**Sunday 22 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** +IAC15-048+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-049+ |

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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-016+ |

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

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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-017+ |

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| 08:00 | **Big Food Truck Tip: Birmingham's Southern Fried Food Trucks (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-002+ |

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| 08:30 | **Big Food Truck Tip: Turning Up The Heat In Charleston (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-003+ |

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| 09:00 | **Giada At Home: Springtime In Italy (R)** Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG** +GIHO06-019+ |

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| 09:30 | **Reality Cupcakes: Cupcake Comfort Food (R)** Ashley Foxen makes amazing hot wing and macaroni and cheese cupcakes so realistic the Fleet Week military sailors returning home can't decide if they're eating appetizers or desserts. | **PG** +RCUP01-005+ |

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| 10:00 | **Kid's Baking Championship: You're In The Ballpark (R)** Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG** +KBAC05-005+ |

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| 11:00 | **Big Food Truck Tip: Birmingham's Southern Fried Food Trucks (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-002+ |

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| 11:30 | **Iron Chef America: Morimoto Vs. Hines (R)** Celebrated Seattle Chef Maria Hines challenges Iron Chef Morimoto. | **PG** +ICAM08-017+ |

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| 12:30 | **Iron Chef America: Symon Vs. Brown (R)** New York Chef Ed Brown enters Kitchen Stadium to take on Iron Chef Michael Symon. | **PG** +ICAM08-018+ |

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| 13:30 | **Chopped: Weird Twist (R)** The chefs learn they'll be cooking with ingredients that are bizarre, even by Chopped standards. Something slimy and something strangely shaped are found in the first wonderfully weird basket.  | **PG** +CHPD35-017+ |

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| 14:30 | **Chopped: Gimme Gator (R)** Strange incarnations of everyday ingredients, black garlic and coconut vinegar, challenge the chefs in the appetizer round. | **PG** +CHPD35-018+ |

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| 15:30 | **Restaurant: Impossible: Whiskey Creek Steakhouse (R)** Pat and Karan, owners of the Whiskey Creek Steakhouse in Keyport, Wash., have lost nearly everything in the 20 years their restaurant has been open. | **PG** +RIMP05-005+ |

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| 16:30 | **Restaurant: Impossible: Windseeker Restaurant (R)** Windseeker Restaurant in Dalles, Ore., is suffering from years of bad publicity and negative word of mouth. | **PG** +RIMP05-006+ |

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| 17:30 | **Mystery Diners: Partner In Crime (R)** The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG** +MYSD07-011+ |

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| 18:00 | **Mystery Diners: Cafe Coup (R)** The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG** +MYSD07-012+ |

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| 18:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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

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| 20:30 | **Movie: Won't Back Down (R) (2012)** Two determined mothers look to transform their children's failing inner city school. Facing a powerful bureaucracy, they risk everything to make a difference for the future of their children. Starring:HOLLY HUNTER,MAGGIE GYLLENHAAL,ROSIE PEREZ,OSCAR ISAAC,VIOLA DAVIS | **PG (A)**+WDF52-003+ |

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| 23:00 | **Nip/Tuck (R) ’CC’** Christian and Liz perform cosmetic surgery on an extraordinary ape to help her chances of reproducing. After learning that Ava is a transgender woman, Matt questions his own sexuality. | **MA (V,S,D,L)**+NIPT03-002+ |

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| 00:00 | **Nip/Tuck (R) ’CC’** Sean, Julia and Christian struggle to find a common solution as Matt spirals out of control. Christian performs surgery at his former fraternity house to help cover up a hazing ritual gone awry. | **MA (V,S,D,L)**+NIPT03-003+ |

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| 01:00 | **Big Food Truck Tip: Birmingham's Southern Fried Food Trucks (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-002+ |

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| 01:30 | **Big Food Truck Tip: Turning Up The Heat In Charleston (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-003+ |

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| 02:00 | **Giada At Home: Springtime In Italy (R)** Giada makes a very traditional Italian Easter luncheon for her family using the fresh flavors of Italy. The menu features Italian Springtime Lamb, Artichoke Risotto and Whipped Ricotta Salad. | **PG** +GIHO06-019+ |

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| 02:30 | **Reality Cupcakes: Cupcake Comfort Food (R)** Ashley Foxen makes amazing hot wing and macaroni and cheese cupcakes so realistic the Fleet Week military sailors returning home can't decide if they're eating appetizers or desserts. | **PG** +RCUP01-005+ |

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| 03:00 | **Iron Chef America: Morimoto Vs. Hines (R)** Celebrated Seattle Chef Maria Hines challenges Iron Chef Morimoto. | **PG** +ICAM08-017+ |

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| 04:00 | **Iron Chef America: Symon Vs. Brown (R)** New York Chef Ed Brown enters Kitchen Stadium to take on Iron Chef Michael Symon. | **PG** +ICAM08-018+ |

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| 05:00 | **Kid's Baking Championship: You're In The Ballpark (R)** Thirteen-year-old singing ventriloquist Darci Lynne and her puppet Petunia hang out at the ballpark with Valerie Bertinelli and Duff Goldman while they enjoy their favorite stadium snack. | **PG** +KBAC05-005+ |

 **Monday 23 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** +IAC15-050+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC15-051+ |

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

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| 07:30 | **James Robison: Jennie Allen (R)** Religious Program. | **PG (A)**+JARO20-029+ |

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| 08:00 | **Giada At Home: Recipe Swap (R)** Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG** +GIHO06-020+ |

