**Sunday 15 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** +IAC15-034+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-035+ |

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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-012+ |

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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-013+ |

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| 08:00 | **Food Obsessed: How We Roll (R)** From spring rolls and dinner rolls to rolling dough and rolling out the barrel, you won't believe what mouthwatering food is coming next. But hey, that's just how Food Obsessed rolls. | **PG** +FOOB01-006+ |

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| 08:30 | **Big Food Truck Tip: Truckin' In The Twin Cities (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-001+ |

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| 09:00 | **Giada At Home: Game Day Goodies (R)** Giada De Laurentiis creates her spin on foods to enjoy while watching the big game. The menu includes Sticky Pork Ribs With Balsamic Barbecue Sauce and Sweet Potato Tots With Dill Dust. | **PG** +GIHO06-013+ |

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| 09:30 | **Reality Cupcakes: Thanks A Latte (R)** Ashley Foxen's cupcakes aren't just tasty - they're magical. Crowds at Ripley's Believe It or Not! are stunned by a magician's trick using a shrunken head cupcake. | **PG** +RCUP01-003+ |

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| 10:00 | **Kid's Baking Championship: Ice Screamers (R)** In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG** +KBAC05-003+ |

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| 11:00 | **Food Obsessed: How We Roll (R)** From spring rolls and dinner rolls to rolling dough and rolling out the barrel, you won't believe what mouthwatering food is coming next. But hey, that's just how Food Obsessed rolls. | **PG** +FOOB01-006+ |

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| 11:30 | **Iron Chef America: Flay Vs. Smith (R)** Food Network star Michael Smith battles Iron Chef Bobby Flay in Kitchen Stadium. | **PG** +ICAM08-011+ |

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| 12:30 | **Iron Chef America: Morimoto Vs. Wadi (R)** Minneapolis-based chef Sameh Wadi challenges Iron Chef Masaharu Morimoto. | **PG** +ICAM08-012+ |

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| 13:30 | **Chopped: Flavor Savor (R)** The chefs are pleased when they open the first basket and it's filled with bright, fresh Mediterranean foods, including baby octopus. | **PG** +CHPD35-010+ |

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| 14:30 | **Chopped: Mardi Gras Goals (R)** Get ready for some culinary revelry as four New Orleans chefs take on a Mardi Gras competition. | **PG** +CHPD35-011+ |

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| 15:30 | **Mystery Diners: Vicious Cycle (R)** A bicycle delivery service is investigated by Charles and the team, after the owner of "Sliceworks" in Denver notices a decrease in sales and an increase in complaints. | **PG** +MYSD07-008+ |

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| 16:00 | **Make You Laugh Out Loud: Naughty Cats Make You Laugh Out Loud (R) ’CC’** Clip show exposing the comical, confusing and catastrophic things cats get up to.  | **PG (S,A)**+MLOL04-011+ |

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| 17:00 | **TBA: ENCORE** | ++ |

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| 18:30 | **Movie: Race To Witch Mountain (R) (2009)** A Las Vegas cabbie enlists the help of a UFO expert to protect two siblings with paranormal powers from the clutches of an organization that wants to use the kids for their nefarious plans. Starring:ALEXANDER LUDWIG,ANNASOPHIA ROBB,CARLA GUGINO,IKE EISENMANN,DWAYNE JOHNSON,KIM RICHARDS | **PG (V)**+WDFR18-011+ |

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| 20:30 | **Movie: Wild Things (R)** A schoolgirl's accusation of sexual assault triggers a scandal in a wealthy Florida yachting enclave. Starring:BILL MURRAY,DENISE RICHARDS,MATT DILLON,KEVIN BACON,NEVE CAMPBELL,THERESA RUSSELL | **MA (V,S,L)**+SPCF06-015+ |

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| 22:45 | **Movie: Striptease (R) (1996)** A single mother turns to stripping in a nightclub to earn money for a child-custody battle. But she attracts the unwanted attention of a deranged congressman. Starring:ARMAND ASSANTE,ROBERT PATRICK,VING RHAMES,BURT REYNOLDS,DEMI MOORE | **MA (N,S)**+WBFF02-065+ |

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| 01:15 | **Nip/Tuck (R) ’CC’** In the aftermath of Christian's attack by "The Carver," Sean must forge a new partnership to keep the practice going. The police request Sean's medical expertise for an obese woman named Momma Boone. | **MA (V,S,A)**+NIPT03-001+ |

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| 03:00 | **Iron Chef America: Flay Vs. Smith (R)** Food Network star Michael Smith battles Iron Chef Bobby Flay in Kitchen Stadium. | **PG** +ICAM08-011+ |

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| 04:00 | **Iron Chef America: Morimoto Vs. Wadi (R)** Minneapolis-based chef Sameh Wadi challenges Iron Chef Masaharu Morimoto. | **PG** +ICAM08-012+ |

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| 05:00 | **Kid's Baking Championship: Ice Screamers (R)** In a moment of serendipity, Duff Goldman and Valerie Bertinelli create an ice cream sandwich with a doughnut... which gives them a great idea. | **PG** +KBAC05-003+ |

 **Monday 16 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** +IAC15-036+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-037+ |

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

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| 07:30 | **James Robison: Sheila Walsh #1 (R)** Religious Program. | **PG (A)**+JARO20-019+ |

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| 08:00 | **Giada At Home: Black And White (R)** Chocolate is the star ingredient as Giada De Laurentiis creates three irresistible and unique recipes. | **PG** +GIHO06-014+ |

