**Sunday 12 January 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-038+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-039+ |

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| 07:00 | **Sally Bollywood - Super Detective: Poster Boy / Eye In The Sky (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-002+ |

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| 07:30 | **Sally Bollywood - Super Detective: The Sad Clown Gang / The Haunted House (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-003+ |

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| 08:00 | **Crazy Cakes: Out-Of-This-World, Upside-Down Cakes (R)** An upside-down wedding cake hanging from a chandelier is covered in sparkly rhinestones for the big day, and the planet Earth is made of cake. | **PG** +CRAZ01-004+ |

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| 08:30 | **Crazy Cakes: Beer, Bling And Spinning Cakes (R)** A brewery celebration calls for kegs made of cake that pour beer, and an edible sombrero is filled with food and flames. | **PG** +CRAZ01-005+ |

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| 09:00 | **Crazy Cakes: Magical And Mysterious Cakes (R)** Two edible dragons battle it out across a running stream, a sci-fi wedding cake transports the bride and groom to another planet, and an office is fooled by an edible, life-sized desk. | **PG** +CRAZ01-006+ |

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| 09:30 | **Ridiculous Cakes: Till Death Do Us Part (R)** A non-traditional bride and groom take the vow 'till death do us part' literally when they order a skeleton cake for their wedding. | **PG** +RICA02-009+ |

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| 10:00 | **Kid's Baking Championships (R)** Eight bakers remain for the challenge of incorporating chilies, peppers and cayenne into their chocolate creations. | **G** +KBAC02-003+ |

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| 11:00 | **The Kitchen: Fresh New Flavors (R)** Exploring new flavors, starting with Sunny Anderson's Bruschetta Burger and Katie Lee's Barbecue Salmon Cobb Salad. Creating fresh, seasonal dishes is easy with a Field Guide to Greens. | **PG** +TKIT13-007+ |

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| 12:00 | **The Kitchen: Get Your Grill On (R)** The hosts get their grill ready for spring and put some grilling gadgets to the test in a Tool Takedown. Jeff Mauro makes a mouth-watering Grilled Braciole and Marcela makes Grilled Cole Slaw. | **PG** +TKIT13-008+ |

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| 13:00 | **Chopped: Cinco De Mayo Fiesta (R)** Four cooks are surprised by a Cinco de Mayo theme, and in the first basket, they must grapple with a green pie and a big fish fillet. | **PG** +CHPD28-006+ |

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| 14:00 | **Chopped: San Franchopco (R)** Four chefs from the same city throw down in the Chopped Kitchen to find out who's the best in town! | **PG** +CHPD28-007+ |

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| 15:00 | **Restaurant: Impossible: Lost In The Woods (R)** After losing his successful corporate job, an inexperienced restaurant owner purchased the Pinehurst Country Lodge in Greeley, Pennsylvania, and is now $350,000 in debt. | **PG** +RIMP06-007+ |

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| 16:00 | **Restaurant: Impossible: Sink Or Swim (R)** Chef Robert is off to Twin Lakes, Wis., to Pier West Restaurant, which has a scenic view and a boatload of problems.  | **PG** +RIMP06-008+ |

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| 17:00 | **Restaurant: Impossible: It's All Greek To Me (R)** Chef Robert Irvine helps cousins Angelo and Angelo and their diner, Angelo's. Their fathers started the restaurant 40 years ago but every day has been the same - the same menu, decor and drama. | **PG** +RIMP06-009+ |

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| 18:00 | **Mystery Diners: Cabin Fever (R)** Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG** +MYSD09-011+ |

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| 18:30 | **Mystery Diners: Train Robbery (R)** Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG** +MYSD09-012+ |

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| 19:00 | **Mystery Diners: Dusting For Prints (R)** After noticing over $4,000 missing from her office safe, Keeli, owner of Fuzion in Huntington Beach, Calif., believes one of her managers is responsible.  | **PG** +MYSD09-013+ |

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| 19:30 | **Ramsay's Kitchen Nightmares: The Walnut Tree - Revisited (R) ’CC’** Gordon revisits the Walnut Tree, to see if owner Francesco has followed his advice by finding a new head chef and resisting the urge to meddle in the kitchen. | **M (L)**+RAKN01-006+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Glass House - Revisited (R) ’CC’** Gordon returns to the Glass House. A few months on, there have been some departures. Who is in charge of the kitchen now? And, more importantly, is Ramsay's Caesar salad still on the menu? | **MA (L)**+RAKN01-005+ |

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| 21:30 | **Ramsay's Hotel Hell: Applegate River Lodge (R)** Gordon Ramsay travels across the US to fix some of its most horrendous hotels, troubled inns and struggling resorts. He will endure hotels at their worst, all so unsuspecting guests don't have to. Starring:GORDON RAMSAY | **M (D,L)**+HELL02-003+ |

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| 22:30 | **Nip/Tuck (R) ’CC’** The doctors perform facial reconstruction on a young woman who tells them she accidentally shot herself while drunk. But after Sean gets her to admit the shocking truth. | **MA (S,A)**+NIPT02-001+ |

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| 23:45 | **Nip/Tuck (R) ’CC’** Sean suffers uncontrollable spasms in his hands. After he nicks a patient's major neck artery during a routine cyst lancing, Sean stops performing surgeries. | **MA (S,A)**+NIPT02-002+ |

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| 00:45 | **Scandal: The Fish Rots From The Head (R) ’CC’** Olivia and the team take on some embattled Secret Service agents. Meanwhile, Abby has her hands full trying to keep Fitz in line, and Jake begins to reveal a few secrets of his own. | **M (S,V)**+SCAN05-013+ |

