**Sunday 23 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** +IAC14-057+ |

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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** +IAC14-058+ |

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| 07:00 | **Sally Bollywood - Super Detective: Singing And Dancing Sally / Dinosaur Danger (R) ’CC’** Sally is a super-sleuth who runs a detective agency for the under-12s with her best friend, Doowee. | **G** +SBSD2-026+ |

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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-001+ |

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| 08:15 | **Barefoot Contessa: Back To Brooklyn (R)** It's a trip down memory lane for Ina and Jeffrey with a day trip to Brooklyn visiting places old and new. The day kicks off with a fabulous breakfast of Potato Latkes and Homemade Applesauce. | **PG** +BARE07-009+ |

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| 08:45 | **Food Obsessed: Master Pizzas (R)** Not all pizzas are created equal so food obsessed is seeking out the sauciest, cheesiest, most delicious pizza concoctions ever created. We're going to be biting into everything. | **PG** +FOOB01-001+ |

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| 09:15 | **Giada At Home: Happy Birthday, Raffy (R)** Giada De Laurentiis' Aunt Raffy turns 60 and the family celebrates with a big birthday bash, spearheaded by Giada. | **PG** +GIHO05-021+ |

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| 09:45 | **Ridiculous Cakes: Doggonest Cake Ever Made (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** +RICA01-008+ |

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| 10:15 | **Kid's Baking Championship: Lunchbox Impostors (R)** Valerie Bertinelli and Duff Goldman have fond memories of the lunches they took to school as kids, so they're challenging the six kid bakers to look at lunch in a new way. | **PG** +KBAC04-007+ |

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| 11:15 | **The Great Food Truck Race: Family Face-Off: A Dessert In The Desert (R)** The final three teams brave the sweltering desert heat of Palm Springs, Calif. as they take on a challenge that tasks them with making something sweet to eat. | **PG** +GFTR07-004+ |

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| 12:15 | **The Great Food Truck Race: Family Face-Off: The Island (R)** The final two teams head back to Los Angeles, where their trucks have a ferry to catch to Catalina Island. | **PG** +GFTR07-005+ |

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| 13:15 | **Chopped: Alton's Challenge, Pt. 2 (R)** In the second Alton's Challenge battle, there's a dehydration theme for the baskets, and Alton Brown demonstrates a home hack that makes removing moisture from food a breeze. | **PG** +CHPD34-002+ |

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| 14:15 | **Chopped: Alton's Challenge, Pt. 3 (R)** The chefs explore the wonders of molecular gastronomy in the third Alton's Challenge battle. | **PG** +CHPD34-003+ |

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| 15:15 | **Restaurant: Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 16:15 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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| 17:15 | **Restaurant: Impossible: Poco's On The Boulevard (R)** Chef Robert Irvine is heading to Kansas City, Mo., to save a once flourishing family restaurant and repair the relationship between two sisters. | **PG** +RIMP05-001+ |

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| 18:15 | **Movie: Alice Through The Looking Glass (R) ’CC’ (2016)** Alice returns to the whimsical world of Wonderland and travels back in time to help the Mad Hatter. Starring:ALAN RICKMAN,ANNE HATHAWAY,HELENA BONHAM CARTER,JOHNNY DEPP,SACHA BARON COHEN,MIA WASIKOWSKA | **PG (A)**+WDFC59-001+ |

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| 20:30 | **Movie: Fifty Shades Of Grey (R) ’CC’ (2015)** Literature student Anastasia Steele's life changes forever when she meets handsome, yet tormented, billionaire Christian Grey. Starring:JAMIE DORNAN,LUKE GRIMES,MARCIA GAY HARDEN,RITA ORA,JENNIFER EHLE,DAKOTA JOHNSON,ELOISE MUMFORD | **MA (S,A)**+NBCF31-001+ |

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| 23:00 | **Nip/Tuck (R) ’CC’** While the doctors work with an expert ocularist to create and implant artificial eyes for a beautiful blind woman, Natasha Charles, Christian finds himself drawn to Natasha. | **MA (A,S)**+NIPT02-011+ |

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| 00:00 | **Nip/Tuck (R) ’CC’** After taking too many painkillers and drinking alcohol, Julia has fallen through a glass door, severely damaging her face. | **MA (D,S,A)**+NIPT02-012+ |