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| 08:30 | **Chopped: Flavor Savor (R)** The chefs are pleased when they open the first basket and it's filled with bright, fresh Mediterranean foods, including baby octopus. | **PG** +CHPD35-010+ |

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| 09:30 | **Chopped: Mardi Gras Goals (R)** Get ready for some culinary revelry as four New Orleans chefs take on a Mardi Gras competition. | **PG** +CHPD35-011+ |

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| 10:30 | **Mystery Diners: Vicious Cycle (R)** A bicycle delivery service is investigated by Charles and the team, after the owner of "Sliceworks" in Denver notices a decrease in sales and an increase in complaints. | **PG** +MYSD07-008+ |

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| 11:00 | **Mystery Diners: Secret Pairings (R)** Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG** +MYSD07-009+ |

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| 11:30 | **Mystery Diners: Vintage Scams (R)** A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG** +MYSD07-010+ |

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| 12:00 | **Grey's Anatomy: Undo (R) ’CC’** Meredith juggles huge secrets that affect her relationships with Alex and Maggie. Meanwhile, Richard helps Jo with a big decision. | **M (A,V)**+GREY13-001+ |

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| 13:00 | **Grey's Anatomy: Catastrophe And The Cure (R) ’CC’** Meredith thinks about her loyalties, while Alex deals with the fallout of his actions. Meanwhile, Amelia and Owen host a dinner party with surprising guests. | **M (A,V)**+GREY13-002+ |

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| 14:00 | **Marvel's Agent Carter: The Lady In The Lake (R)** Peggy is reassigned to LA to help new bureau chief Daniel with the case of a deep-frozen corpse... and the freezing temperatures are contagious. | **M (V)**+MACA02-001+ |

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

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| 16:30 | **Dr. Ken: A Day In The Life (R)** A documentary about his life as a doctor causes Ken to reconsider his career choice. | **PG (L,S)**+DKEN02-014+ |

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| 17:00 | **Smallville (R) ’CC’** When Chloe accidentally inhales a mysterious gas, she discovers that it gives her the ability to get the truth from anyone who comes in contact with her and she goes to the Kents to find out. | **PG (V,A)**+SMVI03-018+ |

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| 18:00 | **How I Met Your Mother: Last Cigarette Ever (R) ’CC’** Robin's jaded new co-anchor is driving her to smoke, which has a domino effect on the rest of the gang. | **PG** +HMYM5-011+ |

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| 18:30 | **The Simpsons: Rednecks And Broomsticks (R)** Homer becomes an expert on moonshine when he starts hanging out with Cletus after he saves the Simpsons' lives, while Lisa becomes friends with three teenage Wiccans. | **PG (A)**+SIMP21-007+ |

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| 19:00 | **The Simpsons: Oh Brother, Where Bart Thou? (R)** Bart becomes jealous of Maggie and Lisa's special bond as sisters, so he goes to an orphanage and "adopts" a little brother. | **PG (S)**+SIMP21-008+ |

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| 19:30 | **Modern Family: The One That Got Away (R) ’CC’** Jay wants nothing more than to have a quiet birthday out fishing on the lake, but he is constantly pulled into everyone's drama as they frantically scramble to put his birthday party together. | **PG (S,L)**+MOFA02-024+ |

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| 20:00 | **Modern Family: Dude Ranch (R)** While vacationing at Lost Creek Ranch in Jackson Hole, Wyoming, the three families try their hands at a little cattle herding, skeet shooting, and horseback riding. | **PG** +MOFA03-001+ |

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| 20:30 | **First Dates Australia (R) ’CC’** A dater brings her dad along for her date. Also, aspiring white Kiwi rapper Tyler meets a saccharine Princess who can burp the alphabet.  | **M (A)**+FDAT04-005+ |

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| 21:45 | **First Dates UK (R) ’CC’** After a recent unsuccessful date, commitment-phobe Mostafa may be tamed by Megan, a past victim of cheating. Hoping that the third time's the charm, Corinne thinks that gentlemanly Will may be the one | **M (L,S,A)**+FDUK02-005+ |

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| 23:00 | **Ink Master Redemption: Walk-Outs (R)** Tatu Baby, Jason Clay Dunn and Julia face canvases that walked out on them; artists and canvases try to see eye to eye to get redemption. | **M (L)**+INKR01-003+ |

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| 23:30 | **Ink Master Redemption: Fool Me Twice (R)** Canvases who have been tattooed two times return and face their original artists; Emily Elegado, Angel, Bubba and Jim return. | **M (L)**+INKR01-004+ |

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| 00:00 | **It's Always Sunny In Philadelphia: Thunder Gun 4: Maximum Cool ’CC’** Landing in the middle of a focus group after a screening of "Thunder Gun 4: Maximum Cool," the gang is determined to restore glory and traditional American values back into the franchise. | **MA (O,S)**+IASP14-002+ |

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| 00:30 | **Are You The One?** Nathan is displeased when Christina returns to Brandon and Ashley's indecision over Layton and Dario may cost the house the win. | **MA (L,S)**+AYTO02-009+ |

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| 01:30 | **How I Met Your Mother: Last Cigarette Ever (R) ’CC’** Robin's jaded new co-anchor is driving her to smoke, which has a domino effect on the rest of the gang. | **PG** +HMYM5-011+ |

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| 02:00 | **The Simpsons: Rednecks And Broomsticks (R)** Homer becomes an expert on moonshine when he starts hanging out with Cletus after he saves the Simpsons' lives, while Lisa becomes friends with three teenage Wiccans. | **PG (A)**+SIMP21-007+ |