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| 08:30 | **Iron Chef America: Symon Vs. Brown (R)** New York Chef Ed Brown enters Kitchen Stadium to take on Iron Chef Michael Symon. | **PG** +ICAM08-018+ |

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| 09:30 | **Chopped: Weird Twist (R)** The chefs learn they'll be cooking with ingredients that are bizarre, even by Chopped standards. Something slimy and something strangely shaped are found in the first wonderfully weird basket.  | **PG** +CHPD35-017+ |

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| 10:30 | **Mystery Diners: Partner In Crime (R)** The owner of the "Black Rose Tavern" in Los Angeles is worried that someone is taking advantage of her, but needs Charles and the team to figure out who. | **PG** +MYSD07-011+ |

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| 11:00 | **Mystery Diners: Cafe Coup (R)** The new owners of "Cafe Aldente" in California, worry that the staff they inherited are still practicing old policies, and so they ask Charles and his team to observe their employees in action. | **PG** +MYSD07-012+ |

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| 11:30 | **Mystery Diners: Daddy's Girl (R)** The owners of "Geppino's Sicilian Kitchen" in Moorpark, suspect that their daughter is dating a thief, after their customers start complaining about stolen items. | **PG** +MYSD07-013+ |

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| 12:00 | **Grey's Anatomy: It Only Gets Much Worse (R) ’CC’** The residents are excited for Eliza’s next phase of teaching, but they spend the day caught between the warring physicians, Meanwhile, April has a challenging first day in her new role at the hospital | **M** +GREY13-013+ |

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| 13:00 | **Grey's Anatomy: Back Where You Belong (R) ’CC’** Alex returns to the hospital and discovers a lot has changed since he left. Meanwhile, Jo has to make a difficult decision on a case, and Arizona tries to distance herself from Eliza. | **M** +GREY13-014+ |

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| 14:00 | **Grey's Anatomy: Civil War (R) ’CC’** Richard, Jackson, April and Catherine tackle a grueling trauma case intensified by hospital politics. Amelia finally faces her feelings about Owen, and Meredith gets caught between Nathan and Alex. | **M (A)**+GREY13-015+ |

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

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| 16:30 | **Dr. Ken: Ken And The Basketball Star (R)** Ken's diagnosis jeopardises a high school basketball star's future. Allison falls in love with Pat's coffee. | **PG** +DKEN02-015+ |

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| 17:00 | **Smallville (R) ’CC’** Kara, a beautiful girl who possesses superpowers and claims to be from the planet Krypton, tries to entice Clark to fulfill his destiny. Overwhelmed, Clark turns to his parents for advice. | **PG (H,V)**+SMVI03-022+ |

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| 18:00 | **How I Met Your Mother: Hooked (R) ’CC’** When the gang tries to convince Ted that he is being strung along by Tiffany, they reflect about their own similar relationships. | **PG** +HMYM5-016+ |

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| 18:30 | **The Simpsons: Stealing First Base (R)** Bart gets Springfield Elementary School in legal trouble when he kisses the enigmatic daughter of two lawyers, while Lisa is depressed about being ostracized because she is smart. | **PG (V)**+SIMP21-015+ |

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| 19:00 | **The Simpsons: The Greatest Story Ever D'Ohed (R)** Ned takes the Simpsons on a pilgrimage to Israel in order to try and save Homer, but soon discovers that he may not be worth saving. | **PG** +SIMP21-016+ |

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| 19:30 | **Modern Family: Punkin Chunkin (R)** A former neighbourhood resident, now rich and successful, returns to visit. Jay thinks Manny needs constructive criticism and Mitchell questions the authenticity of Cam's colorful childhood stories. | **PG** +MOFA03-009+ |

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| 20:00 | **Modern Family: Express Christmas (R)** The family gathers at Jay and Gloria's pool on a sunny December day, and realise everyone will be scattered this coming Christmas. So they set off to throw an impromptu Christmas celebration. | **PG** +MOFA03-010+ |

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| 20:30 | **First Dates Australia (R) ’CC’** Shadi has returned to the restaurant for the fourth time! But he's back a different man. He's lost a lot of weight, he's found faith and his chastity belt is now back tightly in place. | **PG (L,S,A)**+FDAT04-006+ |

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| 21:45 | **First Dates UK (R) ’CC’** Proud Welshman Martin finds out that talkative primary school teacher Sarah wants him to shave his facial hair. Ross's cheesy jokes might be too much for his date, Jess. | **M (L,A)**+FDUK02-006+ |

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| 23:00 | **Ink Master Redemption: Settling The Score (R)** Josh Hibbard and Kyle Dunbar, and brothers Robbie and Jayvo return; only one will receive a shot at redemption. | **M (L)**+INKR01-005+ |

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| 23:30 | **Ink Master Redemption: Mind Over Master (R)** Nick Deangelo, Ryan Eternal, Jason Clay Dunn and Steve Tefft return to impress their canvases for a shot at redemption. | **M (L)**+INKR01-006+ |

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| 00:00 | **It's Always Sunny In Philadelphia: Dee Day ’CC’** The guys are in the final preparation stage for an unknown scheme when Dee enters to inform them that it is "Dee Day," and they have to do everything she wants without complaint. | **M (O,L,S)**+IASP14-003+ |

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| 00:30 | **Are You The One?** The house endures a final Match Up Ceremony and makes the last switch then theTruth Booth delivers answers. | **MA (L,S)**+AYTO02-010+ |