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| 01:45 | **Scandal: I See You (R) ’CC’** Olivia continues to spy on Jake while the gladiators have to fend for themselves. Meanwhile, Susan and Mellie are feeling the pressure as their campaigns heat up. | **M (V)**+SCAN05-014+ |

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| 02:45 | **Movie: The Navy Comes Through (R) (1942)** An exciting adventure story about the important part the Merchant Marines and the Navy played in World War II. Starring:CARL ESMOND,JANE WYATT,JACKIE COOPER,GEORGE MURPHY,DESI ARNAZ,MAX BAER,PAT OBRIEN | **G** +RKO-076+ |

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| 04:30 | **Movie: Son Of Kong (R) (1933)** In the sequel to the classic "King Kong", an adventurer and a girl return to the island where the mighty King Kong was captured seeking a long-lost treasure. Starring:HELEN MACK,FRANK REICHER,LEE KOHLMAR,JOHN MARSTON,ROBERT ARMSTRONG,VICTOR WONG | **G** +RKO-102+ |

 **Monday 13 January 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-040+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-041+ |

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

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

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| 08:00 | **The Pioneer Woman: Feeding 101 (R)** While Ree Drummond's husband, Ladd, gives a lesson on feeding the ranch's cattle, Ree's in the kitchen cooking up three comforting make-ahead meals. | **PG** +PIWO12-013+ |

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| 08:30 | **Restaurant: Impossible: Lost In The Woods (R)** After losing his successful corporate job, an inexperienced restaurant owner purchased the Pinehurst Country Lodge in Greeley, Pennsylvania, and is now $350,000 in debt. | **PG** +RIMP06-007+ |

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| 09:30 | **Restaurant: Impossible: Sink Or Swim (R)** Chef Robert is off to Twin Lakes, Wis., to Pier West Restaurant, which has a scenic view and a boatload of problems.  | **PG** +RIMP06-008+ |

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| 10:30 | **Mystery Diners: Cabin Fever (R)** Glen and Susan, the owners of the Gateway Restaurant and Lodge located near Sequoia National Park in California, contact Charles Stiles after hearing complaints of unauthorized parties taking place. | **PG** +MYSD09-011+ |

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| 11:00 | **Mystery Diners: Train Robbery (R)** Missing supplies and unauthorized passengers are a concern for the owner of the Fillmore and Western Railway in California. | **PG** +MYSD09-012+ |

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| 11:30 | **Mystery Diners: Dusting For Prints (R)** After noticing over $4,000 missing from her office safe, Keeli, owner of Fuzion in Huntington Beach, Calif., believes one of her managers is responsible.  | **PG** +MYSD09-013+ |

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| 12:00 | **Once Upon A Time: Sisterhood (R) ’CC’** Ivy tries to make amends with Anastasia, while Henry, Rogers, and Nate go out on the town. In the past, Drizella joins forces with another young witch to win Gothel's contest and join the Coven. | **PG (H,V)**+ONCE07-015+ |

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| 13:00 | **Once Upon A Time: Breadcrumbs (R) ’CC’** In the past, Henry asks for Hook's help finding a ring to give to Ella. In the present, Henry gets a job offer in New York, but first Weaver asks for his help to figure out who is the Candy Killer. | **PG (A,V)**+ONCE07-016+ |

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| 14:00 | **Just Shoot Me!: Blackmail Photographer (R) ’CC’** A photographer coerces Elliot into hiring him as his assistant. Elliot doesn't want to be under his thumb but doesn't know what to do. | **PG** +JUSM04-003+ |

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| 14:30 | **Just Shoot Me!: Finch Gets Dick (R) ’CC’** Finch is forced to protect Adrienne from a suitor who is a lot like him. | **PG** +JUSM04-004+ |

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

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| 16:00 | **Dr. Ken: Allison's Career Move (R)** Ken tries to keep Allison from accepting a job offer at the clinic, until he learns she doesn't want it anyway. And Dave conspires to keep their mum and dad from seeing Molly's SAT scores. | **PG (S)**+DKEN02-001+ |

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| 16:30 | **Dr. Ken: Ken And Allison Share A Patient (R)** It's Allison's first day of work at Welltopia and she and Ken try to prove the other wrong when it comes to a patient's diagnosis. | **PG (S)**+DKEN02-002+ |

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| 17:00 | **Smallville ’CC’** Clark becomes concerned when a mysterious poet, Byron Moore, leaves love notes for Lana at her parents' grave. Clark warns her to stay away from Byron, but she is intrigued. | **PG (H,V,A)**+SMVI02-005+ |

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| 18:00 | **How I Met Your Mother: Everything Must Go (R) ’CC’** Barney and Abby realise that they have one thing in common: their mutual hatred of Ted. Guest starring Britney Spears. | **PG** +HMYM3-019+ |

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| 18:30 | **The Simpsons: Bart Has Two Mommies (R)** Marge starts babysitting the Flanders boys, leading Homer to spend more time with Bart and Lisa.  | **PG** +SIMP17-014+ |

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| 19:00 | **The Simpsons: Homer Simpson, This Is Your Wife (R)** As part of a new Fox show, the Simpsons participate in a wife-swap. | **PG** +SIMP17-015+ |

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| 19:30 | **Modern Family: Travels With Scout (R) ’CC’** Claire is caught off guard when Phil's father shows up in an RV with a dog he bought for the family, and she soon becomes suspicious that he might be hiding the true reason for the visit. | **PG (S,L)**+MOFA01-021+ |

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| 20:00 | **Modern Family: Airport 2010 (R) ’CC’** Gloria plans a romantic getaway to Hawaii for Jay's birthday; Jay is ecstatic until he learns that she also invited the entire family to come along; everyone arrives at the airport, and madness ensues | **PG (S,L)**+MOFA01-022+ |