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| 02:30 | **The Simpsons: Oh Brother, Where Bart Thou? (R)** Bart becomes jealous of Maggie and Lisa's special bond as sisters, so he goes to an orphanage and "adopts" a little brother. | **PG (S)**+SIMP21-008+ |

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| 03:00 | **Modern Family: The One That Got Away (R) ’CC’** Jay wants nothing more than to have a quiet birthday out fishing on the lake, but he is constantly pulled into everyone's drama as they frantically scramble to put his birthday party together. | **PG (S,L)**+MOFA02-024+ |

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| 03:30 | **Movie: The Falcon In Mexico (R) (1944)** A manhunt for a dangerous killer takes Falcon to Mexico for the solution. Starring:EMORY PARNELL,MARTHA MACVICAR,RITA CORDAY,MONA MARIS,NESTOR PAIVA,TOM CONWAY,PEDRO DE CORDOBA,MARY CURRIER | **PG (V)**+RKO-028+ |

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| 05:00 | **Mystery Diners: Secret Pairings (R)** Food costs are a concern for the owners of "Indulge Bistro and Wine Bar" in Colorado, who discover that some of their employees are hosting their own secret pairing events. | **PG** +MYSD07-009+ |

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| 05:30 | **Mystery Diners: Vintage Scams (R)** A dip in sales at "Rock-a-Billies" in Arvada, Colorado, is investigated by Charles and the team, who discover the restaurant staff is breaking multiple rules. | **PG** +MYSD07-010+ |

 **Tuesday 17 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** +IAC15-038+ |

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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** +IAC15-039+ |

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

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| 07:30 | **James Robison: Sheila Walsh #2 (R)** Religious Program. | **PG** +JARO20-020+ |

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| 08:00 | **Giada At Home: Cocktails And Appetizers (R)** Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG** +GIHO06-015+ |

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| 08:30 | **Beach Eats USA: Hidden Gems (R)** Curtis Stone uncovers the beach spots tucked away from the beaten path and serving amazing food to those who know where to find it. | **PG** +BEEA01-006+ |

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| 09:00 | **Cake Wars: Teenage Mutant Ninja Turtles (R)** Four master bakers take on Leonardo, Michelangelo, Donatello and Raphael to have their cake at the center of a party celebrating the Teenage Mutant Ninja Turtles and take home $10,000. | **PG** +CAKW04-012+ |

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| 10:00 | **Iron Chef America: Flay Vs. Thiam (R)** Brooklyn-based Chef Pierre Thiam takes on Iron Chef Bobby Flay. | **PG** +ICAM08-013+ |

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| 11:00 | **Chopped: Cocktail Party (R)** Shaken, stirred, or chopped? Cheers to a fabulous first: a Chopped cocktail party. | **PG** +CHPD35-012+ |

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| 12:00 | **Grey's Anatomy: I Ain't No Miracle Worker (R) ’CC’** Back from New York, Arizona ends up caught between Alex and Andrew. Elsewhere, while Ben takes on a new parenting role, Amelia helps Meredith and Maggie through a problem. | **M (S)**+GREY13-003+ |

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| 13:00 | **Grey's Anatomy: Falling Slowly (R) ’CC’** Jackson and April adjust to their “new normal” with the baby. While Meredith and Nathan establish what’s going on between them, Amelia questions the state of her relationship with Owen. | **M (A)**+GREY13-004+ |

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| 14:00 | **Marvel's Agent Carter: A View In The Dark (R)** While Peggy continues her investigation into Isodyne, Daniel is surprised when she and his new girlfriend hit it off. Meanwhile, Jason asks Peggy for help and offers her a way into the company. | **M (V)**+MACA02-002+ |

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

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| 16:30 | **Modern Family: Dude Ranch (R)** While vacationing at Lost Creek Ranch in Jackson Hole, Wyoming, the three families try their hands at a little cattle herding, skeet shooting, and horseback riding. | **PG** +MOFA03-001+ |

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| 17:00 | **Smallville (R) ’CC’** To regain key incriminating information about his father's past that he lost when his memory was erased, Lex joins an experimental program headed by Dr. Garner. | **PG (H,V,A)**+SMVI03-019+ |

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| 18:00 | **How I Met Your Mother: Girls Vs. Suits (R) ’CC’** Barney debates whether or not he should give up wearing suits in order to land a hot bartender. Guest starring Rachael Bilson. | **PG** +HMYM5-012+ |

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| 18:30 | **The Simpsons: Thursdays With Abie (R)** Homer becomes jealous when a syndicated newspaper columnist begins publishing Grandpa's stories, while Bart is assigned to take care of the class's stuffed sheep for the weekend. | **PG** +SIMP21-009+ |

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| 19:00 | **The Simpsons: Once Upon A Time In Springfield (R)** The antagonism between Krusty and the new female co-star forced upon him soon turns to romance, while a headhunter encourages Homer, Lenny and Carl to take a job at another nuclear power plant. | **PG** +SIMP21-010+ |

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| 19:30 | **Modern Family: When Good Kids Go Bad (R)** Mitchell and Cameron plan an evening with the whole family to break the happy news that they're attempting to adopt another child. Meanwhile, Claire and Jay are each focused on proving a point. | **PG** +MOFA03-002+ |