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| 01:00 | **Dr. Ken: Ken Cries Foul (R)** Ken continues to push basketball on Dave who is more interested in a council meeting about the drought in California. | **PG (A)**+DKEN01-009+ |

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| 01:30 | **Dr. Ken: The Master Scheduler (R)** As Allison is putting the final touches on a romantic Hawaiian holiday for two, Ken discovers that he never got his days off approved. | **PG (L,S)**+DKEN01-010+ |

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| 02:00 | **Dr. Ken: Delayed In Honolulu (R)** Ken clashes with Dr. Oz at the airport when the Parks are on their way back from a vacation in Hawaii. | **PG** +DKEN01-011+ |

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| 02:30 | **Dr. Ken: Ken's Physical (R)** Allison informs Ken that before they can buy life insurance, she'll need a record of his latest physical. | **PG (S)**+DKEN01-012+ |

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| 03:00 | **Giada At Home: Happy Birthday, Raffy (R)** Giada De Laurentiis' Aunt Raffy turns 60 and the family celebrates with a big birthday bash, spearheaded by Giada. | **PG** +GIHO05-021+ |

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| 03:30 | **Ridiculous Cakes: Doggonest Cake Ever Made (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** +RICA01-008+ |

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| 04:00 | **Chopped: Alton's Challenge, Pt. 2 (R)** In the second Alton's Challenge battle, there's a dehydration theme for the baskets, and Alton Brown demonstrates a home hack that makes removing moisture from food a breeze. | **PG** +CHPD34-002+ |

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| 05:00 | **Chopped: Alton's Challenge, Pt. 3 (R)** The chefs explore the wonders of molecular gastronomy in the third Alton's Challenge battle. | **PG** +CHPD34-003+ |

 **Monday 24 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** +IAC14-059+ |

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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** +IAC14-060+ |

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

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| 07:30 | **James Robison: Ken Harrison #2** Religious Program. | **PG** +JARO20-039+ |

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| 08:00 | **Giada At Home: Planting the Seed (R)** Giada De Laurentiis donates a garden to an elementary school in Compton that will be incorporated into the school's curriculum. | **PG** +GIHO05-022+ |

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| 08:30 | **Restaurant: Impossible: Saving Grace (R)** Grace and Eddie invested their savings and borrowed money to open up Grace's Place Bagels and Deli in Palm Coast. Two years and $320,000 in debt later, Chef Robert Irvine is their last hope. | **PG** +RIMP08-012+ |

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| 09:30 | **Restaurant: Impossible: No Day At The Beach (R)** When Chef Robert meets Jordan, the self-described stubborn owner of the Portu-Greek Cafe in Hudson, he knows that he's in for a challenge. | **PG** +RIMP08-013+ |

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| 10:30 | **Mystery Diners: Going To The Dogs (R)** Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG** +MYSD07-001+ |

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| 11:00 | **Mystery Diners: Cocktail Fail (R)** A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG** +MYSD07-002+ |

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| 11:30 | **Mystery Diners: Promotion Sabotage (R)** When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG** +MYSD07-003+ |

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| 12:00 | **Police Woman: No Place To Hide (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-019+ |

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| 13:00 | **Police Woman: Nothing Left To Lose (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-018+ |

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| 14:00 | **The Family: Nowhere Man (R) ’CC’** Nina and Clements design a plan to lure the pock-marked man, Doug, using Adam as bait. However, things go awry when Adam spots Doug in the mall. | **M (A,S)**+FAMI01-006+ |

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| 15:00 | **Restaurant: Impossible: Poco's On The Boulevard (R)** Chef Robert Irvine is heading to Kansas City, Mo., to save a once flourishing family restaurant and repair the relationship between two sisters. | **PG** +RIMP05-001+ |

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| 16:00 | **Dr. Ken: Ken's Apology (R)** Ken and Pat disagree over how to handle a mistake at work. D.K. oversteps his boundaries in dealing with Dave. | **PG** +DKEN02-010+ |

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| 16:30 | **Dr. Ken: A Park Family Christmas (R)** Allison looks to improve her reputation at work by hosting the annual holiday party. | **PG (A)**+DKEN02-011+ |

