**Sunday 16 February 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**  +IAC14-043+ |

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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**  +IAC14-044+ |

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| 07:00 | **Sally Bollywood - Super Detective: Starry Eyed / Miss Mystery (R) ’CC’**  Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G**  +SBSD2-022+ |

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| 07:30 | **Sally Bollywood - Super Detective: Fangs A Lot / All Made Up (R) ’CC’**  Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G**  +SBSD2-023+ |

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| 08:20 | **Barefoot Contessa: Restaurant Rules (R)**  Ina Garten shares a collection of restaurant-inspired dishes to cook at home. Ina cooks with Frank Pellegrino for the famous Rao's restaurant and gets insider information from the best kitchens. | **PG**  +BARE07-007+ |

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| 08:50 | **Barefoot Contessa: Cheesy Does It (R)**  Ina is writing an article for Food Network magazine, and it's all about cheese. There's a photo shoot in her garden with the magazine followed by recipes back in the kitchen. , | **PG**  +BARE07-008+ |

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| 09:20 | **Giada At Home: Spring Lucheon (R)**  Giada De Laurentiis prepares a festive spring luncheon based on fresh ingredients that celebrate the season. | **PG**  +GIHO05-015+ |

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| 09:50 | **Ridiculous Cakes: Big Tex's Texas-Sized Cake (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-006+ |

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| 10:20 | **Kid's Baking Championship: Doughnuts Go Nuts (R)**  Valerie Bertinelli and Duff Goldman shake things up by asking the eight kid bakers to work in teams to create two different types of doughnuts that come together in one unified doughnut design. | **PG**  +KBAC04-005+ |

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| 11:20 | **The Great Food Truck Race: High Steaks In Texas (R)**  In Amarillo, Texas, the final four teams are in for a steak-filled day: The seed money is determined by a steak-eating contest, and all the teams must add a steak dish to their menu. | **PG**  +GFTR06-004+ |

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| 12:20 | **The Great Food Truck Race: Roadside Attractions (R)**  When the top three teams arrive in Tulsa, all phones and internet abilities are taken away. All of their research, outreach, marketing and navigation have to be done the old-fashioned way | **PG**  +GFTR06-005+ |

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| 13:20 | **Chopped: Taco Time! (R)**  In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG**  +CHPD31-015+ |

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| 14:20 | **Chopped: Viewers' Vengeance (R)**  Extra difficult baskets are guaranteed when four lucky chefs arrive in the Chopped Kitchen for a viewers' choice competition! | **PG**  +CHPD31-016+ |

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| 15:20 | **Restaurant: Impossible: Meet The Impossible (R)**  Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG**  +RIMP08-009+ |

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| 16:20 | **Restaurant: Impossible: The Writing On THe Wall (R)**  Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG**  +RIMP08-010+ |

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| 17:20 | **Restaurant: Impossible: Living In The Dark Ages (R)**  Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG**  +RIMP08-011+ |

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| 18:20 | **Movie: Alice In Wonderland (R) ’CC’ (2010)**  Nineteen-year-old Alice returns to the magical world from her childhood adventure, where she reunites with her old friends and learns of her true destiny: to end the Red Queen's reign of terror. Starring:ALAN RICKMAN,ANNE HATHAWAY,HELENA BONHAM CARTER,JOHNNY DEPP,MIA WASIKOWSKA,MATT LUCAS,STEPHEN FRY,MICHAEL SHEEN | **PG (V)**  +WDFR18-001+ |

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| 20:30 | **Movie: The Butterfly Effect (2004)**  Evan Treborn suffers blackouts during significant events of his life. As he grows up, he finds a way to remember these lost memories and a supernatural way to alter his life by reading his journal. Starring:AMY SMART,ERIC STOLTZ,ELDEN HENSON,ASHTON KUTCHER,WILLIAM LEE SCOTT | **MA (V,A)**  +WBFF03-015+ |

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| 23:00 | **Nip/Tuck (R) ’CC’**  Sean's life is in ruins after learning that Christian is Matt's biological father due to a premarital tryst with Julia. He ejects Julia from their house and demands the dissolution of his partnership. | **MA (S,A)**  +NIPT02-009+ |

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| 00:00 | **Nip/Tuck (R) ’CC’**  Having tenuously reconciled and agreed to continue their partnership, Sean and Christian consult with an exuberant newspaper journalist, Ike Connors, who wants breast implants for himself. | **MA (S,A)**  +NIPT02-010+ |

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| 01:00 | **Dr. Ken: Pilot (R)**  A doctor, husband and father finds his good intentions often result in frustrating those around him, including his therapist wife, brilliant but socially inept son, and self-centred teenage daughter. | **PG (D,S,A)**  +DKEN01-001+ |

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| 01:30 | **Dr. Ken: The Seminar (R)**  A complaint about his bedside manner sees Ken forced to attend a seminar to improve his behaviour. | **PG (S,A)**  +DKEN01-002+ |

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| 02:00 | **Dr. Ken: Ken Helps Pat (R)**  Pat wants everyone to start working on Saturdays, so the workers in the office ask Ken to talk Pat out of it. | **PG (S,A)**  +DKEN01-003+ |

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| 02:30 | **Dr. Ken: Kevin O'Connell (R)**  Ken is thrown when he finds out that Allison's ex-boyfriend is an incredibly hot, successful Korean doctor. | **PG (D,S)**  +DKEN01-004+ |

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| 03:00 | **Giada At Home: Spring Lucheon (R)**  Giada De Laurentiis prepares a festive spring luncheon based on fresh ingredients that celebrate the season. | **PG**  +GIHO05-015+ |

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| 03:30 | **Ridiculous Cakes: Big Tex's Texas-Sized Cake (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-006+ |