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| 20:00 | **Modern Family: Phil On Wire (R)** The growing bond between Jay and the dog, Stella, gets on Gloria's nerves. Meanwhile, Phil and Luke go on a tightrope, but it's Claire with the missteps as she tries to teach the girls a life lesson. | **PG** +MOFA03-003+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Morgans (R)** Gordon grapples with girl power when he takes on an intimate family-run restaurant in the heart of WAG territory near Liverpool.  | **MA (L)**+RAKN03-004+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Barefoot Bob's Beach Grill (R)** Barefoot Bob's is a successful beachside grill, but they struggle to stay open in the winter months. Can Chef Ramsay help this seasonal restaurant stay open year-round? Starring:GORDON RAMSAY | **M (L)**+KNUS06-005+ |

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| 22:30 | **Ramsay's Hotel Hell: Juniper Hill - Part 2 (R)** Gordon Ramsay checks in and may check out on part two. Starring:GORDON RAMSAY | **M (L)**+HELL01-005+ |

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| 23:30 | **Nikita: Echoes (R)** In order to speed up her healing, Amanda sedates Alex after her last mission then takes advantage of Alex's drugged condition to question her about the secrets Amanda believes Alex is keeping. | **M (D,V)**+NIKI01-016+ |

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| 00:30 | **Nikita: Covenants (R)** Michael confronts Nikita in her lair and reveals that he knows Alex is the mole. He tells Nikita that she has 24 hours to find Kasim, or he will tell Percy about Alex. | **M (D,V)**+NIKI01-017+ |

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| 01:30 | **How I Met Your Mother: Girls Vs. Suits (R) ’CC’** Barney debates whether or not he should give up wearing suits in order to land a hot bartender. Guest starring Rachael Bilson. | **PG** +HMYM5-012+ |

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| 02:00 | **Giada At Home: Cocktails And Appetizers (R)** Giada De Laurentiis hosts a poolside cocktail party, but the appetizers are finger food versions of traditional breakfast foods like French Toast Fingers With Ginger Bourbon Maple Syrup. | **PG** +GIHO06-015+ |

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| 02:30 | **Beach Eats USA: Hidden Gems (R)** Curtis Stone uncovers the beach spots tucked away from the beaten path and serving amazing food to those who know where to find it. | **PG** +BEEA01-006+ |

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| 03:00 | **Cake Wars: Teenage Mutant Ninja Turtles (R)** Four master bakers take on Leonardo, Michelangelo, Donatello and Raphael to have their cake at the center of a party celebrating the Teenage Mutant Ninja Turtles and take home $10,000. | **PG** +CAKW04-012+ |

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| 04:00 | **Iron Chef America: Flay Vs. Thiam (R)** Brooklyn-based Chef Pierre Thiam takes on Iron Chef Bobby Flay. | **PG** +ICAM08-013+ |

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| 05:00 | **Chopped: Cocktail Party (R)** Shaken, stirred, or chopped? Cheers to a fabulous first: a Chopped cocktail party. | **PG** +CHPD35-012+ |

 **Wednesday 18 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** +IAC15-040+ |

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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** +IAC15-041+ |

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

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| 07:30 | **James Robison: Sheila Walsh: Praying Women #2 (R)** Religious Program. | **PG (A)**+JARO20-021+ |

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| 08:00 | **Giada At Home: All Grown Up (R)** Giada De Laurentiis makes three comforting recipes that we all know and love from our childhood, but gives each recipe a grown-up spin. | **PG** +GIHO06-016+ |

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| 08:30 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings (R)** Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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| 09:00 | **Cake Wars: Rugrats (R)** Cake Wars gets animated celebrating everyone's favorite babies, the Rugrats. | **PG** +CAKW04-013+ |

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| 10:00 | **Iron Chef America: Symon Vs. Mendelsohn (R)** Top Chef alum Spike Mendelsohn takes on Iron Chef Michael Symon. | **PG** +ICAM08-014+ |

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| 11:00 | **Chopped: Clock Shock (R)** The chefs get some gorgeous crustaceans and a fancy pasta in the first basket, and the clock surprises them with its speed. | **PG** +CHPD35-013+ |

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| 12:00 | **Grey's Anatomy: Both Sides Now (R) ’CC’** Meredith and Bailey are at odds when both of their patients need a liver transplant, and Owen seeks help from the other doctors when he is charged with babysitting baby Harriet for the day. | **M (A)**+GREY13-005+ |

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| 13:00 | **Grey's Anatomy: Roar (R) ’CC’** Grey Sloan sees the return of a familiar face; Catherine puts on the pressure, forcing Bailey to make a decision about Alex; Amelia faces a tough case in the ER. | **M (A)**+GREY13-006+ |

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| 14:00 | **Marvel's Agent Carter: Better Angels (R)** Jack flies out to LA to shut down the SSR's investigation into Isodyne thanks to the influence of his friend Vernon. Meanwhile, Isodyne frames the dead Jason Wilkes as a Communist spy. | **M (V)**+MACA02-003+ |

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

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| 16:30 | **Modern Family: Phil On Wire (R)** The growing bond between Jay and the dog, Stella, gets on Gloria's nerves. Meanwhile, Phil and Luke go on a tightrope, but it's Claire with the missteps as she tries to teach the girls a life lesson. | **PG** +MOFA03-003+ |

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| 17:00 | **Smallville (R) ’CC’** When a Kawatche man, Jeremiah Holdsclaw, steals a mythical knife from the caves, he is bestowed with superpowers similar to Clark's and comes to believe he is the savior Naman. | **PG (H,V)**+SMVI03-020+ |