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| 17:00 | **Smallville (R) ’CC’** Lana's great-uncle, Dexter McCallum, who was convicted of murdering his wife 40 years ago, shows Lana a picture of the man he believes really killed her great-aunt. | **PG (V,S)**+SMVI03-006+ |

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| 18:00 | **How I Met Your Mother: The Three Days Rule (R) ’CC’** Ted meets a new girl, Holly, and the gang insists that he wait three days before calling to ask her out. | **PG** +HMYM4-021+ |

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| 18:30 | **The Simpsons: Sex, Pies And Idiot Scrapes (R)** Homer and Ned go into business together as bounty hunters, and Marge takes a job at an erotic bakery. | **PG (V,S)**+SIMP20-001+ |

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| 19:00 | **The Simpsons: Lost Verizon (R)** Bart gets in trouble with Marge after she finds out that he has Denis Leary's cell phone and is using it to make prank phone calls. | **PG** +SIMP20-002+ |

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| 19:30 | **Modern Family: The Escape (R) ’CC’** Haley meets Arvin's parents but fate leads to an unexpected reunion with all of her ex-boyfriends; the family goes to a nursing home to visit with Jay's sister. | **PG (D,A)**+MOFA09-021+ |

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| 20:00 | **Modern Family: Clash of Swords (R) ’CC’** Mitchell sneaks out to Hero-Con with Phil; Gloria's dinosaur party for Joe is ruined when her nemesis upstages her with a far bigger and better party next door. | **PG (A)**+MOFA09-022+ |

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| 20:30 | **First Dates Australia (R) ’CC’** One lucky dater goes on a blind date with Geordie Shore star, James Tindale. Two daters prove that age is just a number. We encounter Australia’s raunchiest dater. | **M (S)**+FDAT04-002+ |

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| 21:40 | **First Dates Australia (R) ’CC’** In this episode, a spiritual salsa-dancer looks to find his twin flame; a landscape gardener hopes to make love blossom and it's double trouble for two surfer sisters hoping to love. | **PG** +FDAT03-010+ |

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| 22:50 | **Celebrity Botched Up Bodies (R) ’CC’** A former Miss England who nearly died of a clot caused by having her breast implants removed that led to her losing six pints of blood, and a reality TV contestant who received illegal injections. | **MA (A,N)**+BOTB05-004+ |

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| 23:50 | **Are You The One?** The ladies' parents arrive to interrogate the guys while tension boils over between Layton and Anthony and the house learns that history can repeat itself. | **MA (L,S)**+AYTO02-006+ |

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| 01:00 | **Galavant: Giants Vs. Dwarves (R)** After Galavant and Richard argue about Richard's new "dragon", they go their separate ways only to find themselves on separate sides of the giant vs. dwarf war. | **PG** +GALA02-005+ |

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| 01:30 | **Galavant: About Last Knight (R)** Isabella banishes Wormwood and Barry, who meet Sid in the Forest of Coincidence and learn that Valencia is ruled by a war-crazed king and queen. | **PG** +GALA02-006+ |

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| 02:00 | **Galavant: Love And Death (R)** Sid, Richard, and Roberta take the dying Galavant to Neo of Sporin, hoping for a miraculous cure. However, they're too late... or are they? | **PG** +GALA02-007+ |

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| 02:30 | **Galavant: Do The D'Dew (R)** Galavant tries to motivate his zombie army, while Richard and Roberta celebrate their newfound love. Meanwhile, Madalena secretly joins forces with Wormwood to learn the power of D'Dew. | **PG** +GALA02-008+ |

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| 03:00 | **How I Met Your Mother: The Three Days Rule (R) ’CC’** Ted meets a new girl, Holly, and the gang insists that he wait three days before calling to ask her out. | **PG** +HMYM4-021+ |

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| 03:30 | **Modern Family: The Escape (R) ’CC’** Haley meets Arvin's parents but fate leads to an unexpected reunion with all of her ex-boyfriends; the family goes to a nursing home to visit with Jay's sister. | **PG (D,A)**+MOFA09-021+ |

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| 04:00 | **Mystery Diners: Going To The Dogs (R)** Charles helps the co-owners of "Shades Oceanfront Bistro" in San Diego, which caters to both human and canine customers, get to the bottom of a discrepancy in their chicken and beef supply. | **PG** +MYSD07-001+ |

