005+ |

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| 16:10 | **The Simpsons: Pranks And Greens (R)** Bart meets the boy responsible for the greatest prank in Springfield Elementary School history, and discovers that he's now a 19-year-old loser. | **PG** +SIMP21-006+ |

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| 16:40 | **Movie: The Prince & Me 2: The Royal Wedding (R) (2007)** With just weeks before their royal wedding, Paige and Edvard find their relationship and the Danish monarchy in jeopardy when an old law is brought to light. Starring:LUKE MABLY,MARYAM DABO,KAM HESKIN,CLEMENCY BURTON-HILL | **PG (L)**+ICNF18-004+ |

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| 18:40 | **Movie: Brave (R) ’CC’ (2012)** Princess Merida wants to make her own path in life. In doing so, she defies a custom, angering her kingdom. Seeking help, she is granted an ill-fated wish by a witch and now must use her bravery to undo the beastly curse. Starring:BILLY CONNOLLY,CRAIG FERGUSON,KEVIN MCKIDD,ROBBIE COLTRANE,KELLY MACDONALD,JULIE WALTERS,EMMA THOMPSON | **PG (V)**+WDF50-008+ |

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| 20:30 | **Movie: Saving Mr. Banks (R) ’CC’ (2013)** Author P.L. Travers travels from London to Hollywood as Walt Disney adapts her novel Mary Poppins for the big screen. Starring:BJ NOVAK,BRADLEY WHITFORD,COLIN FARRELL,JASON SCHWARTZMAN,EMMA THOMPSON,PAUL GIAMATTI,TOM HANKS,RACHEL GRIFFITHS | **PG (A)**+WDFC53-008+ |

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| 23:00 | **Movie: Now Is Good (R) (2012)** A girl dying of leukemia compiles a list of things she'd like to do before passing away, including losing her virginity. Starring:DAKOTA FANNING,KAYA SCODELARIO,PADDY CONSIDINE,JEREMY IRVINE,OLIVIA WILLIAMS | **M (D,L,S,A)**+WDF52-002+ |

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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 | **Giada At Home: Easy Italian (R)** Giada De Laurentiis creates four tasty Italian dishes made with inexpensive ingredients like Cannellini Bean and Sausage Stew. | **PG** +GIHO06-012+ |

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| 03:00 | **Cake Wars: Happy Feet (R)** Put on your dancing shoes and start tapping your toes as Cake Wars celebrates the animated film Happy Feet. | **PG** +CAKW04-011+ |

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| 04:00 | **Iron Chef America: Morimoto Vs. Zakarian (R)** A culinary battle between New York chef Geoffrey Zakarian and Iron Chef Masaharu Morimoto. | **PG** +ICAM08-010+ |

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| 05:00 | **Chopped: Pie Jinks (R)** The chefs get news that the judges will be expecting three courses of flaky, perfect pies.  | **PG** +CHPD35-008+ |

 **Saturday 14 March 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-032+ |

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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** +IAC15-033+ |

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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-010+ |

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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-011+ |

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| 08:00 | **Ten Dollar Dinners: Keep the Change Chile (R)** Melissa makes Chiles Rellenos, with the side of Rice With Green Pepper and Jalapeno. Ontop of that, some Mashed Black Beans for that extra dose of protein. All that flavor, and still under budget.  | **G** +TEDD06-003+ |

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| 08:30 | **Ten Dollar Dinners: A Down-Home Ten Dollar Dinner (R)** Melissa's down-home menu starts with Chicken and Biscuits, tender chicken thighs served over super-quick Sour Cream Garlic Biscuits. On the side, Broccoli and Cauliflower Salad with a dijon dressing. | **G** +TEDD06-004+ |

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| 09:00 | **Ten Dollar Dinners: Winter In Provence (R)** Melissa d'Arabian warms up with warming French favorites. She simmers a pot of Daube a la Provencale, a classic French beef stew, and serves it with a traditional side, pasta-based Macaronade. | **G** +TEDD06-005+ |

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| 09:30 | **Reality Cupcakes: Cupsteaks! (R)** The Reality Cupcakes team serves up some of the zaniest treats around. Ashley Foxen starts by tricking the owners of a New York City steakhouse with red velvet T-bone steak cupcakes. | **PG** +RCUP01-002+ |

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| 10:00 | **Kid's Baking Championship: Defying Gravity (R)** Duff and Valerie challenge the kid bakers to make magic by creating cakes with gravity-defying illusions on them. | **PG** +KBAC05-002+ |

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| 11:00 | **Chopped: Dim Sum Yum (R)** Pop goes the basket as the chefs must make bubblegum-flavored candy balance with hot and sour soup in their appetizer plates. | **PG** +CHPD35-009+ |