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| 01:30 | **How I Met Your Mother: Hooked (R) ’CC’** When the gang tries to convince Ted that he is being strung along by Tiffany, they reflect about their own similar relationships. | **PG** +HMYM5-016+ |

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| 02:00 | **The Simpsons: Stealing First Base (R)** Bart gets Springfield Elementary School in legal trouble when he kisses the enigmatic daughter of two lawyers, while Lisa is depressed about being ostracized because she is smart. | **PG (V)**+SIMP21-015+ |

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| 02:30 | **The Simpsons: The Greatest Story Ever D'Ohed (R)** Ned takes the Simpsons on a pilgrimage to Israel in order to try and save Homer, but soon discovers that he may not be worth saving. | **PG** +SIMP21-016+ |

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| 03:00 | **Modern Family: Punkin Chunkin (R)** A former neighbourhood resident, now rich and successful, returns to visit. Jay thinks Manny needs constructive criticism and Mitchell questions the authenticity of Cam's colorful childhood stories. | **PG** +MOFA03-009+ |

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| 03:30 | **Movie: Sealed Cargo (R) (1951)** A fishing vessel rescues a captain who claims abandonment by his crew. Starring:CARLA BALENDA,CLAUDE RAINS,DANA ANDREWS,PHILIP DORN | **PG (V)**+RKO-093+ |

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| 05:30 | **Giada At Home: Recipe Swap (R)** Giada De Laurentiis makes Spicy Citrus Popcorn to snack on in the kitchen, and then Aunt Raffy shows up and teaches Giada one of her favorite recipes, Quinoa and Ceci Soup. | **PG** +GIHO06-020+ |

 **Tuesday 24 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** +IAC15-052+ |

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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** +IAC15-053+ |

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

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| 07:30 | **James Robison: Jimmy Evans #1 (R)** Religious Program. | **PG (A)**+JARO20-030+ |

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| 08:00 | **Giada At Home: Spice Of Life (R)** Giada De Laurentiis turns up the heat in the kitchen as she creates hot and fiery recipes from around the globe like Vietnamese Red Snapper With Noodles, Vegetable Paella. | **PG** +GIHO06-021+ |

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| 08:30 | **Carnival Cravings With Anthony Anderson: Bacon-Wrapped Heartland (R)** Anthony Anderson eats his way through the heartland at Prairie Fest in Oswego, gobbling up everything from bacon-wrapped roasted corn to a twist on a local specialty, a Chicago crab dog. | **PG** +CRAV01-004+ |

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| 09:00 | **Cupcake Wars: Cupcake Couture (R)** Cupcakes meet high fashion at a VIP celebration for Vanessa and Angela Simmons' Pastry Shoes. | **PG** +CUPW05-003+ |

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| 10:00 | **Iron Chef America: Cora Vs. Smith (R)** Chef Holly Smith enters kitchen stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-019+ |

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| 11:00 | **Chopped: An Iron Chef Thanksgiving (R)** Three brilliant Iron Chefs - Marc Forgione, Jose Garces and Alex Guarnaschelli - are set to judge four exceptional Chopped Champions on a mission to create an incredible Thanksgiving feast. | **PG** +CHPD35-019+ |

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| 12:00 | **Grey's Anatomy: Who Is He (And What Is He To You)? (R) ’CC’** Jackson and April travel to Montana in order to perform a complicated surgery on a young patient. However, Jackson’s mind is elsewhere and April is forced to step up and get him back on track. | **M (A)**+GREY13-016+ |

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| 13:00 | **Grey's Anatomy: Till I Hear From You (R) ’CC’** Diane Pierce returns to Grey Sloan, but Maggie is still in the dark as to why she's really there. Owen and Amelia hash out their problems as they work a trauma case together. | **M (A)**+GREY13-017+ |

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| 14:00 | **Grey's Anatomy: Be Still, My Soul (R) ’CC’** When Maggie's mum's health deteriorates, the doctors are at odds over how to treat her. Meanwhile, Richard comes to grips with Bailey's betrayal over the Residency Program. | **M (A)**+GREY13-018+ |

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

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| 16:30 | **Modern Family: Express Christmas (R)** The family gathers at Jay and Gloria's pool on a sunny December day, and realise everyone will be scattered this coming Christmas. So they set off to throw an impromptu Christmas celebration. | **PG** +MOFA03-010+ |

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| 17:00 | **Smallville (R) ’CC’** Clark returns from a bizarre phantom zone to Smallville, possessed by his Kryptonian alter ego, Kal-El. Intent on fulfilling his destiny, Kal-El takes to the skies to steal a Kryptonite crystal. | **PG (N,H,A)**+SMVI04-001+ |

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| 18:00 | **How I Met Your Mother: Say Cheese (R) ’CC’** When Ted ruins Lily's birthday dinner by bringing a date, Lily goes to great lengths to keep her out of the annual photo. | **PG** +HMYM5-018+ |

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| 18:30 | **The Simpsons: American History X-Cellent (R)** Mr Burns is sent to prison for art theft, where a scary inmate introduces him to religion. Meanwhile, Smithers becomes the boss at the plant, and Bart and Lisa try to share an ant farm. | **PG** +SIMP21-017+ |

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| 19:00 | **The Simpsons: Chief Of Hearts (R)** Homer and Chief Wiggum's new friendship is put to the test when the chief becomes needy after being shot, while Marge suspects that Bart may be dealing drugs. | **PG (V)**+SIMP21-018+ |