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| 04:30 | **Mystery Diners: Cocktail Fail (R)** A tense rivalry between two flair bartenders and missing alcohol are among the problems investigated by Charles and the team, when they arrive at the "Compass" in Carlsbad, California. | **PG** +MYSD07-002+ |

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| 05:00 | **Mystery Diners: Promotion Sabotage (R)** When Isabel and Todd, owners of Barrio Star in San Diego, have a dispute over which waiter to promote to manager, they contact Charles Stiles to mediate. | **PG** +MYSD07-003+ |

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| 05:30 | **Giada At Home: Planting the Seed (R)** Giada De Laurentiis donates a garden to an elementary school in Compton that will be incorporated into the school's curriculum. | **PG** +GIHO05-022+ |

 **Tuesday 25 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** +IAC14-061+ |

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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** +IAC14-062+ |

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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** Religious Program. | **PG** +JARO20-040+ |

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| 08:00 | **Giada At Home: Viewer's Choice 2 (R)** Giada De Laurentiis reached out to her twitter follows to find out what they'd like to see her make on Giada at Home. | **PG** +GIHO05-023+ |

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| 08:30 | **Diners, Drive-Ins And Dives: College-Town Champs (R)** Guy Fieri's rolling into college towns in search of A+ cuisine. In Columbus, Ohio, a pierogi paradise dishin' out their specialties where you'd least expect it. | **PG** +DDID27-009+ |

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| 09:00 | **Cake Wars: Where's Waldo (R)** Grab your walking sticks and red-and-white striped shirts and get ready for a globe-trotting adventure as Cake Wars takes on Where's Waldo. | **PG** +CAKW03-013+ |

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| 10:00 | **The Great Food Truck Race: Battle For The South: The Big 'Not So Easy' (R)** Seven teams with dreams of running their own food trucks arrive in the streets of the French Quarter in New Orleans, where they meet host Tyler Florence. | **PG** +GFTR08-001+ |

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| 11:00 | **Chopped: Alton's Challenge, Pt. 4 (R)** For the fourth battle of Alton's Challenge, Alton Brown demonstrates the mad science of champagne and the competitors embrace a fermentation theme. | **PG** +CHPD34-004+ |

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| 12:00 | **Police Woman: The Company (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-020+ |

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| 13:00 | **Police Woman: Ice (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-021+ |

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| 14:00 | **The Family: All The Livelong Day (R) ’CC’** In dramatic flashbacks we find out about Adam's return to Red Pines, which plays out against the emotional backdrop of Willa's long-held secrets and lies. | **M (A,V)**+FAMI01-007+ |

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

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| 16:30 | **Modern Family: Clash of Swords (R) ’CC’** Mitchell sneaks out to Hero-Con with Phil; Gloria's dinosaur party for Joe is ruined when her nemesis upstages her with a far bigger and better party next door. | **PG (A)**+MOFA09-022+ |

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| 17:00 | **Smallville (R) ’CC’** Clark is suspicious when Lana suddenly becomes attracted to a fellow student, Seth Nelson, and begins to act rebelliously, which eventually lands her in jail. | **PG (H,V)**+SMVI03-007+ |

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| 18:00 | **How I Met Your Mother: Right Place Right Time (R) ’CC’** Ted teaches his future kids a lesson, Marshall becomes addicted to graphs and charts and Barney celebrates his 200th female conquest. | **PG** +HMYM4-022+ |

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| 18:30 | **The Simpsons: Double, Double, Boy In Trouble (R)** Bart trades lives with his multi-millionaire lookalike, but discovers that his lookalike's life isn't all he thought it would be. | **PG** +SIMP20-003+ |

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| 19:00 | **The Simpsons: Dangerous Curves (R)** The Simpsons take a Fourth of July vacation to a cabin hotel, which cause Homer and Marge to reminisce about two episodes from their past where they stayed in the cabin. | **PG (S)**+SIMP20-005+ |

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| 19:30 | **Modern Family: The Old Wagon (R) ’CC’** Claire finally gets Phil to agree to sell their old station wagon, but not before everyone takes it on one last ride down memory lane. Manny invites a cute girl over for a study date. | **PG (S,L)**+MOFA02-001+ |