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| 18:00 | **How I Met Your Mother: Jenkins (R) ’CC’** When Marshall's attractive female colleague kisses him, Lily refuses to believe it, so Marshall convinces Jenkins to convince Lily. | **PG** +HMYM5-013+ |

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| 18:30 | **The Simpsons: Million Dollar Maybe (R)** Homer can't tell Marge he won the lottery because he was supposed to be giving a wedding toast when he bought the ticket. | **PG** +SIMP21-011+ |

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| 19:00 | **The Simpsons: Boy Meets Curl (R)** Homer and Marge become members of the U.S. Olympic curling team. At the games, Lisa becomes addicted to collecting pins, and Bart tries to save her. | **PG** +SIMP21-012+ |

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| 19:30 | **Modern Family: Hit And Run (R)** Phil and Claire's encounter with an annoying city councilman on the campaign trail gets Claire thinking about throwing her hat into the ring. Mitchell and Cameron have a hit-and-run fender bender. | **PG** +MOFA03-005+ |

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| 20:00 | **Modern Family: Go Bullfrogs! (R)** When Phil takes Haley to his Alma Mater on a trip to visit colleges, Claire persuades Mitchell and Cameron to include her in their boys' night out. | **PG** +MOFA03-006+ |

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| 20:30 | **Movie: The Twilight Saga: Breaking Dawn - Part 2 (R) (2012)** After the birth of Renesmee/Nessie, the Cullens gather other vampire clans in order to protect the child from a false allegation that puts the family in front of the Volturi. Starring:ELIZABETH REASER,KRISTEN STEWART,PETER FACINELLI,TAYLOR LAUTNER,ROBERT PATTINSON,ASHLEY GREENE | **M (S,H,V)**+STUC03-005+ |

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| 22:50 | **Movie: CBGB (R) ’CC’ (2013)** Follows the story of Hilly Kristal's New York club from its conceit as a venue for Country, Bluegrass and Blues (CBGB) to what it ultimately became: the birthplace of underground rock 'n roll and punk Starring:ALAN RICKMAN,DONAL LOGUE,STANA KATIC,ASHLEY GREENE,RICHARD DE KLERK,RUPERT GRINT,MALIN AKERMAN,FREDDY RODRIGUEZ | **MA (D,L,S)**+WDFC53-004+ |

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| 01:00 | **Giada At Home: All Grown Up (R)** Giada De Laurentiis makes three comforting recipes that we all know and love from our childhood, but gives each recipe a grown-up spin. | **PG** +GIHO06-016+ |

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| 01:30 | **Carnival Cravings With Anthony Anderson: Sweet Carolina Cravings (R)** Anthony Anderson heads to the Got to Be NC Festival in Raleigh, for some Southern-fried carnival goodness. | **PG** +CRAV01-001+ |

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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. Mendelsohn (R)** Top Chef alum Spike Mendelsohn takes on Iron Chef Michael Symon. | **PG** +ICAM08-014+ |

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| 05:00 | **Chopped: Clock Shock (R)** The chefs get some gorgeous crustaceans and a fancy pasta in the first basket, and the clock surprises them with its speed. | **PG** +CHPD35-013+ |

 **Thursday 19 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** +IAC15-042+ |

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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** +IAC15-043+ |

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

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| 07:30 | **James Robison: Sheila Walsh w/Dr David Jeremiah (R)** Religious Program. | **PG (A)**+JARO20-022+ |

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| 08:00 | **Giada At Home: Giada's L.A. Vacation (R)** Giada De Laurentiis puts her spin on three dishes from some of Los Angeles's most popular tourist attractions. | **PG** +GIHO06-017+ |

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| 08:30 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State (R)** Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 09:00 | **Cupcake Wars: Girl Scouts 100th Birthday (R)** Four bakers compete for the ultimate merit badge, displaying their cupcakes at the 100th birthday of the Girl Scouts. | **PG** +CUPW05-001+ |

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| 10:00 | **Iron Chef America: Symon / Psilakis Vs. Carro Brothers (R)** Italian brothers Nicola and Fabrizio Carro enter kitchen stadium to take on Iron Chef Michael Symon paired with Chef Michael Psilakis. | **PG** +ICAM08-015+ |

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| 11:00 | **Chopped: Espresso Express (R)** The chefs get a jolt of energy in the first basket in the form of ground espresso, but can they quickly make coffee click with the rest of the ingredients? | **PG** +CHPD35-014+ |

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| 12:00 | **Grey's Anatomy: Why Try To Change Me Now (R) ’CC’** The arrival of a new consultant puts all of the doctors on edge, especially once she starts stepping on toes in the OR. Amelia and Owen bring their personal problems into the hospital. | **M (A)**+GREY13-007+ |

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| 13:00 | **Grey's Anatomy: The Room Where It Happens (R) ’CC’** A difficult surgery brings back pivotal memories for Meredith, Richard, Owen and Stephanie, as they work together to save a life. | **M (A)**+GREY13-008+ |

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| 14:00 | **Marvel's Agent Carter: Smoke And Mirrors (R)** Whitney works on controlling her newfound power. Meanwhile, Vernon pays the SSR a surprise visit. | **M (V)**+MACA02-004+ |

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| 15:00 | **The Simpsons: Million Dollar Maybe (R)** Homer can't tell Marge he won the lottery because he was supposed to be giving a wedding toast when he bought the ticket. | **PG** +SIMP21-011+ |

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| 15:30 | **The Simpsons: Boy Meets Curl (R)** Homer and Marge become members of the U.S. Olympic curling team. At the games, Lisa becomes addicted to collecting pins, and Bart tries to save her. | **PG** +SIMP21-012+ |