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| 04:00 | **Chopped: Taco Time! (R)**  In each round of this competition, the chefs are tasked with showcasing their creative take on the taco. | **PG**  +CHPD31-015+ |

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| 05:00 | **Chopped: Viewers' Vengeance (R)**  Extra difficult baskets are guaranteed when four lucky chefs arrive in the Chopped Kitchen for a viewers' choice competition! | **PG**  +CHPD31-016+ |

**Monday 17 February 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**  +IAC14-045+ |

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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**  +IAC14-046+ |

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| 07:00 | **Home Shopping: OxyPure Air Purifier (OXY201219)**  Home Shopping | **G**  +NSD-018+ |

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| 07:30 | **James Robison: Joseph Prince #1**  Religious Program. | **PG**  +JARO20-034+ |

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| 08:00 | **Giada At Home: Mexican Fiesta (R)**  Giada De Laurentiis takes inspiration from L.A.'s great Mexican food, hosting a Mexican feast for friends and preparing a menu of modern Mexican dishes. | **PG**  +GIHO05-016+ |

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| 08:30 | **The Great Food Truck Race: High Steaks In Texas (R)**  In Amarillo, Texas, the final four teams are in for a steak-filled day: The seed money is determined by a steak-eating contest, and all the teams must add a steak dish to their menu. | **PG**  +GFTR06-004+ |

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| 09:30 | **Restaurant: Impossible: Meet The Impossible (R)**  Chef Robert Irvine and his team have travelled to more than 100 locations to help America's failing restaurants. Now it's your chance to hear the never-before-told stories behind the show. | **PG**  +RIMP08-009+ |

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| 10:30 | **Restaurant: Impossible: The Writing On THe Wall (R)**  Daniel is the owner and operator of a successful sawmill, and thought he would be able to run Big Jim's Bama Q in Hammondville. But his naivety has instead left him seeking Chef Robert. | **PG**  +RIMP08-010+ |

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| 11:30 | **Mystery Diners: Bad Credit (R)**  When Chef Chai, owner of his namesake restaurant in Honolulu, notices multiple ticket voids, he contacts Charles Stiles for help. | **PG**  +MYSD08-013+ |

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| 12:00 | **Police Woman: Fish (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M (V)**  +PLW-007+ |

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| 13:00 | **Police Woman: Flowers Of Evil (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M (A,V)**  +PLW-008+ |

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| 14:00 | **The Family: Pilot (R) ’CC’**  Ten years after disappearing, a politician's son suddenly returns, sending repercussions rippling through the family and the community. | **M (D,A,V)**  +FAMI01-001+ |

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| 15:00 | **Restaurant: Impossible: Living In The Dark Ages (R)**  Chef Robert Irvine tackles his first-ever theme restaurant, when he comes to the aid of Buzz, the owner of Cave Inn BBQ, a new caveman/dinosaur themed restaurant. | **PG**  +RIMP08-011+ |

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| 16:00 | **Dr. Ken: Allison's Thanksgiving Meltdown (R)**  Allison plans a road trip to spend Thanksgiving with her parents, but is undermined by Ken. | **PG**  +DKEN02-008+ |

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| 16:30 | **Dr. Ken: D.K.'s New Girlfriend (R)**  D.K. gets a new girlfriend, causing tension at home. Pat and Dave play father and son to land Pat a date. Damona and Clark ruin the spa day that Allison and Molly had planned. | **PG**  +DKEN02-009+ |

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| 17:00 | **Smallville (R) ’CC’**  After Clark's Kryptonian father grants him temporary superpowers, Jonathan engages Clark in a destructive battle atop the LuthorCorp building. | **PG (H,V)**  +SMVI03-002+ |

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| 18:00 | **How I Met Your Mother: The Front Porch (R) ’CC’**  Karen finds another woman's earring in Ted's bed and he discovers that Lily planted it there on purpose. | **PG**  +HMYM4-017+ |

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| 18:30 | **The Simpsons: The Debarted (R)**  The new prankster in Bart's fourth grade class actually turns out to be a mole brought in by Principal Skinner to infiltrate Bart's inner circle. | **PG**  +SIMP19-013+ |

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| 19:00 | **The Simpsons: Dial "N" For Nerder (R)**  One of Bart's pranks results in Martin's death, but Lisa doesn't want him to confess because she would be considered an accomplice. | **PG (S)**  +SIMP19-014+ |

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| 19:30 | **Modern Family: In Your Head (R) ’CC’**  When Luke goes missing after a night out in a sketchy neighborhood, Manny, Phil and Gloria team up to track him down. | **PG (A)**  +MOFA09-013+ |

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| 20:00 | **Modern Family: Written In The Stars (R) ’CC’**  Phil thinks that Gloria is upset at Jay for dropping the ball on Valentine's Day, so he convinces Jay to spice things up with a little role playing. | **M (S)**  +MOFA09-014+ |

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| 20:30 | **First Dates Australia (R) ’CC’**  In an Australian first, the red carpet is rolled out for a Logie award-winning TV legend. A new dater has a laugh you'll never forget, and another might just be Australia's worst eater. | **M (S)**  +FDAT04-001+ |

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| 21:40 | **First Dates Australia (R) ’CC’**  In this episode, Mr Right is looking for his Mr Right, a missing wallet spells embarrassment and a perpetual wink leaves a date feeling extra nervous. | **PG (S,L)**  +FDAT03-009+ |

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| 22:50 | **Gold Digger (R) ’CC’ ENCORE**  When Julia meets a much younger man, her family wonder if his intentions are financially motivated. | **M (N,L,S)**  +GODI01-001+ |