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| 20:00 | **Modern Family: The Kiss (R) ’CC’** Claire finds herself becoming the overbearing mom when she finds out Alex likes a boy, and Haley's idea of sisterly advice is not helping matters. | **PG (S,L)**+MOFA02-002+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: La Parra (R)** Gordon travels to Spain in his attempt to save La Parra Restaurant, run by a twenty-six-year-old former nightclub manager. | **MA (L)**+RAKN03-001+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: La Galleria 33 - Part 2 (R)** Chef Ramsay found that the owners of La Galleria 33 drink and smoke on the job, and the food is no better. Can he save this downtrodden Italian restaurant? Starring:GORDON RAMSAY | **M (L)**+KNUS06-002+ |

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| 22:30 | **Ramsay's Hotel Hell: The Keating (R)** Gordon Ramsay tries to save a landmark San Diego hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-002+ |

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| 23:30 | **Nikita: Dark Matter (R)** Owen leaks secret information from Division's black boxes to the media, revealing that the U.S. government was responsible for an assassination in Chile. As a result, Percy frames a C.I.A. agent. | **M (D,V)**+NIKI01-010+ |

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| 00:30 | **Nikita: All The Way (R)** Alex informs Nikita that Division is sending her on her first mission to kill the leader of a crime syndicate. Alex is uneasy about taking someone's life but is reassured by Nikita. | **M (D,V)**+NIKI01-011+ |

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| 01:30 | **Giada At Home: Viewer's Choice 2 (R)** Giada De Laurentiis reached out to her twitter follows to find out what they'd like to see her make on Giada at Home. | **PG** +GIHO05-023+ |

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| 02:00 | **Diners, Drive-Ins And Dives: College-Town Champs (R)** Guy Fieri's rolling into college towns in search of A+ cuisine. In Columbus, Ohio, a pierogi paradise dishin' out their specialties where you'd least expect it. | **PG** +DDID27-009+ |

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| 02:30 | **The Great Food Truck Race: Battle For The South: The Big 'Not So Easy' (R)** Seven teams with dreams of running their own food trucks arrive in the streets of the French Quarter in New Orleans, where they meet host Tyler Florence. | **PG** +GFTR08-001+ |

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| 03:30 | **Cake Wars: Where's Waldo (R)** Grab your walking sticks and red-and-white striped shirts and get ready for a globe-trotting adventure as Cake Wars takes on Where's Waldo. | **PG** +CAKW03-013+ |

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| 04:30 | **Chopped: Alton's Challenge, Pt. 4 (R)** For the fourth battle of Alton's Challenge, Alton Brown demonstrates the mad science of champagne and the competitors embrace a fermentation theme. | **PG** +CHPD34-004+ |

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| 05:30 | **Giada At Home: Viewer's Choice 2 (R)** Giada De Laurentiis reached out to her twitter follows to find out what they'd like to see her make on Giada at Home. | **PG** +GIHO05-023+ |

 **Wednesday 26 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** +IAC14-063+ |

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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** +IAC14-064+ |

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

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| 07:30 | **James Robison: Jennie Allen** Religious Program. | **PG** +JARO20-041+ |

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| 08:00 | **Giada At Home: Jade's Dance Class (R)** Giada De Laurentiis creates a delicious lunch for Jade and her friends after a fun dance lesson at home. | **PG** +GIHO05-024+ |

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| 08:30 | **Diners, Drive-Ins And Dives: Breakfast, Brisket And Belly (R)** Guy Fieri is traveling the country on this trip, diggin' into all kinds of dishes. In Los Angeles, a late-night spot all about breakfast with a twist, like drunken French toast. | **PG** +DDID27-010+ |

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| 09:00 | **Cake Wars: Powerpuff Girls (R)** Blossom, Bubbles and Buttercup fly into Cake Wars. Four bakers will need their own superpowers as they compete to have their amazing cake creation at the centre of the party and take home $10,000. | **PG** +CAKW04-001+ |

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| 10:00 | **The Great Food Truck Race: Battle For The South: New Marching Orders (R)** The remaining six teams arrive at the Naval Air Station Pensacola in Florida to receive their next marching orders. | **PG** +GFTR08-002+ |

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| 11:00 | **Chopped: Alton's Challenge, Grand Finale (R)** Expect the ultimate in brainy, zany baskets from Alton Brown, as four Challenge champions return to fight for $50,000. | **PG** +CHPD34-005+ |