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| 20:30 | **First Dates Australia (R) ’CC’** In this episode, serial dater Stephanie has a secret crush on Malcom Turnbull. Also, Sanjay considers himself a catch, and rates himself a 9.5 out of 10. | **PG (S,L)**+FDAT02-007+ |

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| 21:40 | **First Dates Australia (R) ’CC’** Meet Anna, a lady in the kitchen and a freak in the bedroom who likes to take people out of their comfort zone, and Tony, who likens women to crocodiles as they both want to kill you at some stage. | **PG (S)**+FDAT02-008+ |

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| 22:50 | **Take Me Out (R) ’CC’** In the final episode, the women will be presented with three guys, including a half psychic retail assistant, a vegan tradie, and a Bieber-like labourer by day who wants to be a pro dancer by night. | **M (S)**+TAKM01-008+ |

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| 00:05 | **Scandal: Pencils Down (R) ’CC’** After Mellie makes a public gaffe, Olivia tries to fix it. | **M (S)**+SCAN05-015+ |

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| 01:05 | **Scandal: The Miseducation Of Susan Ross (R) ’CC’** David deals with fallout from his dating life, and Cyrus continues to work on his own political agenda. | **M (A)**+SCAN05-016+ |

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| 02:05 | **Movie: Born To Kill (R) (1947)** A ruthless killer fleeing from his past, marries a wealthy woman for her money then begins an affair with her sister. Starring:AUDREY LONG,CLAIRE TREVOR,ELISHA COOK JR,LAWRENCE TIERNEY,PHILIP TERRY,WALTER SLEZAK | **M (V)**+RKO-014+ |

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| 04:05 | **Movie: Sea Devils (R) (1937)** The story of the U.S. Coast Guard centred around a tough chief petty officer and two young seamen who are interested in his daughter. Starring:IDA LUPINO,HELEN FLINT,GORDON JONES,DONALD WOODS,PRESTON FOSTER,VICTOR MC LAGLEN | **G** +RKO-092+ |

 **Tuesday 14 January 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-042+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-043+ |

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

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

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| 08:00 | **Carnival Kings: Deep-Fried Burger Battle (R)** Richie Farina visits the State Fair of Texas to challenge brothers Brent and Juan Reaves; Richie has just 24 hours to create his own version of their Deep-Fried Bacon Burger Dog Slider on a Stick. | **PG** +CKIN01-001+ |

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| 08:30 | **Diners, Drive-Ins and Dives: From Pound Cake To Pot Pie (R)** Guy's pullin' in for a mishmash of comfort food. In Philadelphia, the low country joint dishing out unique North African chicken and sour cream pound cake. | **PG** +DDID17-009+ |

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| 09:00 | **Cake Wars: Dr. Seuss (R)** Everyone from the Cat in the Hat to Thing 1 and Thing 2 are coming to Cake Wars for a huge Dr. Seuss celebration in honor of the new book "What Pet Should I Get?" | **PG** +CAKW02-002+ |

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| 10:00 | **The Kitchen: Serve Up Some Summer (R)** The Kitchen welcomes the flavors of summer. Head outside for the verdict on some of the worst BBQ habits, and learn new ways to keep an outdoor party cool using ice. | **PG** +TKIT13-009+ |

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| 11:00 | **Chopped: Tortellini Trials (R)** It's trying times in the appetizer round when the chefs aren't sure how to creatively use the pasta from the basket. | **PG** +CHPD28-008+ |

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| 12:00 | **Once Upon A Time: Chosen (R) ’CC’** The Candy Killer holds Henry captive, but Rogers realises Henry has been abducted. Meanwhile, Zelena tries to make up for her past, but the Candy Killer won't let it go. | **PG (H,V)**+ONCE07-017+ |

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| 13:00 | **Once Upon A Time: The Guardian (R) ’CC’** While Tilly and Margot spend the day together, Weaver discovers someone has taken the Dagger and tries to find it. In the past, Gold tests Alice to determine if she is the Guardian. | **PG (A,V)**+ONCE07-018+ |

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| 14:00 | **Just Shoot Me!: Jack Vents (R) ’CC’** As Nina eavesdrops on Jack's therapy session, a misunderstanding leaves Maya owing $5,000 to Finch's bookie. | **PG** +JUSM04-005+ |

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| 14:30 | **How I Met Your Mother: Everything Must Go (R) ’CC’** Barney and Abby realise that they have one thing in common: their mutual hatred of Ted. Guest starring Britney Spears. | **PG** +HMYM3-019+ |

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| 15:00 | **The Simpsons: Bart Has Two Mommies (R)** Marge starts babysitting the Flanders boys, leading Homer to spend more time with Bart and Lisa.  | **PG** +SIMP17-014+ |

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| 15:30 | **The Simpsons: Homer Simpson, This Is Your Wife (R)** As part of a new Fox show, the Simpsons participate in a wife-swap. | **PG** +SIMP17-015+ |

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| 16:00 | **Modern Family: Travels With Scout (R) ’CC’** Claire is caught off guard when Phil's father shows up in an RV with a dog he bought for the family, and she soon becomes suspicious that he might be hiding the true reason for the visit. | **PG (S,L)**+MOFA01-021+ |

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| 16:30 | **Modern Family: Airport 2010 (R) ’CC’** Gloria plans a romantic getaway to Hawaii for Jay's birthday; Jay is ecstatic until he learns that she also invited the entire family to come along; everyone arrives at the airport, and madness ensues | **PG (S,L)**+MOFA01-022+ |

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| 17:00 | **Smallville ’CC’** Because the farm is in financial trouble, Martha asks her estranged father, William Clark, for help. Clark is thrilled at the prospect of meeting his grandfather. | **PG (H,V,A)**+SMVI01-022+ |