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| 19:30 | **Modern Family: Lifetime Supply (R)** Phil contemplates the worst, after missing a call from the doctor. Elsewhere, Javier, Manny's biological father, pays another visit to take his son to the horse races. Gloria tutors Haley in Spanish. | **PG** +MOFA03-011+ |

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| 20:00 | **Modern Family: Egg Drop (R)** Jay and Claire take control of their kids' school projects from Manny and Luke, while Haley and Gloria help Phil with a real estate presentation. Cam and Mitchell meet with a potential birth mother. | **PG** +MOFA03-012+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra - Revisted (R)** Tonight, Gordon revisits La Parra Restaurant, and finds that while the owner has a core of expats he struggles to get native Spaniards through the door.  | **MA (L)**+RAKN03-005+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Revisited #1 (R)** Chef Ramsay catches up with some of his worst nightmares. Starring:GORDON RAMSAY | **M (L)**+KNUS06-006+ |

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| 22:30 | **Ramsay's Hotel Hell: The Roosevelt (R)** Ramsay checks into the Roosevelt Hotel, where the owner is more interested in dressing up like Sherlock Holmes for murder mystery nights than he is in updating the hotel's musty décor. Starring:GORDON RAMSAY | **M (L)**+HELL01-006+ |

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| 23:30 | **Nikita: Into The Dark (R)** Owen returns with information on one of Percy's black boxes. Nikita goes to London with him to retrieve it but notices that Owen is acting strangely. | **M (D,V)**+NIKI01-018+ |

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| 00:30 | **Nikita: Girl's Best Friend (R)** Nikita believes it's getting too dangerous for Alex at Division and decides it's time Alex disappeared. Alex agrees, but before the plan can be put in motion, she and Jaden are assigned to a mission. | **M (D,V)**+NIKI01-019+ |

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| 01:30 | **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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| 02:30 | **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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| 03:30 | **Marvel's Agent Carter: Life Of The Party (R)** Peggy recruits an ally to help her gain a sample of zero matter so that Jason can restore himself to corporeal form. Meanwhile, Council of Nine undergoes a restructuring. | **M (V)**+MACA02-006+ |

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| 04:30 | **Iron Chef America: Cora Vs. Smith (R)** Chef Holly Smith enters kitchen stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-019+ |

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| 05:30 | **Giada At Home: Spice Of Life (R)** Giada De Laurentiis turns up the heat in the kitchen as she creates hot and fiery recipes from around the globe like Vietnamese Red Snapper With Noodles, Vegetable Paella. | **PG** +GIHO06-021+ |

 **Wednesday 25 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** +IAC15-054+ |

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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** +IAC15-055+ |

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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 #3" (R)** Religious Program. | **PG (A)**+JARO20-031+ |

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| 08:00 | **Giada At Home: Lunch With Mom (R)** Giada prepares a special Mother's Day lunch for her sister and their kids.  | **PG** +GIHO06-022+ |

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| 08:30 | **Carnival Cravings With Anthony Anderson: San Diego On A Stick (R)** Anthony Anderson soaks up some So-Cal fun at the San Diego County Fair, where every carnival treat is straight out of the melting pot, like Thai chicken fry bread and a chile relleno cheeseburger. | **PG** +CRAV01-005+ |

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| 09:00 | **Cupcake Wars: Funny Or Die (R)** Cupcake bakers try to take their cupcakes viral for FunnyOrDie.com. | **PG** +CUPW05-004+ |

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| 10:00 | **Iron Chef America: Cora Vs. Kostow (R)** Chef Christopher Kostow of The Restaurant at Meadowood in Napa Sonoma California enters Kitchen Stadium to take on fellow Californian Iron Chef Cat Cora. | **PG** +ICAM08-020+ |

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| 11:00 | **Chopped: Chopped Grand Holiday (R)** Four of Chopped's biggest winners return to share stories of their life-changing victories and - in the spirit of the season - play for a favorite charity. | **PG** +CHPD35-020+ |

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| 12:00 | **Grey's Anatomy: What's Inside (R) ’CC’** When Maggie takes on a big case, many of the doctors are worried she's not the right one for the job. Stephanie makes a mistake treating one of Grey Sloan's own. | **M (A)**+GREY13-019+ |

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| 13:00 | **Grey's Anatomy: In The Air Tonight (R) ’CC’** Meredith and Nathan have to confront their feelings when they are stuck sitting next to each other on a plane. | **M (A)**+GREY13-020+ |

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| 14:00 | **Giada At Home: Lunch With Mom (R)** Giada prepares a special Mother's Day lunch for her sister and their kids.  | **PG** +GIHO06-022+ |

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| 14:30 | **How I Met Your Mother: Say Cheese (R) ’CC’** When Ted ruins Lily's birthday dinner by bringing a date, Lily goes to great lengths to keep her out of the annual photo. | **PG** +HMYM5-018+ |

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| 15:00 | **The Simpsons: American History X-Cellent (R)** Mr Burns is sent to prison for art theft, where a scary inmate introduces him to religion. Meanwhile, Smithers becomes the boss at the plant, and Bart and Lisa try to share an ant farm. | **PG** +SIMP21-017+ |

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| 15:30 | **The Simpsons: Chief Of Hearts (R)** Homer and Chief Wiggum's new friendship is put to the test when the chief becomes needy after being shot, while Marge suspects that Bart may be dealing drugs. | **PG (V)**+SIMP21-018+ |