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| 12:00 | **Helloworld (R) ’CC’** Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-012+ |

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| 12:30 | **My Asian Banquet: Vietnam** Jason brings his knowledge of South-East Asian cuisine into your lounge room each episode and re-creates My Asian Banquet. | **PG** +MYAB01-001+ |

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| 13:00 | **Reality Cupcakes: Cupsteaks! (R)** The Reality Cupcakes team serves up some of the zaniest treats around. Ashley Foxen starts by tricking the owners of a New York City steakhouse with red velvet T-bone steak cupcakes. | **PG** +RCUP01-002+ |

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| 13:40 | **Restaurant: Impossible: Rohrer's Tavern (R)** Chef Robert Irvine heads to North Bend, Ohio, to help revive Rohrer's Tavern, a local staple for more than 60 years. Current owner Lisa has faithfully stuck to the legacy of Rohrer's to a fault. | **PG** +RIMP05-002+ |

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| 14:50 | **One Tree Hill: The Leaving Song (R)** Lucas is shocked to learn that Dan once asked Karen for joint custody of him when he was a baby. Meanwhile, Peyton panics after her friend Nicki kidnaps Jake's baby while baby-sitting. | **PG (S,A,L)**+ONTH01-021+ |

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| 15:50 | **One Tree Hill: The Games That Play Us (R)** Lucas and Nathan bear the brunt of Dan's abuse as he coaches them into the playoffs, pushing both of them to their emotional breaking points. Haley is stunned after Dan threatens her. | **PG (S,A,L)**+ONTH01-022+ |

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| 16:50 | **Movie: The Odd Life of Timothy Green (R) ’CC’ (2012)** A childless couple buries a box in their backyard, containing all of their wishes for an infant. Overnight, a child named Timothy appears and claims to be their son. Starring:CJ ADAMS,JOEL EDGERTON,JENNIFER GARNER,ODEYA RUSH,SHOHREH AGHDASHLOO,DIANNE WIEST,RON LIVINGSTON | **G** +WDF52-009+ |

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| 19:00 | **Movie: Home Alone 3 (R) (1997)** Alex Pruitt, a young boy of nine living in Chicago, fends off thieves who seek a top-secret chip in his toy car to support a North Korean terrorist organisation's next deed. Starring:ALEX LINZ,OLEK KRUPA,DAVID THORNTON,RYA KIHLSTEDT | **PG (V)**+FOXF08-032+ |

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| 21:00 | **Movie: National Lampoon's Christmas Vacation (R) ’CC’ (1989)** Clark Griswold, the well-intentioned, walking disaster, has decided to stay home for the holidays and the neighborhood will never be the same. Starring:BEVERLY DANGELO,CHEVY CHASE,JULIETTE LEWIS,RANDY QUAID | **M (L,S)**+WBFF02-044+ |

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| 23:00 | **Movie: The Interview (R) (2013)** Dave Skylark and his producer Aaron Rapoport are the team behind a popular tabloid-TV show. After learning that Kim Jong Un is a huge fan of the show, they set up an interview with him. Starring:ANDERS HOLM,JAMES FRANCO,LIZZY CAPLAN,DIANA BANG,RANDALL PARK,SETH ROGEN | **MA (O,V,L,S)**+SPCF07-009+ |

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

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

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| 02:30 | **Reality Cupcakes: Cupsteaks! (R)** The Reality Cupcakes team serves up some of the zaniest treats around. Ashley Foxen starts by tricking the owners of a New York City steakhouse with red velvet T-bone steak cupcakes. | **PG** +RCUP01-002+ |

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| 03:00 | **Ten Dollar Dinners: A Down-Home Ten Dollar Dinner (R)** Melissa's down-home menu starts with Chicken and Biscuits, tender chicken thighs served over super-quick Sour Cream Garlic Biscuits. On the side, Broccoli and Cauliflower Salad with a dijon dressing. | **G** +TEDD06-004+ |

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| 03:30 | **Ten Dollar Dinners: Winter In Provence (R)** Melissa d'Arabian warms up with warming French favorites. She simmers a pot of Daube a la Provencale, a classic French beef stew, and serves it with a traditional side, pasta-based Macaronade. | **G** +TEDD06-005+ |

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| 04:00 | **Chopped: Dim Sum Yum (R)** Pop goes the basket as the chefs must make bubblegum-flavored candy balance with hot and sour soup in their appetizer plates. | **PG** +CHPD35-009+ |

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| 05:00 | **Kid's Baking Championship: Defying Gravity (R)** Duff and Valerie challenge the kid bakers to make magic by creating cakes with gravity-defying illusions on them. | **PG** +KBAC05-002+ |