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| 00:00 | **Are You The One?**  The house is stunned by the last Matchup Ceremony while Jenni thinks that Layton is her match but worries about Jessica. The Truth Booth threatens another couple. | **MA (L,S)**  +AYTO02-005+ |

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| 01:00 | **Galavant: A New Season aka Suck It Cancellation Bear (R)**  Richard and Galavant are shipwrecked and try to get back to Valencia so that Richard can reclaim the throne. Meanwhile, Gareth insists that he be crowned king. | **PG**  +GALA02-001+ |

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| 01:30 | **Galavant: World's Best Kiss (R)**  Richard and Galavant consult a fortune teller, who puts Galavant in contact with Isabella in Hortensia. Meanwhile, Gareth and Madalena fight over decorating the throne room. | **PG**  +GALA02-002+ |

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| 02:00 | **Galavant: Aw Hell, The King (R)**  Isabella meets her new wedding planner Wormwood... and he takes control of her with a magical tiara. Meanwhile, Galavant and Richard discover that the local villagers have torn down Richard's castle. | **PG**  +GALA02-003+ |

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| 02:30 | **Galavant: Bewitched, Bothered And Belittled (R)**  After avoiding a cutthroat band of mercenaries, Galavant realizes that he'd be better off without Richard and tries to set him up with Roberta. | **PG**  +GALA02-004+ |

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| 03:00 | **Movie: Step Lively (R) (1944)**  Frank Sinatra stars in this comical musical about a producer, who after many financial hurdles, finally lands in the big time. Starring:ADOLPHE MENJOU,ANNE JEFFREYS,EUGENE PALLETTE,WALTER SLEZAK,GEORGE MURPHY,FRANK SINATRA,GLORIA DE HAVEN | **G**  +RKO-103+ |

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| 05:00 | **Giada At Home: Mexican Fiesta (R)**  Giada De Laurentiis takes inspiration from L.A.'s great Mexican food, hosting a Mexican feast for friends and preparing a menu of modern Mexican dishes. | **PG**  +GIHO05-016+ |

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| 05:30 | **Mystery Diners: Bad Credit (R)**  When Chef Chai, owner of his namesake restaurant in Honolulu, notices multiple ticket voids, he contacts Charles Stiles for help. | **PG**  +MYSD08-013+ |

**Tuesday 18 February 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**  +IAC14-047+ |

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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**  +IAC14-048+ |

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| 07:00 | **Home Shopping: NuWave PIC Gold (PIC271019) (R)**  Home Shopping | **G**  +NSD-016+ |

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| 07:30 | **James Robison: Joseph Prince #2**  Religious Program. | **PG**  +JARO20-035+ |

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| 08:00 | **Giada At Home: An Apple a Day (R)**  With Giada De Laurentiis. Giada shares 3 amazing recipes with America's favorite fruit. | **PG**  +GIHO05-017+ |

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| 08:30 | **Diners, Drive-Ins And Dives: A Passport Of Flavor (R)**  Guy Fieri's diving into killer cuisine with international flair. In Lansing, Mich., an off-the-hook Middle Eastern joint puttin' out serious shawarma and gangster grape leaves. | **PG**  +DDID27-005+ |

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| 09:00 | **Cake Wars: Halo (R)**  Get ready for the biggest battle the gaming world has ever seen, as four incredible bakers create action-packed cakes celebrating one of the biggest video games in the world, Halo! | **PG**  +CAKW03-009+ |

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| 10:00 | **The Great Food Truck Race: Showdown In Chi-Town (R)**  The two remaining teams arrive in St. Louis, ready for their final big sell. Tyler Florence challenges the teams to create three different dishes in 30 minutes. | **PG**  +GFTR06-006+ |

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| 11:00 | **Chopped: Betting On The Farm (R)**  The chefs are treated to some farm-fresh basket ingredients directly from the source! | **PG**  +CHPD31-017+ |

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| 12:00 | **Police Woman: The Stalking Of Joey Marr (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-009+ |

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| 13:00 | **Police Woman: Requiem For Bored Wives (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-010+ |

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| 14:00 | **The Family: All You See Is Dark (R) ’CC’**  Both newly freed from their respective captivity, Adam Warren and Hank Asher find homecoming is a thing easier said than done. After meeting Adam face to face, Hank grapples with a dark secret. | **M (A,S)**  +FAMI01-002+ |

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| 15:00 | **My Kitchen Rules: The Rivals (R) ’CC’ ENCORE**  It's the final Instant Restaurant and tough critics Sophia & Romel have to cook their butts off to avoid the elimination cook-off. Accusations fly in the most explosive dinner party yet. | **PG (L,S)**  +MYKR11-010+ |

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| 16:30 | **The Simpsons: Dial "N" For Nerder (R)**  One of Bart's pranks results in Martin's death, but Lisa doesn't want him to confess because she would be considered an accomplice. | **PG (S)**  +SIMP19-014+ |

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| 17:00 | **Smallville (R) ’CC’**  Clark discovers that someone is hunting people who have been affected by the meteor rocks and the killer's next target is Lex. Clark uses his powers to save Lex but is caught off guard. | **PG (H,V)**  +SMVI03-003+ |

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| 18:00 | **How I Met Your Mother: Old King Clancy (R) ’CC’**  Barney and Marshall concoct an elaborate lie to keep Ted from knowing he is out of a job. | **PG**  +HMYM4-018+ |

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| 18:30 | **The Simpsons: Smoke On The Daughter (R)**  Marge has Lisa take up ballet, mainly to have Lisa live out her own childhood dreams. | **PG**  +SIMP19-015+ |