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| 16:00 | **Modern Family: Lifetime Supply (R)** Phil contemplates the worst, after missing a call from the doctor. Elsewhere, Javier, Manny's biological father, pays another visit to take his son to the horse races. Gloria tutors Haley in Spanish. | **PG** +MOFA03-011+ |

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| 16:30 | **Modern Family: Egg Drop (R)** Jay and Claire take control of their kids' school projects from Manny and Luke, while Haley and Gloria help Phil with a real estate presentation. Cam and Mitchell meet with a potential birth mother. | **PG** +MOFA03-012+ |

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| 17:00 | **Smallville (R) ’CC’** Clark and Lois investigate Chloe's apparent murder, but Lois' father, General Sam Lane, impedes their progress. Lois suspects that her dad knows more about Chloe's death than he will admit. | **PG (H,V)**+SMVI04-002+ |

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| 18:00 | **How I Met Your Mother: Zoo Or False (R) ’CC’** When Marshall gets mugged, Lily decides she wants a gun for protection, so Marshall comes up with a new story about the mugging. | **PG** +HMYM5-019+ |

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| 18:30 | **The Simpsons: The Squirt And The Whale (R)** After a violent storm, Lisa tries to rally the townspeople and come to the rescue of a beached whale. | **PG (A,V)**+SIMP21-019+ |

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| 19:00 | **The Simpsons: The Surveil With Love (R)** Springfield covers the town with surveillance cameras after Homer creates a bomb scare at the train station. | **PG (S,V,L)**+SIMP21-020+ |

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| 19:30 | **Modern Family: Little Bo Bleep (R)** Claire prepares for her debate with Duane Bailey. Mitch and Cam try to clean up Lily's language before her turn as a flower girl. Jay blames Stella's strange behavior on Gloria. | **PG** +MOFA03-013+ |

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| 20:00 | **Modern Family: Me? Jealous? (R)** Claire believes Phil's new prospective client is inappropriate, but she cannot convince a trusting Phil. Meanwhile, Cam and Mitchell stay with Gloria and Jay while their house is being fumigated. | **PG** +MOFA03-014+ |

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| 20:30 | **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,ELEANOR PARKER,JULIE ANDREWS,RICHARD HAYDN | **G** +FOXF08-056+ |

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| 00:00 | **How I Met Your Mother: Zoo Or False (R) ’CC’** When Marshall gets mugged, Lily decides she wants a gun for protection, so Marshall comes up with a new story about the mugging. | **PG** +HMYM5-019+ |

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| 00:30 | **Giada At Home: Lunch With Mom (R)** Giada prepares a special Mother's Day lunch for her sister and their kids.  | **PG** +GIHO06-022+ |

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| 01:00 | **Cupcake Wars: Funny Or Die (R)** Cupcake bakers try to take their cupcakes viral for FunnyOrDie.com. | **PG** +CUPW05-004+ |

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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: Cora Vs. Kostow (R)** Chef Christopher Kostow of The Restaurant at Meadowood in Napa Sonoma California enters Kitchen Stadium to take on fellow Californian Iron Chef Cat Cora. | **PG** +ICAM08-020+ |

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| 05:00 | **Chopped: Chopped Grand Holiday (R)** Four of Chopped's biggest winners return to share stories of their life-changing victories and - in the spirit of the season - play for a favorite charity. | **PG** +CHPD35-020+ |

 **Thursday 26 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** +IAC15-056+ |

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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** +IAC15-057+ |

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

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| 07:30 | **James Robison: Jimmy Evans #2 (R)** Religious Program. | **PG (A)**+JARO20-032+ |

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| 08:00 | **Giada At Home: Mini Me (R)** Giada De Laurentiis creates a fun small-bite party menu that features mini versions of some of her favorite recipes over the years. | **PG** +GIHO06-023+ |

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| 08:30 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes (R)** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 09:00 | **Cupcake Wars: Rock Of Ages (R)** Cupcake bakers vie to be featured at Broadway musicals, "Rock of Ages", premiere in Los Angeles. | **PG** +CUPW05-005+ |

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| 10:00 | **Iron Chef America: Garces Vs. Lee (R)** Kentucky based Chef Edward Lee enters Kitchen stadium to take on Iron Chef Jose Garces. | **PG** +ICAM08-021+ |

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| 11:00 | **Chopped: Tacos And Tequila (R)** It's fiesta time and the chefs are taking on tacos and tequila-themed baskets. | **PG** +CHPD37-001+ |

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| 12:00 | **Grey's Anatomy: Don't Stop Me Now (R) ’CC’** Bailey and April work to fix things between Richard and Catherine. Meanwhile, Eliza continues to pursue Arizona, and one of Alex's previous patients returns to Grey Sloan. | **M (A)**+GREY13-021+ |

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| 13:00 | **Grey's Anatomy: Leave It Inside (R) ’CC’** April and Andrew consult with a fiery patient who has a giant, inoperable heart tumor. Meanwhile, Alex and Eliza are at odds over the treatment of a young patient. | **M (A)**+GREY13-022+ |

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| 14:00 | **TBA: ENCORE** | ++ |

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| 15:30 | **The Simpsons: The Surveil With Love (R)** Springfield covers the town with surveillance cameras after Homer creates a bomb scare at the train station. | **PG (S,V,L)**+SIMP21-020+ |

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| 16:00 | **Modern Family: Little Bo Bleep (R)** Claire prepares for her debate with Duane Bailey. Mitch and Cam try to clean up Lily's language before her turn as a flower girl. Jay blames Stella's strange behavior on Gloria. | **PG** +MOFA03-013+ |