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| 16:00 | **Modern Family: Hit And Run (R)** Phil and Claire's encounter with an annoying city councilman on the campaign trail gets Claire thinking about throwing her hat into the ring. Mitchell and Cameron have a hit-and-run fender bender. | **PG** +MOFA03-005+ |

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| 16:30 | **Modern Family: Go Bullfrogs! (R)** When Phil takes Haley to his Alma Mater on a trip to visit colleges, Claire persuades Mitchell and Cameron to include her in their boys' night out. | **PG** +MOFA03-006+ |

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| 17:00 | **Smallville (R) ’CC’** Clark decides to tell Lana his secret so they can finally be together. Meanwhile, a rogue FBI agent kidnaps and tortures Pete to force him to reveal Clark's secret. | **PG (H,V)**+SMVI03-021+ |

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| 18:00 | **How I Met Your Mother: Rabbit Or Duck (R) ’CC’** When Lily and Marshall forget to fix up Ted on a blind date for Valentine's Day, they call on one of Barney's many discarded girls. | **PG** +HMYM5-015+ |

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| 18:30 | **The Simpsons: The Color Yellow (R)** While searching for an admirable ancestor for a class project, Lisa discovers the story of a relative named Eliza Simpson, who may or may not have helped a slave escape to freedom. | **PG** +SIMP21-013+ |

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| 19:00 | **The Simpsons: Postcards From The Wedge (R)** When Bart unsuccessfully tries to play Homer and Marge against each other, he comes up with a dangerous prank that is sure to get their attention. | **PG** +SIMP21-014+ |

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| 19:30 | **Modern Family: Treehouse (R)** Gloria persuades Jay to commit to a night of salsa dancing after seeing how much his friend Shorty and his girlfriend do together. Cameron makes a bet that he can get a woman's phone number. | **PG** +MOFA03-007+ |

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| 20:00 | **Modern Family: After The Fire (R)** The Pritchetts rally for a good cause after a neighbor's house burns down, but there's a downside to their Samaritan intentions when Jay injures his back. | **PG** +MOFA03-008+ |

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| 20:30 | **Grey's Anatomy: Nothing Left To Cling To ’CC’ SERIES RETURN**Meredith, Richard and Alex must deal with the consequences after Bailey fires them from Grey Sloan for insurance fraud. | **M (A)**+GREY16-001+ |

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| 21:30 | **Grey's Anatomy: Back In The Saddle ’CC’ NEW EPISODE**The Grey Sloan doctors operate on a man who crashed into Maggie’s car as Owen, back from paternity leave, struggles with Tom’s new position. | **M (A)**+GREY16-002+ |

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| 22:30 | **Movie: The Witches Of Eastwick (R)** Three single women in a picturesque village have their wishes granted - at a cost - when a mysterious and flamboyant man arrives in their lives. Starring:CHER (SINGER),MICHELLE PFEIFFER,RICHARD JENKINS,SUSAN SARANDON,JACK NICHOLSON,VERONICA CARTWRIGHT | **M (H,S,L)**+WBFF01-050+ |

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| 01:00 | **Revolution: The Dark Tower (R)** Miles and Monroe face-off, while the core group of rebels suffers another big loss. Life-threatening dangers abound on all sides as the Rebels infiltrate the Tower. | **MA (V,A)**+REVO01-020+ |

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| 02:00 | **Giada At Home: Giada's L.A. Vacation (R)** Giada De Laurentiis puts her spin on three dishes from some of Los Angeles's most popular tourist attractions. | **PG** +GIHO06-017+ |

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| 02:30 | **Carnival Cravings With Anthony Anderson: Ooey-Gooey Golden State (R)** Anthony Anderson is in Sacramento, for the county fair, where he finds cowboys aplenty and enough carnival treats to feed the whole Golden State. | **PG** +CRAV01-002+ |

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| 03:00 | **Cupcake Wars: Girl Scouts 100th Birthday (R)** Four bakers compete for the ultimate merit badge, displaying their cupcakes at the 100th birthday of the Girl Scouts. | **PG** +CUPW05-001+ |

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| 04:00 | **Iron Chef America: Symon / Psilakis Vs. Carro Brothers (R)** Italian brothers Nicola and Fabrizio Carro enter kitchen stadium to take on Iron Chef Michael Symon paired with Chef Michael Psilakis. | **PG** +ICAM08-015+ |

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| 05:00 | **Chopped: Espresso Express (R)** The chefs get a jolt of energy in the first basket in the form of ground espresso, but can they quickly make coffee click with the rest of the ingredients? | **PG** +CHPD35-014+ |

 **Friday 20 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** +IAC15-044+ |

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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** +IAC15-045+ |

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

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| 07:30 | **James Robison: Water For Life Special #1 (R)** Religious Program. | **PG** +JARO20-023+ |

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| 08:00 | **Giada At Home: Feel-Good Food (R)** Giada makes four healthy recipes that may be low in fat and calories, but are full of amazing flavour. | **PG** +GIHO06-018+ |

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| 08:30 | **Carnival Cravings With Anthony Anderson: Deep-Fried Rockies (R)** Anthony Anderson heads to heart of the Rockies for some mountain-sized carnival fun at Parker Days in Parker, Colo. | **PG** +CRAV01-003+ |

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| 09:00 | **Cupcake Wars: Cowboy Cupcakes (R)** Bakers fight for a place at the Professional Bull Rider's awards ceremony in Las Vegas. | **PG** +CUPW05-002+ |