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| 18:00 | **How I Met Your Mother: Miracles (R) ’CC’** Ted has a brush with death which makes him re-evaluate his relationship with Stella. Guest starring Sarah Chalke. | **PG** +HMYM3-020+ |

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| 18:30 | **The Simpsons: Million-Dollar Abie (R)** After blowing Springfield's chances for an NFL franchise, Grandpa goes to an assisted-suicide center, then becomes a bullfighter. | **PG** +SIMP17-016+ |

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| 19:00 | **The Simpsons: Kiss Kiss Bang Bangalore (R)** Homer gets sent to India when the power plant is relocated there. | **PG** +SIMP17-017+ |

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| 19:30 | **Modern Family: Hawaii (R) ’CC’** Jay could not be more excited to do nothing but indulge and relax in this tropical paradise, but then an unexpected reality-check dampens his plans. | **PG (S,L)**+MOFA01-023+ |

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| 20:00 | **Modern Family: Family Portrait (R) ’CC’** Claire painstakingly plans for a new family portrait to be taken, but it seems like everything and everybody is working against her; Gloria and Manny go with Phil and Alex to a Laker game. | **PG (S,L)**+MOFA01-024+ |

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| 20:30 | **Bridezillas: Shandra And Sara** Shandra plays musical bridesmaids; bridezilla Sara proves to be a handful but not as much as her mother who takes charge of all. | **M** +BRIZ08-003+ |

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| 21:30 | **Bridezillas: Sara And Natalie** Sara's time management issues makes it hard for her family and friends to get along; Natalie's unclear about what she wants causing miscommunication between her and her friends. | **M** +BRIZ08-004+ |

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| 22:30 | **The Proposal (R) ’CC’** 34-year-old county marriage celebrant Gary is looking to firm up his own wedding as eight single women try to win the gentle giant's heart. | **M (S)**+PROP01-002+ |

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| 23:30 | **Nikita: 2.0 (R)** Percy and Michael take their latest assignment, a Slavic leader wanted for war crimes, into protective custody. Nikita learns of their hideout and attempts to thwart their plan. | **M (D,V)**+NIKI01-002+ |

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| 00:30 | **Movie: Marine Raiders (R) (1944)** A group of marines undergo tough training in preparation for battle. Starring:BARTON MACLANE,FRANK MCHUGH,RUTH HUSSEY,ROBERT RYAN,PAT OBRIEN | **PG (V)**+RKO-067+ |

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| 02:30 | **Movie: Easy Living (R) (1949)** An ageing football star wants to retire but has to satisfy the living standards of his demanding wife. Starring:LIZABETH SCOTT,LLOYD NOLAN,LUCILLE BALL,PAUL STEWART,VICTOR MATURE,SONNY TUFTS | **PG (A,V)**+RKO-022+ |

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| 04:15 | **Movie: China Sky (R) (1945)** Pearl Buck's story about an American doctor who runs a hospital in China and the Chinese guerrillas who bravely fight off the advancing Japanese forces. Starring:ANTHONY QUINN,CAROL THURSTON,ELLEN DREW,RUTH WARRICK,RICHARD LOO,RANDOLPH SCOTT | **PG (V)**+RKO-015+ |

 **Wednesday 15 January 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-044+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-045+ |

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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** Religious Program. | **PG** +JARO20-011+ |

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| 08:00 | **Carnival Kings: Duck, Duck...Sliders (R)** Michelin-starred Chef Richie Farina hits the road in search of innovative culinary competitions, and he's found one at the Pima County Fair outside Tucson, Arizona. | **PG** +CKIN01-002+ |

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| 08:30 | **Diners, Drive-Ins and Dives: All San Diego, All The Time (R)** Guy's heading to San Diego for some favorites, old and new. In Ocean Beach, Calif., Guy's hittin' up a legendary surfer spot for some righteous burgers with an old buddy. | **PG** +DDID17-010+ |

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| 09:00 | **Cake Wars: Kung Fu Panda 3 (R)** Everyone's favorite kung fu-fighting panda, Po, is going home for the first time in Kung Fu Panda 3, and they're throwing a massive party to celebrate the release of the movie. | **PG** +CAKW02-003+ |

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| 10:00 | **The Kitchen: Summer Sides (R)** The Kitchen is serving up summer sides! Sunny Anderson turns dinner favorite steak and potatoes into an Easy T-Bone Steak N' Potato Salad. | **PG** +TKIT13-010+ |

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| 11:00 | **Chopped: Summer Heat (R)** For this heated summer battle, the chefs must work with seasonal foods like lobsters and cocktails in the first round. | **PG** +CHPD28-009+ |

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| 12:00 | **Once Upon A Time: Flower Child (R) ’CC’** Tilly and Rogers go looking for the covens, unaware of a traitor nearby. Meanwhile, Samdi and Lucy team up to save Henry when the curse ends, but things don't go as planned. | **PG (V,A,L)**+ONCE07-019+ |

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| 13:00 | **Once Upon A Time: Is This Henry Mills? (R) ’CC’** Regina and Lucy try to find a way to restore Henry's memories and break the curse before it's too late. In the past, Young Henry considers his future and receives a surprising phone call. | **PG (A,V,L)**+ONCE07-020+ |

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| 14:00 | **Just Shoot Me!: Hit The Road, Jack (R) ’CC’** Elliot hears Allie break up with Jack on the answering machine. Finch shares a passionate kiss with Nina and then insults her by telling her she's not his type. | **PG** +JUSM05-001+ |

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| 14:30 | **How I Met Your Mother: Miracles (R) ’CC’** Ted has a brush with death which makes him re-evaluate his relationship with Stella. Guest starring Sarah Chalke. | **PG** +HMYM3-020+ |

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| 15:00 | **The Simpsons: Million-Dollar Abie (R)** After blowing Springfield's chances for an NFL franchise, Grandpa goes to an assisted-suicide center, then becomes a bullfighter. | **PG** +SIMP17-016+ |