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| 19:00 | **The Simpsons: Papa Don't Leech (R)**  When the Simpsons discover that Lurleen Lumpkin is on the skids, Marge reluctantly agrees to take her in and help her find her deadbeat dad. | **PG (D,S)**  +SIMP19-016+ |

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| 19:30 | **Modern Family: Spanks For The Memories (R) ’CC’**  When Jay overhears Gloria on the phone talking about spanking, he assumes she is frustrated in the bedroom; Mitchell and Cam throw a party to rub Mitchell's new job in Cam's friends' faces. | **M (S)**  +MOFA09-015+ |

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| 20:00 | **Modern Family: Wine Weekend (R) ’CC’**  The family goes on a wine tasting trip and stays in Haley's new boss's country house; Gloria and Mitch are invited to a party at Oprah's house but can't bring anyone else. | **M (S)**  +MOFA09-016+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Riviera - Revisited (R)**  Gordon returns to La Riviera. The restaurant has met with more success since his first visit, but will chef Loic continue to resist French frills and achieve his ambition of a Michelin star? | **M (L)**  +RAKN02-010+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: La Galleria 33 - Part 1 (R)**  American restaurants receive a wake up call they'll never forget as week by week a struggling restaurant receives the Gordon Ramsay treatment. Starring:GORDON RAMSAY | **M (L)**  +KNUS06-001+ |

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| 22:30 | **Ramsay's Hotel Hell: The Cambridge (R)**  Gordon Ramsay checks into a haunted hotel. Starring:GORDON RAMSAY | **M (L)**  +HELL01-001+ |

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| 23:30 | **Nikita: Phoenix (R)**  Division sends Thom to eliminate Anna, a woman who was having a secret affair with a U.S. senator. Division agrees to cover up the affair as long as the senator agrees with their conditions. | **M (D,V)**  +NIKI01-008+ |

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| 00:30 | **Nikita: One Way (R)**  Nikita and Michael temporarily team up to kill a terrorist who murdered Michael's family many years ago. When Percy learns this information, he sends Division agents to kill Nikita. | **M (D,V)**  +NIKI01-009+ |

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| 01:30 | **Giada At Home: An Apple a Day (R)**  With Giada De Laurentiis. Giada shares 3 amazing recipes with America's favorite fruit. | **PG**  +GIHO05-017+ |

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| 02:00 | **Diners, Drive-Ins And Dives: A Passport Of Flavor (R)**  Guy Fieri's diving into killer cuisine with international flair. In Lansing, Mich., an off-the-hook Middle Eastern joint puttin' out serious shawarma and gangster grape leaves. | **PG**  +DDID27-005+ |

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| 02:30 | **The Great Food Truck Race: Showdown In Chi-Town (R)**  The two remaining teams arrive in St. Louis, ready for their final big sell. Tyler Florence challenges the teams to create three different dishes in 30 minutes. | **PG**  +GFTR06-006+ |

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| 03:30 | **Cake Wars: Halo (R)**  Get ready for the biggest battle the gaming world has ever seen, as four incredible bakers create action-packed cakes celebrating one of the biggest video games in the world, Halo! | **PG**  +CAKW03-009+ |

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| 04:30 | **Chopped: Betting On The Farm (R)**  The chefs are treated to some farm-fresh basket ingredients directly from the source! | **PG**  +CHPD31-017+ |

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| 05:30 | **Giada At Home: An Apple a Day (R)**  With Giada De Laurentiis. Giada shares 3 amazing recipes with America's favorite fruit. | **PG**  +GIHO05-017+ |

**Wednesday 19 February 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**  +IAC14-049+ |

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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**  +IAC14-050+ |

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| 07:00 | **Home Shopping: OxyPure Air Purifier (OXY201219) (R)**  Home Shopping | **G**  +NSD-018+ |

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| 07:30 | **James Robison: Sheila Walsh: Praying Women #4**  Religious Program. | **PG (A)**  +JARO20-036+ |

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| 08:00 | **Giada At Home: Coast to Coast Barbecue (R)**  Giada De Laurentiis takes us on a coast-to-coast adventure introducing us to great barbecue recipes that reflect different parts of the country. | **PG**  +GIHO05-018+ |

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| 08:30 | **Diners, Drive-Ins And Dives: Old Faces, New Places (R)**  Guy Fieri's visiting some familiar Triple D faces and checking out their new places. First, a primo pizza joint in Flagstaff, Ariz., firin' up pies with not-your-everyday toppings. | **PG**  +DDID27-006+ |

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| 09:00 | **Cake Wars: Madeline (R)**  The bravest little redhead is coming from Paris to Cake Wars! Four amazing cake artists battle to have their cake at the center of a party celebrating Madeline. | **PG**  +CAKW03-010+ |

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| 10:00 | **The Great Food Truck Race: Family Face-Off: A Family Affair (R)**  Six family teams kick off the Great Food Truck Race with a funnel cake eating contest at a theme park in Los Angeles. | **PG**  +GFTR07-001+ |

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| 11:00 | **Chopped: Sweet Heat (R)**  First, it's a pizza puzzle when the chefs open the appetizer basket to find something that's called pizza but doesn't look or taste like the dish they know and love. | **PG**  +CHPD31-018+ |

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| 12:00 | **Police Woman: Smack (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M (D,V)**  +PLW-012+ |

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| 13:00 | **Police Woman: Cradle Robbers (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-013+ |

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| 14:00 | **The Family: Of Puppies And Monsters (R) ’CC’**  FBI Agent Gabe Clements joins the investigation and makes it clear to Nina how he would like to handle the case. | **M (A,V)**  +FAMI01-003+ |