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| 16:30 | **Modern Family: Me? Jealous? (R)** Claire believes Phil's new prospective client is inappropriate, but she cannot convince a trusting Phil. Meanwhile, Cam and Mitchell stay with Gloria and Jay while their house is being fumigated. | **PG** +MOFA03-014+ |

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| 17:00 | **Smallville (R) ’CC’** Clark encounters a surprising new foe when Abigail, a shy high school girl, undergoes plastic surgery to enhance her looks and boost her popularity. | **PG (H,V,S)**+SMVI04-003+ |

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| 18:00 | **How I Met Your Mother: Home Wreckers (R) ’CC’** Ted is repulsed by how erotically his mother's fiance talks about her, and their wedding spurs him to take drastic action. | **PG** +HMYM5-020+ |

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| 18:30 | **The Simpsons: Moe Letter Blues (R)** Homer, Apu and Reverend Lovejoy all suspect that Moe may have left with one of their wives after receiving a mysterious letter, but which one is it? | **PG (D,S,V)**+SIMP21-021+ |

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| 19:00 | **The Simpsons: Judge Me Tender (R)** Moe's gruff and abrasive personality makes him the perfect hyper-critical judge, and lands him a spot on American Idol. | **PG (S,L,V)**+SIMP21-023+ |

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| 19:30 | **Modern Family: Aunt Mommy (R)** After selling a house to Mitch and Cameron's friends, Claire and Phil plan a celebratory dinner. But overindulging in drinks leads to over sharing. | **PG** +MOFA03-015+ |

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| 20:00 | **Modern Family: Virgin Territory (R)** It's a day of disturbing realisations when Mitchell ruins Jay's proudest golf moment, Phil overhears something about his little girl, and Gloria stumbles upon Claire's dangerous little secret. | **PG** +MOFA03-016+ |

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| 20:30 | **Grey's Anatomy: Reunited ’CC’ NEW EPISODE**A patient at the hospital is brain dead after falling into a construction site, and her two sisters must decide whether or not to keep her alive. | **M (A)**+GREY16-003+ |

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| 21:30 | **Grey's Anatomy: It's Raining Men ’CC’ NEW EPISODE**Station 19’s Ben and Vic bring a young woman into the hospital, and Jackson stands up to Koracick when he goes too far with a patient’s family. | **M (A)**+GREY16-004+ |

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| 22:30 | **Movie: She's Funny That Way (R) (2014)** On the set of a playwright's new project, a love triangle forms between his wife, her ex-lover, and the call girl-turned-actress cast in the production. Starring:CYBILL SHEPHERD,ILLEANA DOUGLAS,IMOGEN POOTS,KATHRYN HAHN,JENNIFER ANNISTON,RHYS IFANS,OWEN WILSON,WILL FORTE | **M (A,L)**+WDFC58-012+ |

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| 00:30 | **Revolution** Now, Miles, Aaron and Rachel have found themselves in a mysterious small town in Texas where Rachel unexpectedly encounters an important figure from her past. | **MA (V,A)**+REVO02-001+ |

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| 01:30 | **Giada At Home: Mini Me (R)** Giada De Laurentiis creates a fun small-bite party menu that features mini versions of some of her favorite recipes over the years. | **PG** +GIHO06-023+ |

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| 02:00 | **Carnival Cravings With Anthony Anderson: Lobster Dogs And So-Cal Sundaes (R)** Anthony Anderson meets up with 500,000 of his friends at the Alameda County Fair in California to chow down on crazy carnival eats like a mac and cheese-stuffed burger and a lobster dog. | **PG** +CRAV01-006+ |

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| 02:30 | **Cupcake Wars: Rock Of Ages (R)** Cupcake bakers vie to be featured at Broadway musicals, "Rock of Ages", premiere in Los Angeles. | **PG** +CUPW05-005+ |

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| 03:30 | **Iron Chef America: Garces Vs. Lee (R)** Kentucky based Chef Edward Lee enters Kitchen stadium to take on Iron Chef Jose Garces. | **PG** +ICAM08-021+ |

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| 04:30 | **Chopped: Tacos And Tequila (R)** It's fiesta time and the chefs are taking on tacos and tequila-themed baskets. | **PG** +CHPD37-001+ |

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| 05:30 | **Giada At Home: Mini Me (R)** Giada De Laurentiis creates a fun small-bite party menu that features mini versions of some of her favorite recipes over the years. | **PG** +GIHO06-023+ |

 **Friday 27 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** +IAC15-058+ |

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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** +IAC15-059+ |

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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** +JARO20-033+ |

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| 08:00 | **Giada At Home: California Dream (R)** Giada De Laurentiis makes three California inspired recipes that culminates with a backyard feast with friends. | **PG** +GIHO06-024+ |

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| 08:30 | **Throwdown With Bobby Flay: Cannoli (R)** Biagio is a world-renowned pastry chef - but he's in for a surprise when Bobby Flay shows up to challenge him to a Cannoli Throwdown. Will Biagio uphold his legacy or will his Cannoli crumble? | **PG** +TWBF09-001+ |

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| 09:00 | **Cupcake Wars: Yo Gabba Gabba (R)** Four past competitors return and compete for a place at a VIP party for the hit show, "Yo Gabba Gabba. Live!". | **PG** +CUPW05-006+ |

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| 10:00 | **Iron Chef America: Cora Vs. Ballesteros (R)** Chef Julieta Ballesteros enters Kitchen Stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-022+ |