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| 15:30 | **The Simpsons: Kiss Kiss Bang Bangalore (R)** Homer gets sent to India when the power plant is relocated there. | **PG** +SIMP17-017+ |

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| 16:00 | **Modern Family: Hawaii (R) ’CC’** Jay could not be more excited to do nothing but indulge and relax in this tropical paradise, but then an unexpected reality-check dampens his plans. | **PG (S,L)**+MOFA01-023+ |

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| 16:30 | **Modern Family: Family Portrait (R) ’CC’** Claire painstakingly plans for a new family portrait to be taken, but it seems like everything and everybody is working against her; Gloria and Manny go with Phil and Alex to a Laker game. | **PG (S,L)**+MOFA01-024+ |

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| 17:00 | **Smallville ’CC’** A mysterious woman, Rachel Dunlevy, visits the Kents and claims to be Clark's mother, prompting them to finally tell Clark what happened after they discovered him in the cornfield that fateful day. | **PG (H,V,A)**+SMVI02-006+ |

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| 18:00 | **How I Met Your Mother: Pilot (R) ’CC’** When Ted's best friend Marshall proposes to his girlfriend, Lily, Ted realises he'd better get a move on if he hopes to find true love. | **PG** +HMYM-001+ |

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| 18:30 | **The Simpsons: The Wettest Stories Ever Told (R)** While waiting for the dinner at the Frying Dutchman, the family starts telling three stories about ships: Journey on the Mayflower, Mutiny on the Bounty, and The Neptune Adventure. | **PG** +SIMP17-018+ |

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| 19:00 | **The Simpsons: Girls Just Want To Have Sums (R)** Springfield Elementary is divided into two separate schools (one for boys, one for girls) following Principal Skinner's demotion. | **PG (V,S)**+SIMP17-019+ |

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| 19:30 | **Modern Family: Suddenly, Last Summer (R) ’CC’** Phil and Claire try to orchestrate a kid-free week during Luke, Haley and Alex's summer activities. Cam and Mitch try to have a memorable summer. | **PG** +MOFA05-001+ |

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| 20:00 | **Modern Family: First Days (R) ’CC’** Claire is being groomed to take over Jay's company and it's her first day on the job, but things quickly go awry as it becomes clear that she and her father have very different management styles. | **PG (S)**+MOFA05-002+ |

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| 20:30 | **Movie: Slumdog Millionaire (R) (2008)** A Mumbai teen reflects on his upbringing in the slums when he is accused of cheating on the Indian Version of "Who Wants to be a Millionaire?" Starring:ANIL KAPOOR,FREIDA PINTO,DEV PATEL,SAURABH SHUKLA | **M (A,V,L,S)**+ICNF15-004+ |

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| 23:00 | **Movie: The Spectacular Now (R) ’CC’ (2013)** A heavy-drinking high school senior begins dating a bookish teenager, after waking up on her lawn. Starring:BRIE LARSON,KYLE CHANDLER,MARY ELIZABETH WINSTEAD,SHAILENE WOODLEY,MILES TELLER | **M (S,A,L)**+WDFC53-007+ |

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| 01:00 | **Movie: Action In Arabia (R) (1944)** A newsman investigating his friends murder, uncovers a Nazi plot to turn the Arabs against the Allies. Starring:GEORGE SANDERS,GENE LOCKHART,H.B. WARNER,ROBERT ARMSTRONG,MICHAEL ANSARA,VIRGINIA BRUCE | **PG (V)**+RKO-001+ |

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| 02:30 | **Movie: Tall In The Saddle (R) (1944)** A woman-hating cowboy becomes foreman of a ranch run by a pretty girl and her spinster aunt, who have inherited the ranch. Starring:AUDREY LONG,ELISABETH RISDON,ELLA RAINES,GABBY HAYES,JOHN WAYNE,RAYMOND HATTON,WARD BOND | **G** +RKO-106+ |

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| 04:15 | **Movie: Great Day (R) (1946)** Follows the part played by women charity workers in the small village of Denley during the war years. Starring:ISABEL JEANS,ERIC PORTMAN,FLORA ROBSON,PHILIP FRIEND,WALTER FITZGERALD,SHEILA SIM | **PG (A)**+RKO-047+ |

 **Thursday 16 January 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-046+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-047+ |

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

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

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| 08:00 | **Carnival Kings: It's Nacho Business, Dude (R)** Fearless Chef Richie Farina takes on Nate Janousek of Texas Steak Out and his deep-fried carnival twist on nachos supreme. | **PG** +CKIN01-003+ |

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| 08:30 | **Diners, Drive-Ins and Dives: From The Heart (R)** Guy's hittin' up some spots putting their heart and soul into everything they do. In Carlsbad, Calif., the family-owned Italian joint staying true to a long-standing ravioli recipe. | **PG** +DDID17-011+ |

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| 09:00 | **Cake Wars: Minecraft (R)** One of the biggest video games of all time is coming to Cake Wars - Minecraft! They're throwing a huge party to celebrate this smash hit. | **PG** +CAKW02-004+ |

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| 10:00 | **The Kitchen: Throw A Party For Your Pop (R)** The Kitchen kicks off Father's Day celebrations with a stack of Marcela Valladolid's Sausage and Bacon Pancakes and a lesson in building a golf course cake with a store-bought cake. | **PG** +TKIT13-011+ |

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| 11:00 | **Chopped: Deadliest Basket (R)** Chefs, beware: every round in this special competition will feature ingredients that are not just challenging, but actually dangerous! | **PG** +CHPD28-010+ |