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| 15:00 | **My Kitchen Rules: The Rivals (R) ’CC’ ENCORE**  House Manu take on House Colin in the first elimination cook off. And the truth is served with a side of denial as the two accused lovebirds face the music. Whose MKR dream will end tonight? | **PG (L)**  +MYKR11-011+ |

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| 16:30 | **The Simpsons: Papa Don't Leech (R)**  When the Simpsons discover that Lurleen Lumpkin is on the skids, Marge reluctantly agrees to take her in and help her find her deadbeat dad. | **PG (D,S)**  +SIMP19-016+ |

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| 17:00 | **Smallville (R) ’CC’**  Clark dreams that he is being pursued by a frightened young girl who needs his help. However, after he discovers she is actually the apparition of a comatose neighbor. | **PG (D,H,V)**  +SMVI03-004+ |

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| 18:00 | **How I Met Your Mother: Murtaugh (R) ’CC’**  Barney attempts to complete in a single day all the tasks from a list Ted made to prove the gang's not too old to do them. | **PG**  +HMYM4-019+ |

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| 18:30 | **The Simpsons: Apocalypse Cow (R)**  Bart tries to save the cow he raised for his 4-H club from the slaughterhouse, and in the process winds up getting accidentally engaged to one of Cletus's daughters. | **PG**  +SIMP19-017+ |

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| 19:00 | **The Simpsons: Any Given Sundance (R)**  Lisa's documentary about her family is accepted into the Sundance Film Festival. | **PG**  +SIMP19-018+ |

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| 19:30 | **Modern Family: Royal Visit (R) ’CC’**  Haley's astrophysicist boyfriend comes to meet the family, setting Claire and Phil off in a competition about which one of them is smarter; Mitch and Cam go on a yoga retreat. | **M (A,S)**  +MOFA09-017+ |

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| 20:00 | **Modern Family: Daddy Issues (R) ’CC’**  When Gloria's ex-boyfriend stops by for a visit, his striking resemblance to Manny makes Jay wonder; Phil agonizes over getting the perfect anniversary gift for Claire. | **M (S)**  +MOFA09-018+ |

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| 20:30 | **Movie: Twilight (R) (2008)**  KRISTEN STEWART stars in her break out role as a teenage girl who risks everything when she falls in love with a vampire. Starring:BILLY BURKE,MATT BUSHELL,SARAH CLARKE,TAYLOR LAUTNER,KRISTEN STEWART | **M (H,V)**  +STUC03-001+ |

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| 23:00 | **Ex On The Beach**  Eight single guys and girls head to an idyllic beach to enjoy a summer holiday in paradise... until their exes turn up. | **MA (L,S)**  +EXOB06-005+ |

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| 00:00 | **Ex On The Beach**  Eight single guys and girls head to an idyllic beach to enjoy a summer holiday in paradise... until their exes turn up. | **MA (L,S)**  +EXOB06-006+ |

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| 01:00 | **Giada At Home: Coast to Coast Barbecue (R)**  Giada De Laurentiis takes us on a coast-to-coast adventure introducing us to great barbecue recipes that reflect different parts of the country. | **PG**  +GIHO05-018+ |

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| 01:30 | **Diners, Drive-Ins And Dives: Old Faces, New Places (R)**  Guy Fieri's visiting some familiar Triple D faces and checking out their new places. First, a primo pizza joint in Flagstaff, Ariz., firin' up pies with not-your-everyday toppings. | **PG**  +DDID27-006+ |

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| 02:00 | **Home Shopping: Bowflex Max Trainer (A2830BM19S) (R)**  Shopping program. | **G**  +BDP-967+ |

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| 02:30 | **Home Shopping: Miracle Chef Air Fryer Oven Deluxe (MICH2830A17904) (R)**  Shopping program. | **G**  +GSD-046+ |

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| 03:00 | **Home Shopping: Cop Cam (COPC2830A17904) (R)**  Shopping program. | **G**  +GSD-040+ |

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| 03:30 | **Home Shopping: Transforma Ladder (A2830TL39S) (R)**  Shopping program. | **G**  +BDP-880+ |

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| 04:00 | **Cake Wars: Madeline (R)**  The bravest little redhead is coming from Paris to Cake Wars! Four amazing cake artists battle to have their cake at the center of a party celebrating Madeline. | **PG**  +CAKW03-010+ |

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| 05:00 | **Chopped: Sweet Heat (R)**  First, it's a pizza puzzle when the chefs open the appetizer basket to find something that's called pizza but doesn't look or taste like the dish they know and love. | **PG**  +CHPD31-018+ |

**Thursday 20 February 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**  +IAC14-051+ |

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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**  +IAC14-052+ |

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| 07:00 | **Home Shopping: NuWave PIC Gold (PIC271019) (R)**  Home Shopping | **G**  +NSD-016+ |

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| 07:30 | **James Robison: Ken Harrison #1**  Religious Program. | **PG (A)**  +JARO20-037+ |

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| 08:00 | **Giada At Home: Father's Day Pasta (R)**  Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG**  +GIHO05-019+ |

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| 08:30 | **Diners, Drive-Ins And Dives: From Pied To Fried (R)**  Guy Fieri's travelling the nation, digging into all kinds of killer grub. In St. Petersburg, Fla., a lights-out spot loadin' up the righteous ramen. | **PG**  +DDID27-007+ |

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| 09:00 | **Cake Wars: Jelly Belly (R)**  It's the most colorful and flavor-filled Cake Wars battle ever, as four incredible bakers battle it out to have their cake creation as the centrepiece of a party celebrating Jelly Belly! | **PG**  +CAKW03-011+ |