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| 10:00 | **Iron Chef America: Symon Vs. Okuwa (R)** Chef Makoto Okuwa enters Kitchen Stadium for the 1st time as a challenger. | **PG** +ICAM08-016+ |

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| 11:00 | **Chopped: Amped For Ramps (R)** The competitors find a prized member of the onion family in the first basket, ramps. But will the flavourful wild leeks play nicely with the other mandatory ingredients? | **PG** +CHPD35-015+ |

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| 12:00 | **Grey's Anatomy: You Haven't Done Nothin' (R) ’CC’** Believing he is going to jail tomorrow, Alex makes a big decision about his future. While the hospital is overrun with victims of a building collapse, Richard demands answers from Bailey about Eliza. | **M (A)**+GREY13-009+ |

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| 13:00 | **Grey's Anatomy: You Can Look (But You'd Better Not Touch) (R) ’CC’** Bailey, Arizona and Jo go to a maximum security women’s prison to treat a violent, 16-year-old pregnant girl and her unborn baby. | **M (V,A)**+GREY13-010+ |

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| 14:00 | **Marvel's Agent Carter: The Atomic Job (R)** Peggy and her off-the-books team must find a way to stop the Council from detonating an atomic bomb in California. | **M (V)**+MACA02-005+ |

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| 15:00 | **Modern Family: After The Fire (R)** The Pritchetts rally for a good cause after a neighbor's house burns down, but there's a downside to their Samaritan intentions when Jay injures his back. | **PG** +MOFA03-008+ |

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| 15:40 | **The Simpsons: The Color Yellow (R)** While searching for an admirable ancestor for a class project, Lisa discovers the story of a relative named Eliza Simpson, who may or may not have helped a slave escape to freedom. | **PG** +SIMP21-013+ |

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| 16:10 | **The Simpsons: Postcards From The Wedge (R)** When Bart unsuccessfully tries to play Homer and Marge against each other, he comes up with a dangerous prank that is sure to get their attention. | **PG** +SIMP21-014+ |

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| 16:40 | **Movie: The Prince & Me 3: A Royal Honeymoon (R) (2008)** After surviving a controversial wedding that tested the depths of their love, King Edvard and Queen Paige get a chance to let loose as they set off for their honeymoon in the Danish countryside. Starring:ADAM CROASDELL,JONATHAN FIRTH,KAM HESKIN,CHRIS GEERE | **PG (A)**+ICNF18-005+ |

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| 18:40 | **Movie: Robots (R) (2005)** In a robot world, a young idealistic inventor travels to the big city to join his inspiration's company, only to find himself opposing its sinister new management. Starring:AMANDA BYNES,HALLE BERRY,MEL BROOKS,PAULA ABDUL | **G** +FOXF08-054+ |

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| 20:30 | **Movie: Inception (R) ’CC’** A thief, who steals corporate secrets through use of dream-sharing technology, is given the inverse task of planting an idea into the mind of a CEO. Starring:CILLIAN MURPHY,KEN WATANABE,TOM HARDY,JOSEPH GORDON-LEVITT,ELLEN PAGE,LEONARDO DICAPRIO | **M (V)**+WBFF01-027+ |

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| 23:30 | **Movie: Cake (R) (2014)** Claire becomes fascinated by the suicide of a woman in her chronic pain support group while grappling with her own, very raw personal tragedy. Starring:ANNA KENDRICK,JENNIFER ANISTON,SAM WORTHINGTON,WILLIAM H MACY,ADRIANA BARRAZA,FELICITY HUFFMAN | **MA (L,A)**+WBFR06-003+ |

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

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| 02:10 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:40 | **Movie: The Saint's Vacation (R) (1941)** The Saint must stop a valuable secret from falling into the wrong hands. Starring:CECIL PARKER,HUGH SINCLAIR,SALLY GRAY,GORDON MC LEOD,LEUEEN MC GRATH | **PG (V)**+RKO-091+ |

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| 04:00 | **Iron Chef America: Symon Vs. Okuwa (R)** Chef Makoto Okuwa enters Kitchen Stadium for the 1st time as a challenger. | **PG** +ICAM08-016+ |

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| 05:00 | **Chopped: Amped For Ramps (R)** The competitors find a prized member of the onion family in the first basket, ramps. But will the flavourful wild leeks play nicely with the other mandatory ingredients? | **PG** +CHPD35-015+ |

 **Saturday 21 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** +IAC15-046+ |

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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** +IAC15-047+ |

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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-014+ |

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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-015+ |

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| 08:00 | **Ten Dollar Dinners: Paradise By The Cooktop Light (R)** Melissa d'Arabian dresses up a wallet-friendly classic without breaking her budget. Her tender Meatloaf gets an extra flavor boost from her Mustard and Sour Cream Gravy. | **G** +TEDD06-006+ |

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| 08:30 | **Ten Dollar Dinners: Greek-Onomical Dining (R)** Melissa d'Arabian makes Moussaka, a traditional Greek casserole featuring roasted eggplant, a cinnamon-spiced meat sauce, and creamy bechamel. | **G** +TEDD06-007+ |

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| 09:00 | **Ten Dollar Dinners: Saving Coin With Catfish (R)** Melissa d'Arabian prepares an elegant and affordable fish supper. Pecan Crusted Catfish gets a spoonful of extra flavor from Spicy Cream Sauce, made with a surprise secret ingredient. | **G** +TEDD06-008+ |