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| 12:00 | **Police Woman: A Bloody Nose (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-022+ |

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| 13:00 | **Police Woman: The Loner (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-016+ |

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| 14:00 | **The Family: Sweet Jane (R) ’CC’** Claire wrestles with the emotional ramifications of Willa's scheming. Meanwhile, Nina observes that Adam disappears every night from his home and sets out to track down his mysterious destination. | **M (A,V)**+FAMI01-008+ |

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

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| 16:30 | **Modern Family: The Kiss (R) ’CC’** Claire finds herself becoming the overbearing mom when she finds out Alex likes a boy, and Haley's idea of sisterly advice is not helping matters. | **PG (S,L)**+MOFA02-002+ |

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| 17:00 | **Smallville (R) ’CC’** Lex locates Morgan Edge, who has undergone facial reconstruction and gets him to admit to criminal dealings with Lionel. | **PG (D,H,V,A)**+SMVI03-008+ |

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| 18:00 | **How I Met Your Mother: As Fast As She Can (R) ’CC’** After Ted bumps into Tony and Stella on the street, Tony shows up at Ted's apartment wanting to make amends. | **PG** +HMYM4-023+ |

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| 18:30 | **The Simpsons: Homer And Lisa Exchange Cross Words (R)** Homer gets a job breaking up couples, and Lisa becomes an expert crossword puzzle solver, but Homer bets against her in a competition. | **PG** +SIMP20-006+ |

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| 19:00 | **The Simpsons: Mypods And Boomsticks (R)** Homer suspects that the family of Bart's new friend from Jordan is part of a terrorist plot, and Lisa becomes obsessed with her new MyPod. | **PG (A)**+SIMP20-007+ |

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| 19:30 | **Modern Family: Earthquake (R) ’CC’** An earthquake hits, leaving Claire stuck in the bathroom with the plumber, Manny experiencing an existential crisis while out with Jay. | **PG (S,L)**+MOFA02-003+ |

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| 20:00 | **Modern Family: Strangers On A Treadmill (R) ’CC’** Claire and Mitchell enlist each other's help in trying to spare their significant others from embarrassment. Haley gives Alex sisterly advice on how to be cool. | **PG (S,L)**+MOFA02-004+ |

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| 20:30 | **Movie: The Twilight Saga: New Moon (R) (2009)** Edward leaves Bella after an attack that nearly claimed her life, and in her depression she falls into yet another paranormal relationship. This time, with werewolf Jacob Black. Starring:ANNA KENDRICK,BILLY BURKE,CHRISTINA JASTRZEMBSKA,KRISTEN STEWART,ROBERT PATTINSON,MICHAEL WELCH | **M (H,V)**+STUC03-002+ |

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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,N,V,S)**+EXOB06-007+ |

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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,N,V,S)**+EXOB06-008+ |

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| 01:00 | **Giada At Home: Jade's Dance Class (R)** Giada De Laurentiis creates a delicious lunch for Jade and her friends after a fun dance lesson at home. | **PG** +GIHO05-024+ |

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| 01:30 | **Diners, Drive-Ins And Dives: Breakfast, Brisket And Belly (R)** Guy Fieri is traveling the country on this trip, diggin' into all kinds of dishes. In Los Angeles, a late-night spot all about breakfast with a twist, like drunken French toast. | **PG** +DDID27-010+ |

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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 | **Cake Wars: Powerpuff Girls (R)** Blossom, Bubbles and Buttercup fly into Cake Wars. Four bakers will need their own superpowers as they compete to have their amazing cake creation at the centre of the party and take home $10,000. | **PG** +CAKW04-001+ |

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| 05:00 | **Chopped: Alton's Challenge, Grand Finale (R)** Expect the ultimate in brainy, zany baskets from Alton Brown, as four Challenge champions return to fight for $50,000. | **PG** +CHPD34-005+ |

 **Thursday 27 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** +IAC14-065+ |

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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** +IAC15-001+ |

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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** Religious Program. | **PG** +JARO20-042+ |

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| 08:00 | **Giada At Home: Pasta from Scratch** Giada De Laurentiis shows us how to make good, old-fashioned Italian pasta from scratch. | **PG** +GIHO05-025+ |