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| 11:00 | **Chopped: Leftover Takeover (R)** The competitors are called upon to rescue foods that would normally be thrown out in a special leftovers competition. | **PG** +CHPD37-002+ |

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| 12:00 | **Grey's Anatomy: True Colours (R) ’CC’** The doctors of Grey Sloan encounter a difficult case involving a dangerous patient. Meanwhile, Owen receives life-changing news that pushes Amelia to step up to support him. | **M** +GREY13-023+ |

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| 13:00 | **Grey's Anatomy: Ring Of Fire (R) ’CC’** Alex must make a hard decision in his relationship with Jo, while Meredith has some news for Riggs that brings their relationship to a turning point. | **M (A)**+GREY13-024+ |

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| 14:00 | **Giada At Home: California Dream (R)** Giada De Laurentiis makes three California inspired recipes that culminates with a backyard feast with friends. | **PG** +GIHO06-024+ |

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| 14:30 | **How I Met Your Mother: Home Wreckers (R) ’CC’** Ted is repulsed by how erotically his mother's fiance talks about her, and their wedding spurs him to take drastic action. | **PG (S)**+HMYM5-020+ |

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| 15:00 | **Modern Family: Aunt Mommy (R)** After selling a house to Mitch and Cameron's friends, Claire and Phil plan a celebratory dinner. But overindulging in drinks leads to over sharing. | **PG** +MOFA03-015+ |

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| 15:30 | **Modern Family: Virgin Territory (R)** It's a day of disturbing realisations when Mitchell ruins Jay's proudest golf moment, Phil overhears something about his little girl, and Gloria stumbles upon Claire's dangerous little secret. | **PG** +MOFA03-016+ |

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| 16:00 | **The Simpsons: Moe Letter Blues (R)** Homer, Apu and Reverend Lovejoy all suspect that Moe may have left with one of their wives after receiving a mysterious letter, but which one is it? | **PG (D,S,V)**+SIMP21-021+ |

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| 16:30 | **The Simpsons: Judge Me Tender (R)** Moe's gruff and abrasive personality makes him the perfect hyper-critical judge, and lands him a spot on American Idol. | **PG (S,L,V)**+SIMP21-023+ |

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| 17:00 | **Movie: Chicken Little (R) (2005)** After ruining his reputation with the town, a courageous chicken must come to the rescue of his fellow citizens when aliens start an invasion. Starring:ADAM WEST,GARRY MARSHALL,DON KNOTTS,JOAN CUSACK,ZACH BRAFF,STEVE ZAHN | **PG (H)**+WDFR18-003+ |

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| 18:45 | **Movie: Horton Hears A Who! (R) ’CC’ (2008)** Horton the Elephant struggles to protect a microscopic community from his neighbors who refuse to believe it exists. Starring:CAROL BURNETT,ISLA FISHER,JIM CARREY,WILL ARNETT,STEVE CARELL,SETH ROGEN | **G** +FOXF08-021+ |

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| 20:30 | **Movie: Footloose (R)** A city teenager moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace. Starring:DIANNE WIEST,KEVIN BACON,LORI SINGER,JOHN LITHGOW | **M (D,V,S,A)**+PAFR01-013+ |

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| 22:45 | **Movie: Absolutely Fabulous: The Movie (R) ’CC’ (2016)** After attracting both media and police attention for accidentally knocking Kate Moss into the River Thames, Edina and Patsy hide out in the south of France. Starring:JANE HORROCKS,JULIA SAWALHA,JOANNA LUMLEY,JENNIFER SAUNDERS | **M (D,L,S)**+FOXF06-001+ |

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| 00:30 | **Throwdown With Bobby Flay: Cannoli (R)** Biagio is a world-renowned pastry chef - but he's in for a surprise when Bobby Flay shows up to challenge him to a Cannoli Throwdown. Will Biagio uphold his legacy or will his Cannoli crumble? | **PG** +TWBF09-001+ |

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| 01:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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

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| 02:00 | **Movie: Hunt The Man Down (R) (1950)** In order to solve a murder, a public defender brings an insane witness into court. Starring:GERALD MOHR,GIG YOUNG,LYNN ROBERTS,PAUL FREES,WILLARD PARKER | **M (V)**+RKO-052+ |

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| 03:30 | **Iron Chef America: Cora Vs. Ballesteros (R)** Chef Julieta Ballesteros enters Kitchen Stadium to take on Iron Chef Cat Cora. | **PG** +ICAM08-022+ |

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| 04:30 | **Chopped: Leftover Takeover (R)** The competitors are called upon to rescue foods that would normally be thrown out in a special leftovers competition. | **PG** +CHPD37-002+ |

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| 05:30 | **Giada At Home: California Dream (R)** Giada De Laurentiis makes three California inspired recipes that culminates with a backyard feast with friends. | **PG** +GIHO06-024+ |

 **Saturday 28 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** +IAC15-060+ |

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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** +IAC15-061+ |

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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-018+ |

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

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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-019+ |

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| 08:00 | **Ten Dollar Dinners: Big Buffalo, Ten Bills (R)** Buffalo chicken drumsticks, smoky baked beans and s'more sundaes are served. | **G** +TEDD06-009+ |

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| 08:30 | **Ten Dollar Dinners: Panini Pinching (R)** Melissa d'Arabian prepares one of her favorite sandwiches, the classic Cubano. Featuring roast pork, sliced ham, swiss cheese, and Melissa's homemade Quick Garlic Pickles. | **G** +TEDD06-010+ |