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| 09:30 | **Reality Cupcakes: Killer Cupcakes (R)** Ashley Foxen's cakes jump right off the plate at a rooftop Shark Week party. The Foxens then make spring roll cupcakes for an important fashion event hosted by fashion icon Nicole Miller. | **PG** +RCUP01-004+ |

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| 10:00 | **Kid's Baking Championship: Imposters Italiano (R)** Valerie Bertinelli and Duff Goldman love Italian food so much they're challenging the bakers to create lasagne dessert imposters. | **PG** +KBAC05-004+ |

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| 11:00 | **Chopped: True Grits (R)** The chefs get the Southern classic grits in the first basket and race to make appetizers that deliver on flavour, but one of the competitors has major difficulties in the final seconds of the round. | **PG** +CHPD35-016+ |

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| 12:00 | **Helloworld (R) ’CC’ ENCORE**Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-013+ |

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| 12:30 | **My Asian Banquet: Japan** Jason brings his knowledge of Asian cuisine into your lounge room each episode and re-creates My Asian Banquet. | **PG** +MYAB01-002+ |

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| 13:00 | **Restaurant: Impossible: Bronk's Bar And Grill (R)** Chef Robert Irvine's next mission brings him to the small town of Lake City, Minn., where Erik and Tracy are only a month away from losing their 11-year-old restaurant, Bronk's Bar and Grill.  | **PG** +RIMP05-003+ |

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| 14:00 | **Restaurant: Impossible: Rising Sun Bistro (R)** The French-themed Rising Sun Bistro in Kalispell, Mont., is facing a mountain of problems: A chaotic kitchen, an uninspired decor, $500,000 worth of debt and owners who can't stand each other.  | **PG** +RIMP05-004+ |

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| 15:00 | **One Tree Hill (R)** At the hospital bed where Dan lies after a heart attack, Deb contemplates her role in the tragedy. On his way to attempt reconciliation, Dan had found Deb making love to Keith. | **PG (L,S,A)**+ONTH02-001+ |

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| 16:00 | **One Tree Hill (R)** With the assistance of Peyton and Brooke, Lucas gives Nathan and Haley a wedding reception. Although Haley's parents, and Lydia support their daughter's marriage, Deb doesn't. | **PG (D,S,A)**+ONTH02-002+ |

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| 17:00 | **Movie: The Prince & Me 4: The Elephant Adventure (R) (2010)** King Edvard and Queen Paige fly to Sangyoon for the arranged wedding of Princess Myra, who is in love with a humble boy, not the prince she is expected to marry. Starring:JONATHAN FIRTH,KAM HESKIN,CHRIS GEERE,SELINA LO | **PG (V)**+ICNF18-006+ |

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| 19:00 | **Movie: Never Been Kissed (R) ’CC’ (1999)** A nerdy twenty-five-year-old reporter must go undercover in a high school for a story, reliving her horrific adolescence but finding love for the first time. Starring:DREW BARRYMORE,MOLLY SHANNON,MICHAEL VARTAN,DAVID ARQUETTE | **PG (D,L,S)**+FOXF08-045+ |

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| 21:15 | **Movie: Spy (R) ’CC’ (2015)** When a CIA analyst's partner falls off the grid and another top agent is compromised, she volunteers to go undercover to infiltrate the world of a deadly arms dealer, and prevent a global disaster. Starring:ALLISON JANNEY,JASON STATHAM,ROSE BYRNE,MIRANDA HART,BOBBY CANNAVALE,JUDE LAW,MELISSA MCCARTHY | **MA (V,L,N)**+FOXF07-005+ |

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| 23:45 | **Movie: In The Line Of Duty: Blaze Of Glory (R) ’CC’ (1997)** A former marine starts a new life after meeting his dream girl, but this new life takes a turn when they decide to become the modern day version of Bonnie and Clyde. Starring:BRAD SULLIVAN,BRAD WHITFORD,BRADLEY WHITFORD,MARIANGELA PINO,LORI LOUGHLIN,SUSANNA THOMPSON,BRUCE CAMPBELL,VICTOR MORRIS | **M (V)**+WILF-012+ |

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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 | **Ten Dollar Dinners: Greek-Onomical Dining (R)** Melissa d'Arabian makes Moussaka, a traditional Greek casserole featuring roasted eggplant, a cinnamon-spiced meat sauce, and creamy bechamel. | **G** +TEDD06-007+ |

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| 03:00 | **Ten Dollar Dinners: Saving Coin With Catfish (R)** Melissa d'Arabian prepares an elegant and affordable fish supper. Pecan Crusted Catfish gets a spoonful of extra flavor from Spicy Cream Sauce, made with a surprise secret ingredient. | **G** +TEDD06-008+ |

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| 03:30 | **Reality Cupcakes: Killer Cupcakes (R)** Ashley Foxen's cakes jump right off the plate at a rooftop Shark Week party. The Foxens then make spring roll cupcakes for an important fashion event hosted by fashion icon Nicole Miller. | **PG** +RCUP01-004+ |

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| 04:00 | **Chopped: True Grits (R)** The chefs get the Southern classic grits in the first basket and race to make appetizers that deliver on flavour, but one of the competitors has major difficulties in the final seconds of the round. | **PG** +CHPD35-016+ |

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| 05:00 | **Kid's Baking Championship: Imposters Italiano (R)** Valerie Bertinelli and Duff Goldman love Italian food so much they're challenging the bakers to create lasagne dessert imposters. | **PG** +KBAC05-004+ |