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| 12:00 | **Once Upon A Time: Homecoming (R) ’CC’** Henry is barely reunited with his family, when the Wish Rumpelstiltskin kidnaps them to force Henry to make a deal with him. Regina, Gold, and Hook vow to help him defeat the Dark One. | **PG (A,V)**+ONCE07-021+ |

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| 13:00 | **Once Upon A Time: Leaving Storybrooke (R) ’CC’** The Wish Rumpelstiltskin crafts magical prisons for all of his adversaries, and needs Young Henry to kill Regina. To stop him, Gold and Hook must make the ultimate sacrifice. | **PG (V,A)**+ONCE07-022+ |

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| 14:00 | **Just Shoot Me!: A Night At The Plaza (R) ’CC’** Nina and Finch don't know about Jack's divorce yet and Jack moves into the Plaza Hotel for privacy.  | **PG** +JUSM05-002+ |

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| 14:30 | **How I Met Your Mother: Pilot (R) ’CC’** When Ted's best friend Marshall proposes to his girlfriend, Lily, Ted realises he'd better get a move on if he hopes to find true love. | **PG** +HMYM-001+ |

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| 15:00 | **The Simpsons: The Wettest Stories Ever Told (R)** While waiting for the dinner at the Frying Dutchman, the family starts telling three stories about ships: Journey on the Mayflower, Mutiny on the Bounty, and The Neptune Adventure. | **PG** +SIMP17-018+ |

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| 15:30 | **The Simpsons: Girls Just Want To Have Sums (R)** Springfield Elementary is divided into two separate schools (one for boys, one for girls) following Principal Skinner's demotion. | **PG (V,S)**+SIMP17-019+ |

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| 16:00 | **Modern Family: Suddenly, Last Summer (R) ’CC’** Phil and Claire try to orchestrate a kid-free week during Luke, Haley and Alex's summer activities. Cam and Mitch try to have a memorable summer. | **PG** +MOFA05-001+ |

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| 16:30 | **Modern Family: First Days (R) ’CC’** Claire is being groomed to take over Jay's company and it's her first day on the job, but things quickly go awry as it becomes clear that she and her father have very different management styles. | **PG (S)**+MOFA05-002+ |

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| 17:00 | **Smallville ’CC’** Clark tests the limits of his powers to save his young telepathic friend, Ryan, from an evil doctor who wants to control the boy's abilities. | **PG (V,A)**+SMVI02-007+ |

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| 18:00 | **How I Met Your Mother: The Purple Giraffe (R) ’CC’** Ted decides to throw a party and invite Robin, so he can "run into her" in a casual way. | **PG** +HMYM-002+ |

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| 18:30 | **The Simpsons: Regarding Margie (R)** After hitting her head on a stool Marge suffers from amnesia. | **PG (S)**+SIMP17-020+ |

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| 19:00 | **The Simpsons: The Monkey Suit (R)** After Ned Flanders sees an exhibit on evolution at a museum, he and Reverend Lovejoy talk Principal Skinner into allowing the teaching of creationism in schools. | **PG** +SIMP17-021+ |

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| 19:30 | **Ink Master Redemption: Two Heads Are Better NEW EPISODE**Duffy Fortner comes back and gets help from former Ink Master Kruseman, rivals Cris Element and Angel return. | **M (L)**+INKR02-007+ |

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| 20:00 | **Ink Master Redemption: Reinking History NEW EPISODE**St. Marq and Ty'Esha Reels return to the shop to fix their unhappy canvases' tattoos. | **M (L)**+INKR02-008+ |

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| 20:30 | **Ink Master: Sparks Fly NEW EPISODE**Team Nunez has their legibility tested in an electrifying Flash Challenge. A gendered alliance has the women out for blood. | **M (L)**+INKM08-005+ |

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| 21:30 | **Ink Master: Sticky Situation NEW EPISODE**A conflicted Team Peck fights for control in a Flash Challenge that tests contrast and one artist turns the tables on the girls' alliance. | **M (L)**+INKM08-006+ |

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| 22:30 | **Revolution: Soul Train (R)** As the gang nears Neville and his men, their hopes of finding Danny grow until a shocking discovery threatens to impede their efforts. | **MA (V,A)**+REVO01-005+ |

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| 23:30 | **Revolution: Sex And Drugs (R)** In order to save Nora from her injury, Miles leads the gang on a detour to visit an old acquaintance of his for medical support, but they quickly find themselves in unfriendly territory. | **MA (V,A)**+REVO01-006+ |

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| 00:30 | **Ink Master Redemption: Two Heads Are Better (R)** Duffy Fortner comes back and gets help from former Ink Master Kruseman, rivals Cris Element and Angel return. | **M (L)**+INKR02-007+ |

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| 01:00 | **Ink Master Redemption: Reinking History (R)** St. Marq and Ty'Esha Reels return to the shop to fix their unhappy canvases' tattoos. | **M (L)**+INKR02-008+ |

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| 01:30 | **Training Day: Tunnel Vision (R) ’CC’** The hunt for a suspected terrorist takes an emotional toll on Kyle who is convinced that he encountered the suspect during his service in Afghanistan. | **M (V)**+TRDA01-011+ |

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| 02:30 | **Training Day: Elegy Part 1 (R) ’CC’** Kyle's trust in Frank is shattered when he learns that Frank has been lying to him about the circumstances surrounding his father's death. | **M (V)**+TRDA01-012+ |

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| 03:30 | **Training Day: Elegy Part 2 (R) ’CC’** Kyle, Tommy and Rebecca must rescue Frank when he goes on a rogue mission to Mexico to locate intel linked to the murder of Kyle's father. | **M (V)**+TRDA01-013+ |

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| 04:30 | **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,GORDON MCLEOD,HUGH SINCLAIR,DENNIS ARUNDELL,WYLIE WATSON | **PG (V)**+RKO-088+ |