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| 09:00 | **Ten Dollar Dinners: Wallet Friendly Wraps (R)** Melissa d'Arabian rolls up Turkey Lettuce Wraps, light and satisfying with a protein-packed filling, served with crisp veggies and a soy-mustard sauce. | **G** +TEDD06-011+ |

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| 09:30 | **Reality Cupcakes: All That Katz (R)** Ashley Foxen debuts her pastrami-on-rye cupcakes for a thrilled crowd at the 130th anniversary party for Katz's Deli. | **PG** +RCUP01-006+ |

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| 10:00 | **Kid's Baking Championship: Bite-Sized Birthday Party (R)** Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG** +KBAC05-006+ |

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| 11:00 | **Chopped: Luck Of The Irish (R)** The chefs have the good fortune to get treats from Ireland in every round, beginning with an iconic stout in the appetizer basket. | **PG** +CHPD37-003+ |

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| 12:00 | **Ten Dollar Dinners: Big Buffalo, Ten Bills (R)** Buffalo chicken drumsticks, smoky baked beans and s'more sundaes are served. | **G** +TEDD06-009+ |

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| 12:30 | **My Asian Banquet: Indonesia** Jason brings his knowledge of South-East Asian cuisine into your lounge room each episode and re-creates My Asian Banquet. | **PG** +MYAB01-003+ |

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| 13:00 | **Restaurant: Impossible: Sapori D'Italia (R)** Chef Robert Irvine is called to Fountain Hills, Ariz., where the family behind Sapori D'Italia desperately needs his help. | **PG** +RIMP05-007+ |

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| 14:00 | **Restaurant: Impossible: Nanny Goat's Cafe And Feed Bin (R)** Chef Robert Irvine's newest mission is to save the failing restaurant, Nanny Goats Cafe and Feed Bin, in Kilgore, Texas.  | **PG** +RIMP05-008+ |

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| 15:00 | **One Tree Hill (R)** Although Nathan and Haley are already married, Tim insists on giving Nathan a post-wedding bachelor party, while Brooke hosts Haley's bachelorette party. | **PG (S,A)**+ONTH02-003+ |

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| 16:00 | **One Tree Hill (R)** Brooke's smug new male neighbor rescues her after she is arrested for shoplifting. Nathan and Haley have their first post-wedding argument when he buys her a gift rather than a much-needed car. | **PG (S,L)**+ONTH02-004+ |

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| 17:00 | **Movie: Adventures In Babysitting (R) (2016)** Two teen rival babysitters, Jenny and Lola, team up to hunt down one of their kids who accidentally runs away into the big city without any supervision. Starring:SABRINA CARPENTER,SOFIA CARSON,NIKKI HAHN,KEVIN QUINN,MAX GECOWETS | **PG (A,V)**+WDFC60-001+ |

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| 19:00 | **Movie: While You Were Sleeping (R) ’CC’ (1995)** Sandra Bullock stars as a lonely subway worker who is mistaken as being the fiance of a handsome stranger after she saves his life. Starring:BILL PULLMAN,JASON BERNARD,GLYNIS JOHNS,JACK WARDEN,SANDRA BULLOCK,PETER BOYLE,PETER GALLAGHER,MICOLE MERCURIO | **PG (L)**+WDFR16-014+ |

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| 21:15 | **Movie: Sleepless In Seattle (R) ’CC’ (1993)** Sam Baldwin is a widowed father who becomes a reluctant guest on a radio call-in show. He's an instant hit with thousands of female listeners who deluge his Seattle home with letters of comfort. Starring:BILL PULLMAN,FRANCES CONROY,RITA WILSON,ROB REINER,ROSIE ODONNELL,ROSS MALINGER,MEG RYAN,VICTOR GARBER,TOM HANKS | **PG (A,L)**+SPF11-006+ |

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| 23:30 | **Movie: Bachelor Party (1984)** A soon-to-be-married man's friends throw him the ultimate bachelor party. Starring:ADRIAN ZMED,GEORGE GRIZZARD,TAWNY KITAEN,TOM HANKS | **M (O,S,L)**+FOXF09-034+ |

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| 01:45 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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

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| 02:45 | **Ten Dollar Dinners: Big Buffalo, Ten Bills (R)** Buffalo chicken drumsticks, smoky baked beans and s'more sundaes are served. | **G** +TEDD06-009+ |

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| 03:30 | **Ten Dollar Dinners: Panini Pinching (R)** Melissa d'Arabian prepares one of her favorite sandwiches, the classic Cubano. Featuring roast pork, sliced ham, swiss cheese, and Melissa's homemade Quick Garlic Pickles. | **G** +TEDD06-010+ |

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| 04:00 | **Ten Dollar Dinners: Wallet Friendly Wraps (R)** Melissa d'Arabian rolls up Turkey Lettuce Wraps, light and satisfying with a protein-packed filling, served with crisp veggies and a soy-mustard sauce. | **G** +TEDD06-011+ |

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| 04:30 | **Reality Cupcakes: All That Katz (R)** Ashley Foxen debuts her pastrami-on-rye cupcakes for a thrilled crowd at the 130th anniversary party for Katz's Deli. | **PG** +RCUP01-006+ |

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| 05:00 | **Kid's Baking Championship: Bite-Sized Birthday Party (R)** Valerie Bertinelli and Duff Goldman love birthday parties at the park so they're taking this inspiration to the Big Bake Challenge. | **PG** +KBAC05-006+ |