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| 10:00 | **The Great Food Truck Race: Family Face-Off: Things Get Berry Interesting (R)**  The five remaining food truck teams head up the Pacific Coast Highway to Ventura County, where they're the main attraction at the California Strawberry Festival. | **PG**  +GFTR07-002+ |

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| 11:00 | **Chopped: Basket Buzz (R)**  A giant circle of dough with a long history and veggies that look like tiny watermelons in the first basket. | **PG**  +CHPD31-019+ |

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| 12:00 | **Police Woman: Shoefly (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-011+ |

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| 13:00 | **Police Woman: Target Black (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-014+ |

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| 14:00 | **The Family: Feathers Or Steel (R) ’CC’**  Detective Meyer and Agent Clements go on the hunt for a child kidnapper whose MO is eerily similar to Adam's abductor. Also, Bridey continues to infiltrate the Warren family, searching for intel. | **M (A,V,S)**  +FAMI01-004+ |

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| 15:00 | **My Kitchen Rules: The Rivals (R) ’CC’ ENCORE**  It's the first restaurant takeover and House Manu are delivering Mexican street food in the hope of avoiding elimination. As Manu is pushed to the max, House Colin has more power than ever before. | **PG (L)**  +MYKR11-012+ |

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| 16:30 | **The Simpsons: Any Given Sundance (R)**  Lisa's documentary about her family is accepted into the Sundance Film Festival. | **PG**  +SIMP19-018+ |

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| 17:00 | **Smallville (R) ’CC’**  Perry White, a once-promising journalist whose career was destroyed by Lionel Luthor, arrives in Smallville in search of alien stories for a tabloid news show. | **PG (V,A)**  +SMVI03-005+ |

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| 18:00 | **How I Met Your Mother: Mosbius Designs (R) ’CC’**  Ted goes out on his own as an architect and hires an intern to help get things started, but all he helps himself to is Robin. | **PG**  +HMYM4-020+ |

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| 18:30 | **The Simpsons: Mona Leaves-A (R)**  Homer's mom dies, and as part of her will, she asks him to spread her ashes. | **PG (D,V)**  +SIMP19-019+ |

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| 19:00 | **The Simpsons: All About Lisa (R)**  In a parody of All About Eve, Lisa stabs Krusty in the back, takes his job, and wins a prestigious award. | **PG**  +SIMP19-020+ |

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| 19:30 | **Modern Family: CHiPs And Salsa (R) ’CC’**  Haley's boss tries to buy Gloria's salsa; Mitchell gets Cam the police ride-along he's always dreamed of. | **PG (A)**  +MOFA09-019+ |

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| 20:00 | **Modern Family: Mother! (R) ’CC’**  When Dede drops by unexpectedly, Mitchell and Cam come to a realization about her effect on their lives; Phil, Luke, Alex and Haley all have different bad news to break to Claire. | **PG (A)**  +MOFA09-020+ |

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| 20:30 | **Ink Master: No One Is Safe**  The top four artists must endure a grueling tattoo marathon. | **M (L)**  +INKM08-015+ |

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| 21:30 | **Ink Master: Peck Vs Nunez**  The final three artists tattoo and the eliminated artists return for a fiery confrontation. A 24-hour chest tattoo determines the winner. | **M (L)**  +INKM08-016+ |

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| 23:00 | **Ink Master Redemption: X-Rated Blunders**  Miami Burgess and Frank McManus face canvases scarred by tattoos that appear to be X-rated and must prove they deserve the chance to make them right. | **M (L)**  +INKR03-004+ |

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| 23:30 | **Ink Master Redemption: Coming In Hot**  Emotions run high when two canvases return with their loved ones to confront artists Ty'Esha Reels and Duffy Fortner about their unappealing tattoos. | **M (L)**  +INKR03-005+ |

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| 00:00 | **Revolution: Home (R)**  When the past catches up with Miles and Monroe in the form of mutual heartthrob, Emma all hell breaks loose for them, physically and emotionally. It's up to Charlie and Nora to rescue Miles this time. | **MA (V,A)**  +REVO01-015+ |

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| 01:00 | **Revolution: The Love Boat (R)**  Miles and Tom Neville find themselves in an unsteady alliance, fighting for the same cause - but Miles still doesn't trust him. And Charlie, Jason and Nora attempt to pull off a daring river rescue. | **MA (V,A)**  +REVO01-016+ |

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| 02:00 | **Dr. Ken: Halloween-Aversary (R)**  It's Halloween and the anniversary of Dr. Ken's marriage proposal. | **PG (A)**  +DKEN01-005+ |

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| 02:30 | **Dr. Ken: Ken Teaches Molly A Lesson (R)**  An overenthusiastic Ken goes overboard while attempting to teach Molly how to drink responsibly. | **PG (A)**  +DKEN01-006+ |

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| 03:00 | **Dr. Ken: Dr. Wendi : Coming To LA (R)**  A visit from Ken's sister Wendi, a well-known doctor and TV host on a medical talk show, makes him secretly envious of her success. | **PG (A)**  +DKEN01-007+ |

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| 03:30 | **Dr. Ken: Thanksgiving Culture Clash (R)**  At Thanksgiving with both of their families, Ken accuses Allison of prioritizing her Japanese heritage over his Korean roots. | **PG (S)**  +DKEN01-008+ |

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| 04:00 | **Diners, Drive-Ins And Dives: From Pied To Fried (R)**  Guy Fieri's travelling the nation, digging into all kinds of killer grub. In St. Petersburg, Fla., a lights-out spot loadin' up the righteous ramen. | **PG**  +DDID27-007+ |

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| 04:30 | **Chopped: Basket Buzz (R)**  A giant circle of dough with a long history and veggies that look like tiny watermelons in the first basket. | **PG**  +CHPD31-019+ |