 **Friday 17 January 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-048+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-049+ |

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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** Religious Program. | **PG** +JARO20-013+ |

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

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| 08:30 | **Diners, Drive-Ins and Dives: That's Fresh (R)** Guy's stopping by some joints that are keepin' it fresh. In San Francisco, the Venezuelan joint servin' up a totally gluten-free menu of authentic standbys like arepas and empanadas. | **PG** +DDID17-012+ |

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| 09:00 | **Cake Wars: Valentine's Day (R)** Love is in the air as Cake Wars celebrates Valentine's Day with something we all love: chocolate! With the help of an expert chocolatier, four bakers put their heart into their cake creations. | **PG** +CAKW02-005+ |

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| 10:00 | **The Kitchen: All Deck'd Out (R)** The Kitchen hits the deck for outdoor entertaining, starting with Geoffrey Zakarian's Sausage Grinder with Peppers and Onions. Katie Lee serves an Italian-inspired Seafood Pasta. | **PG** +TKIT13-012+ |

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| 11:00 | **Chopped: Chopping Block Blues (R)** There's eggs in the baskets - Scotch eggs, that is! Will the competitors know what to do with this sausage-enrobed pub food in the appetizer round? | **PG** +CHPD28-011+ |

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| 12:00 | **Special: Jabba's School Holiday Movie Special (R) ’CC’ (2019)** Jason 'Jabba' Davis explores Summer’s best family films. Featuring Frozen 2, Cats, Jumanji 2, Dolittle, Spies In Disguise, The Addams Family, The Playmobil Movie & Star Wars: The Rise of Skywalker. | **PG** +NFFI80-004+ |

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| 13:00 | **Black-ish: Daddy Dre-Care (R)** The flu is going around the Johnson household, and Dre has to step up and take care of the whole family. | **PG** +BLKI02-023+ |

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| 13:30 | **Black-ish: Good-ish Times (R)** Dre is left exhausted after wrestling with a lot of stress at work. While at home, he drifts to sleep watching a TV marathon of Good Times, and dreams The Johnson family goes back in time. | **PG** +BLKI02-024+ |

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| 14:00 | **Just Shoot Me!: Mum's The Word (R) ’CC’** Maya learns of Elliot's criminal past. Nina dates a famous television actor, whose rough-n-tough nomad character melts away once she discovers he lives with his mother. | **PG** +JUSM05-003+ |

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| 14:30 | **Just Shoot Me!: Donnie Returns (R) ’CC’** Elliot's brother Donnie who once feigned being mentally challenged so that he could be waited on by his mother returns. | **PG** +JUSM05-004+ |

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| 15:00 | **Just Shoot Me!: Choosing To Be Super (R) ’CC’** Maya's high school friend tells her he is responsible for a bad rumor that caused her unpopularity. He's come back to make it up to her. | **PG** +JUSM05-005+ |

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| 15:30 | **Dr. Ken: Dr. Ken's Banquet Snub (R)** Ken is surprised to learn Pat is replacing him as emcee of the HMO's annual banquet. Clark worries about how much Damona argues with her boyfriend, while Molly discovers that Dave has a stalker. | **PG** +DKEN02-003+ |

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| 16:00 | **Dr. Ken: Dr. Ken - Child Of Divorce (R)** When an alarmed Ken finds out D.K. is divorced, he thinks it means his own marriage is doomed to failure. | **PG (A)**+DKEN02-004+ |

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| 16:30 | **How I Met Your Mother: The Purple Giraffe (R) ’CC’** Ted decides to throw a party and invite Robin, so he can "run into her" in a casual way. | **PG** +HMYM-002+ |

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| 17:00 | **The Simpsons: Regarding Margie (R)** After hitting her head on a stool Marge suffers from amnesia. | **PG (S)**+SIMP17-020+ |

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| 17:30 | **The Simpsons: The Monkey Suit (R)** After Ned Flanders sees an exhibit on evolution at a museum, he and Reverend Lovejoy talk Principal Skinner into allowing the teaching of creationism in schools. | **PG** +SIMP17-021+ |

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| 18:00 | **Movie: Arthur (R) (1981)** Arthur is a happy drunk with no pretensions at any ambition. He is also the heir to a vast fortune which he is told will only be his if he marries Susan. Starring:DUDLEY MOORE,LIZA MINNELLI,JOHN GIELGUD | **PG (S,A,V,L)**+WBFF02-004+ |

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| 20:00 | **Movie: Arthur 2: On The Rocks (R) (1988)** Arthur loses all his money, and his wife wants a baby. Starring:GERALDINE FITZGERALD,DUDLEY MOORE,LIZA MINNELLI,JOHN GEILGUD,PAUL BENEDICT,STEPHEN ELLIOTT | **PG (S,A,V)**+WBFF02-005+ |

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| 22:30 | **Movie: Arthur (R)** A drunken playboy stands to lose a wealthy inheritance when he falls for a woman his family doesn't like. Starring:HELEN MIRREN,GRETA GERWIG,LUIS GUZMAN,JENNIFER GARNER,RUSSELL BRAND | **PG (V,L,S)**+WBFF01-002+ |

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| 00:50 | **Black-ish: FriDre Night Lights NEW EPISODE**Dre is thrilled when Jack makes the football team, but Bow is against the idea. Meanwhile, Diane wants Junior to drive her to her first real date with Jalen, but Junior overstays his welcome. | **PG (A)**+BLKI05-021+ |

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| 01:20 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 01:50 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:20 | **Movie: The Iron Major (R) (1943)** The life story of Frank Cavanaugh, a top flight football coach and World War I hero. Starring:BRUCE EDWARDS,LEON AMES,RUTH WARRICK,ROBERT RYAN,RUSSELL WADE,PAT OBRIEN | **G** +RKO-056+ |