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| 08:30 | **Diners, Drive-Ins And Dives: Poutine, Pizza And Pork (R)** Guy Fieri travels the country diving into some meaty masterpieces starting at a spot in Longmont, Colorado, that serves craft beer and primo pub grub like their piled-high poutine burger. | **PG** +DDID27-011+ |

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| 09:00 | **Cake Wars: Wonder Woman (R)** It's the 75th anniversary of Wonder Woman and Cake Wars is joining the party. Four bakers will face the golden Lasso of Truth from our judges, but only one cake will be chosen. | **PG** +CAKW04-002+ |

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| 10:00 | **The Great Food Truck Race: Battle For The South: Sweet Home Alabama (R)** The remaining five trucks arrive in Tuscaloosa to find Tyler Florence and pastry chef Jan Moon waiting for them with a challenge: to crack the most pecans in just 15 minutes. | **PG** +GFTR08-003+ |

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| 11:00 | **Chopped: Thanks, Mom! (R)** Four famous Food Network cooks - Ted Allen, Jeff Mauro, Jet Tila and Chris Santos - compete with their mums.  | **PG** +CHPD34-006+ |

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| 12:00 | **The Catch: The Pilot (R) ’CC’** A private investigator uses her skills in a private mission for payback against her husband, who disappeared after conning her out of millions. | **M (S)**+CATC01-001+ |

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| 13:00 | **The Catch: The Real Killer (R) ’CC’** Alice and the team take on a very public client, a husband who was wrongly imprisoned for murdering his wife. Alice, however, is distracted with a mission of her own: track down Ben. | **M (S,V)**+CATC01-002+ |

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| 14:00 | **The Family: Betta Male (R) ’CC’** Detective Nina Meyer searches for clues about Adam's history as she watches his therapy sessions, while a guilty Claire attempts to keep a furtive eye on Ben after Hank's dressing-down. | **M (V)**+FAMI01-009+ |

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

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| 16:30 | **Modern Family: Strangers On A Treadmill (R) ’CC’** Claire and Mitchell enlist each other's help in trying to spare their significant others from embarrassment. Haley gives Alex sisterly advice on how to be cool. | **PG (S,L)**+MOFA02-004+ |

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| 17:00 | **Smallville (R) ’CC’** Lex languishes in the sterile confines of Belle Reve Sanitarium, where his father has placed him. Scheming to escape and prove his sanity, Lex gets involved with three inmates who are also vengeful. | **PG (H,V,A)**+SMVI03-009+ |

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| 18:00 | **How I Met Your Mother: The Leap (R) ’CC’** The gang are faced with taking life's biggest leaps - in starting a new career, in declaring true love and in doing something stupid. | **PG** +HMYM4-024+ |

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| 18:30 | **The Simpsons: The Burns And The Bees (R)** Mr. Burns wins a professional basketball team in a poker game, and the new arena he plans to have Springfield build for the team threatens to interfere with Lisa's new bee sanctuary. | **PG (D)**+SIMP20-008+ |

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| 19:00 | **The Simpsons: Lisa The Drama Queen (R)** Lisa and her new best friend create their own fantasy world, but Marge doesn't want Lisa to see her friend anymore after she finds out that they're too far gone in it. | **PG** +SIMP20-009+ |

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| 19:30 | **Modern Family: Unplugged (R) ’CC’** Noticing that everyone is too busy on their electronic devices to actually interact with one another, Claire and Phil declare a family challenge to see who can stay unplugged the longest. | **PG (S,L)**+MOFA02-005+ |

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| 20:00 | **Modern Family: Halloween (R) ’CC’** Claire loves Halloween, and has spent countless hours creating the Haunted Dunphy House for the trick-or-treaters; she gives each family member a role to play, but none of it goes quite right. | **PG (S,L)**+MOFA02-006+ |

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| 20:30 | **Movie: The Proposal (R) ’CC’ (2015)** When a high-powered book editor faces deportation to her native Canada, the quick-thinking exec proposes to her young tormented assistant, he agrees with a few conditions of his own. Starring:BETTY WHITE,DENNIS OHARE,MALIN AKERMAN,MARY STEENBURGEN,RYAN REYNOLDS,MICHAEL MOSLEY,SANDRA BULLOCK,OSCAR NUNEZ,CRAIG T. NELSON | **PG (S,L)**+WDFR17-010+ |