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| 05:30 | **Giada At Home: Father's Day Pasta (R)**  Giada De Laurentiis creates a make a special Father's Day dinner while Jade spends a fun day with dad. | **PG**  +GIHO05-019+ |

**Friday 21 February 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**  +IAC14-053+ |

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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**  +IAC14-054+ |

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| 07:00 | **Home Shopping: OxyPure Air Purifier (OXY201219) (R)**  Home Shopping | **G**  +NSD-018+ |

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| 07:30 | **James Robison: Water For Life Special #2**  Religious Program. | **PG (A)**  +JARO20-038+ |

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| 08:00 | **Giada At Home: Spa Day at Home (R)**  Giada De Laurentiis creates a light and delicious menu for a spa day at home with Jade and their girlfriends. | **PG**  +GIHO05-020+ |

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| 08:30 | **Diners, Drive-Ins And Dives: Sammies And Spice (R)**  Guy Fieri's grabbing standout sandwiches and diving into some serious spice. In Longmont, Colo., a spot putting out a primo pork burger and going crazy with cauliflower. | **PG**  +DDID27-008+ |

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| 09:00 | **Cake Wars: Paddington (R)**  Paddington the Bear is onto his next adventure, bringing his old hat and battered suitcase to visit Cake Wars! | **PG**  +CAKW03-012+ |

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| 10:00 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure (R)**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 11:00 | **Chopped: Wild Times (R)**  Straight from nature to the chefs' baskets, ingredients in this competition are favorites of hunters and foragers! | **PG**  +CHPD31-020+ |

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| 12:00 | **Police Woman: Operation Sidewinder (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-015+ |

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| 13:00 | **Police Woman: Blast (R)**  Angie Dickinson stars as a police woman reflecting the growing trend in American law enforcement toward the increasing use of female officers in "on the line" positions. | **M**  +PLW-017+ |

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| 14:00 | **The Family: I Win (R) ’CC’**  When Hank is badly beaten, he names a member of the Warren family as the prime suspect. Bridey receives the results of the paternity test she ran on Adam, and the answer is shocking and definitive. | **M (V)**  +FAMI01-005+ |

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| 15:00 | **My Kitchen Rules: The Rivals (R) ’CC’ ENCORE**  House Colin has a score to settle and they’ve got their strongest cooks at the helm in this Asian street food challenge. But will their plans to keep out of elimination go up in smoke? | **PG (L)**  +MYKR11-013+ |

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| 16:30 | **Movie: The Sisterhood Of The Travelling Pants 2 (R) (2008)**  Four college freshmen and best friends find that it may take more than a shared pair of jeans to help them stay in touch as their lives go in different directions. Starring:ALEXIS BLEDEL,BLYTHE DANNER,AMERICA FERRERA,AMBER TAMBLYN,BLAKE LIVELY | **PG (S,A)**  +WBFF03-106+ |

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| 19:00 | **Movie: Garfield (R) (2004)**  Jon Arbuckle buys a second pet, a dog named Odie. When Odie is abducted it's up to Jon's cat, Garfield, to find and rescue the canine. Starring:BILL MURRAY,STEPHEN TOBOLOWSKY,JENNIFER LOVE HEWITT,BRECKIN MEYER | **G**  +FOXF09-022+ |

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| 20:30 | **Movie: Groundhog Day (R) ’CC’ (1993)**  Bill Murray stars as a nasty, self- centered weatherman who is forced to relive Groundhog Day, over and over again, until he gets it right. Starring:ANDIE MACDOWELL,BILL MURRAY,BRIAN DOYLE-MURRAY,STEPHEN TOBOLOWSKY,CHRIS ELLIOTT,MARITA GERAGHTY | **PG (A,L)**  +SPF12-015+ |

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| 22:45 | **Movie: Freaky Friday (R) (2003)**  An overworked mother and her daughter do not get along. When they switch bodies, each is forced to adapt to the other's life for one freaky Friday. Starring:CHAD MICHAEL MURRAY,CHRISTINA VIDAL,JAMIE LEE CURTIS,JULIE GONZALO,RYAN MALGARINI,LINDSAY LOHAN,MARK HARMON | **PG (A)**  +WDFR18-006+ |

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| 00:45 | **Giada At Home: Spa Day at Home (R)**  Giada De Laurentiis creates a light and delicious menu for a spa day at home with Jade and their girlfriends. | **PG**  +GIHO05-020+ |

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| 01:15 | **Diners, Drive-Ins And Dives: Sammies And Spice (R)**  Guy Fieri's grabbing standout sandwiches and diving into some serious spice. In Longmont, Colo., a spot putting out a primo pork burger and going crazy with cauliflower. | **PG**  +DDID27-008+ |

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| 02:00 | **Home Shopping: H20 HD - Free Trial (DZD228DSVMP) (R)**  Shopping program. | **PG**  +7DZD2-168+ |

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| 02:30 | **Home Shopping: Flavorstone Diamond (DZD277FSVMP) (R)**  Shopping program. | **G**  +7DZD2-198+ |

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| 03:00 | **The Great Food Truck Race: Family Face-Off: An Egg-Cellent Adventure (R)**  The four remaining family food truck teams head inland to the Santa Barbara Wine County, where they must face a challenge involving ostriches. | **PG**  +GFTR07-003+ |

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| 04:00 | **Cake Wars: Paddington (R)**  Paddington the Bear is onto his next adventure, bringing his old hat and battered suitcase to visit Cake Wars! | **PG**  +CAKW03-012+ |

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| 05:00 | **Chopped: Wild Times (R)**  Straight from nature to the chefs' baskets, ingredients in this competition are favorites of hunters and foragers! | **PG**  +CHPD31-020+ |