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| 04:10 | **Movie: Honeymoon (R) (1947)** A romantic comedy about an American GI with a three day pass who misses his fiancee in Mexico for their wedding. Starring:GRANT MITCHELL,GENE LOCKHART,GUY MADISON,FRANCHOT TONE,LINA ROMAY,SHIRLEY TEMPLE | **G** +RKO-050+ |

 **Saturday 18 January 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-050+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC13-051+ |

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| 07:00 | **Sally Bollywood - Super Detective: Sally's Circus / Camp Of Doom (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-004+ |

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| 07:30 | **Sally Bollywood - Super Detective: Rock 'N' Roll Dad / Exchange Student (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-005+ |

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| 08:00 | **Carnival Kings: Donut Burger? Bombs Away! (R)** Richie Farina has found an over-the-top burger battle at the Sacramento County Fair in Northern California. An all-out Asian-inspired assault on the senses, the 'Kanak Attack' Burger. | **PG** +CKIN01-007+ |

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| 08:30 | **Carnival Kings: Frozen Treat Tag - You're It! (R)** Matt Holguin of Fabe's Churros and Gelato has taken over the Alameda County Fair with his Bacon Caramel Gelato Milkshake, and now Richie has just 24 hours to come up with his own spin. | **PG** +CKIN01-008+ |

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| 09:00 | **Carnival Kings: Why'd The Chicken Sandwich Cross The Road? (R)** Richie Farina hits the Alameda County Fair near the San Francisco Bay for a cutting-edge culinary competition. | **PG** +CKIN01-009+ |

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| 09:30 | **Ridiculous Cakes: Out Of This World (R)** It's a close encounter of the sweet kind when a bride and groom order an outer space-themed wedding cake.  | **PG** +RICA02-010+ |

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| 10:00 | **Kid's Baking Championships (R)** The kid bakers must make three dozen macarons that form a five-inch stack. | **G** +KBAC02-004+ |

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| 11:00 | **Chopped: Hungry For Love (R)** There's romance in the air in the Chopped Kitchen as eight cooking singles are paired up on blind dates! | **PG** +CHPD28-012+ |

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| 12:10 | **Movie: Arthur (R) (1981)** Arthur is a happy drunk with no pretensions at any ambition. He is also the heir to a vast fortune which he is told will only be his if he marries Susan. Starring:DUDLEY MOORE,LIZA MINNELLI,JOHN GIELGUD | **PG (S,A,V,L)**+WBFF02-004+ |

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| 14:10 | **TBA: ENCORE** | ++ |

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| 15:10 | **One Tree Hill: All That You Can't Leave Behind (R)** Lucas asks Keith to play with him in the annual "Father and Son" basketball game and realizes he got the better father figure after Dan publicly humiliates Nathan on the court. | **PG (S,A)**+ONTH01-005+ |

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| 16:10 | **One Tree Hill: Every Night Is Another Story (R)** When Whitey ejects Lucas and Nathan from the team bus due to their misconduct on the basketball court, the half-brothers are stranded 30 miles from home. | **PG (V,S,A,L)**+ONTH01-006+ |

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| 17:10 | **Movie: ParaNorman (R) ’CC’ (2012)** A misunderstood boy takes on ghosts, zombies and grown-ups to save his town from a centuries-old curse. Starring:ANNA KENDRICK,CASEY AFFLECK,CHRISTOPHER MINTZ-PLASSE,KODI SMIT MCPHEE,LESLIE MANN,JOHN GOODMAN,JEFF GARLIN | **PG (H,L,A)**+NBCF31-007+ |

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| 19:00 | **Movie: Diary Of A Wimpy Kid: Rodrick Rules (R) (2011)** Back in middle school after summer vacation, Greg Heffley and his older brother Rodrick must deal with their parents' misguided attempts to have them bond. Starring:RACHAEL HARRIS,ROBERT CAPRON,ZACHARY GORDON,DEVON BOSTICK | **PG (O)**+FOXF08-066+ |

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| 21:00 | **Movie: Hall Pass (R)** Rick and Fred, two husbands who are having difficulty in their marriages, are given a Hall Pass by their wives: for one week, they can do whatever they want. Starring:ALEXANDRA DADDARIO,CHRISTINA APPLEGATE,JASON SUDEIKIS,JENNA FISCHER,NICKY WHELAN,OWEN WILSON | **MA (O,S,N)**+WBFF01-024+ |

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| 23:10 | **Movie: Entourage (R) ’CC’ (2015)** Movie star Vincent Chase, together with his boys Eric, Turtle, and Johnny, are back - and back in business with super agent-turned-studio head Ari Gold on a risky project. Starring:ADRIAN GRENIER,EMMANUELLE CHRIQUI,KEVIN CONNOLLY,KEVIN DILLON,JEREMY PIVEN,JERRY FERRARA | **MA (L,S)**+WBFR05-004+ |

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| 01:15 | **Black-ish: Is It Desert Or Dessert? NEW EPISODE**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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| 01:45 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:15 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:45 | **Movie: Trail Street (R) (1947)** The story of the men and women who carved a great wheat empire out of the wilds of early Kansas. Starring:ANNE JEFFREYS,MADGE MEREDITH,ROBERT RYAN,RANDOLPH SCOTT,STEVE BRODIE | **G** +RKO-114+ |

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| 04:35 | **Movie: The Gay Falcon (R) (1941)** Amateur sleuth and ladies' man, the Falcon, is called in to break up a phony jewellery insurance scam. Starring:ALLEN JENKINS,ANNE HUNTER,ARTHUR SHIELDS,GEORGE SANDERS,GLADYS COOPER,EDWARD S.BROPHY,WENDY BARRIE,TURHAN BEY | **PG (V)**+RKO-041+ |