**Saturday 22 February 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**  +IAC14-055+ |

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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**  +IAC14-056+ |

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| 07:00 | **Sally Bollywood - Super Detective: Comic Book Caper / The Crystal Guitar (R) ’CC’**  Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G**  +SBSD2-024+ |

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| 07:30 | **Sally Bollywood - Super Detective: Pyjama Party / Party Pooper (R) ’CC’**  Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G**  +SBSD2-025+ |

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| 08:00 | **Baked In Vermont: The Leftovers (R)**  Gesine Prado and her husband, Ray, believe in "once bitten, twice better" when it comes to leftovers. | **PG**  +BAVE02-004+ |

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| 08:30 | **Baked In Vermont: Garden Graduation Party (R)**  Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG**  +BAVE02-005+ |

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| 09:00 | **Baked In Vermont: Italy Revisited (R)**  Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG**  +BAVE02-006+ |

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| 09:30 | **Ridiculous Cakes: Seven-Foot Wedding Cake (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-007+ |

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| 10:00 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |

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| 11:00 | **Chopped: Alton's Challenge, Pt. 1 (R)**  Alton Brown is taking over the Chopped Kitchen for an epic five-part tournament. With $50,000 on the line, the first four chefs bravely take on his challenge. | **PG**  +CHPD34-001+ |

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| 12:00 | **Helloworld (R) ’CC’ ENCORE**  This week your ultimate guide to the most magical place on earth Walt Disney World Resort. Join Ash Hart as she discovers all the magic across the destination and more on this special episode. | **PG**  +HELW01-009+ |

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| 12:30 | **Movie: The Sisterhood Of The Travelling Pants 2 (R) (2008)**  Four college freshmen and best friends find that it may take more than a shared pair of jeans to help them stay in touch as their lives go in different directions. Starring:ALEXIS BLEDEL,AMERICA FERRERA,AMBER TAMBLYN,BLYTHE DANNER,BLAKE LIVELY | **PG (S,A)**  +WBFF03-106+ |

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| 15:00 | **One Tree Hill: Suddenly Everything Has Changed (R)**  After his near-death experience, Lucas decides he made the wrong choice in girlfriends. He breaks up with Brooke and secretly rekindles his romance with Peyton. | **PG (A,S)**  +ONTH01-015+ |

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| 16:00 | **One Tree Hill: The First Cut Is The Deepest (R)**  Nathan must choose which parent to live with after Dan and Deb's divorce. Dan forces Nathan to make the decision by threatening to reveal Deb's darkest secrets in court unless Nathan chooses him. | **PG (S,L)**  +ONTH01-016+ |

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| 17:00 | **Movie: Oh, God! Book II (R) (1980)**  Chagrined at the bad press He seems to be getting worldwide, God returns to earth and recruits grade-school student Tracy Richards to help Him devise an advertising campaign. Starring:GEORGE BURNS,DAVID BIRNEY,SUZANNE PLESHETTE,LOUANNE LOUANNE | **G**  +WBFF03-084+ |

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| 19:00 | **Movie: The Sound Of Music (R) ’CC’ (1965)**  Maria, who is studying to be a nun at an Austrian abbey, is supposed to look after the children of Captain Von Trapp: she is not supposed to fall in love! Starring:CHRISTOPHER PLUMMER,RICHARD HAYDN,ELEANOR PARKER,JULIE ANDREWS | **G**  +FOXF08-056+ |

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| 22:40 | **Movie: Diana (R) ’CC’ (2013)**  During the last two years of her life, Princess Diana campaigns against the use of land mines and has a secret love affair with a Pakistani heart surgeon. Starring:CAS ANVAR,CHARLES EDWARDS,JULIET STEVENSON,GERALDINE JAMES,LAURENCE BELCHER,HARRY HOLLAND,DOUGLAS HODGE,NAOMI WATTS,NAVEEN ANDREWS | **M (L,A)**  +BECK01-001+ |

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| 01:00 | **Home Shopping: Copper Chef (DZD263PSVMP) (R)**  Shopping program. | **G**  +7DZD2-191+ |

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| 01:30 | **Home Shopping: H2O E3 (DZD290ESEVP) (R)**  Shopping program. | **G**  +7DZD2-199+ |

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| 02:00 | **Baked In Vermont: The Leftovers (R)**  Gesine Prado and her husband, Ray, believe in "once bitten, twice better" when it comes to leftovers. | **PG**  +BAVE02-004+ |

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| 02:30 | **Baked In Vermont: Garden Graduation Party (R)**  Gesine Prado is honored to host a high school graduation party for her dear friends' daughter. It's a special day and they're celebrating the big event with a garden party filled with sweet treats. | **PG**  +BAVE02-005+ |

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| 03:00 | **Baked In Vermont: Italy Revisited (R)**  Gesine has invited her friends over for a trip down memory lane and a big Italian dinner of Bolognese Lasagne and Caprese Salad. | **PG**  +BAVE02-006+ |

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| 03:30 | **Ridiculous Cakes: Seven-Foot Wedding Cake (R)**  Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG**  +RICA01-007+ |

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| 04:00 | **Chopped: Alton's Challenge, Pt. 1 (R)**  Alton Brown is taking over the Chopped Kitchen for an epic five-part tournament. With $50,000 on the line, the first four chefs bravely take on his challenge. | **PG**  +CHPD34-001+ |

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| 05:00 | **Kid's Baking Championship: Unicornucopia (R)**  Duff Goldman and Valerie Bertinelli challenge the eight kid bakers to use their imaginations to create a unicorn cake that illustrates a specific emotion. | **PG**  +KBAC04-006+ |