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| 22:45 | **Celeste and Jessie Forever: Celeste and Jessie Forever (R) (2012)** Divorcing couple Celeste and Jesse try to maintain their friendship while they both pursue other people. They soon learn, that in order to truly love someone, you may have to let them go. Starring:ANDY SAMBERG,ARI GRAYNOR,ELIJAH WOOD,ERIC CHRISTIAN OLSEN,RASHIDA JONES,WILL MCCORMACK | **MA (L,S)**+WDF52-006+ |

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| 00:45 | **Revolution: The Longest Day (R)** Romantic connections heat up between two couples - Miles & Nora and Charlie & Jason - but disastrous drone strikes from the Militia threaten them all. | **MA (V,A)**+REVO01-017+ |

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| 02:00 | **Dr. Ken: D.K. And The Dishwasher (R)** Ken's dad arrives for a surprise visit and immediately begins to tackle tasks around the house that Ken has been avoiding. | **PG (S)**+DKEN01-013+ |

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| 02:30 | **Dr. Ken: Dave's Valentine (R)** Dave asks a girl to a dance for Valentine's Day with some help from Ken. | **PG (S)**+DKEN01-014+ |

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| 03:00 | **Dr. Ken: The Wedding Sitter (R)** Ken discovers his manic dancing at weddings leaves Allison in the cold. Dave uses an imposter to sneak out from under an elderly babysitter's nose. | **PG** +DKEN01-015+ |

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| 03:30 | **Dr. Ken: Meeting Molly's Boyfriend (R)** After learning that Molly has a boyfriend who is cheating on her, Ken is stunned to find Allison was seeing someone else when they started dating as well. | **PG (S,V)**+DKEN01-016+ |

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| 04:00 | **Cake Wars: Wonder Woman (R)** It's the 75th anniversary of Wonder Woman and Cake Wars is joining the party. Four bakers will face the golden Lasso of Truth from our judges, but only one cake will be chosen. | **PG** +CAKW04-002+ |

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| 05:00 | **Chopped: Thanks, Mom! (R)** Four famous Food Network cooks - Ted Allen, Jeff Mauro, Jet Tila and Chris Santos - compete with their mums.  | **PG** +CHPD34-006+ |

 **Friday 28 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** +IAC15-002+ |

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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** +IAC15-003+ |

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

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| 07:30 | **James Robison: Dr. David Jeremiah #1** Religious Program. | **PG** +JARO20-043+ |

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| 08:00 | **Giada At Home: Stuff It** You just can't beat food that is stuffed! Giada De Laurentiis makes recipes based on things that are stuffed. | **PG** +GIHO05-026+ |

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| 08:30 | **Comfort Food Tour: Ooey, Gooey Goodness (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-001+ |

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| 09:00 | **Cake Wars: Roald Dahl (R)** Beloved icons James and the Giant Peach, Charlie and the Chocolate Factory, and the BFG come to the Cake Wars kitchen to celebrate the 100th birthday of world-famous children's author Roald Dahl. | **PG** +CAKW04-003+ |

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| 10:00 | **The Great Food Truck Race: Battle For The South: Hot Chicken In The City (R)** Tyler Florence has a surprise for the four remaining food truck teams: a taste of the Nashville's famous hot chicken, prepared by Nashville native and owner of restaurant 400 Degrees, Aqui Hines. | **PG** +GFTR08-004+ |

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| 11:00 | **Chopped: Flour Power (R)** Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG** +CHPD34-007+ |

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| 12:00 | **The Catch: The Trial (R) ’CC’** Alice is following her biggest lead yet in tracking down Ben, as he's in the midst of luring their next victim, Princess Zara Al-Salim, into a multimillion dollar fraudulent real estate investment. | **M (S,V)**+CATC01-003+ |

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| 13:00 | **The Catch: The Princess And The I.P (R) ’CC’** Anderson Vaughan and Associates take on a new client, a government agency that may have just lost the only person with the blueprints for a very deadly weapon. | **M (V)**+CATC01-004+ |

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| 14:00 | **The Family: Fun Ways To Tell Boyfriend You're Pregnant (R) ’CC’** Hank believes he has key evidence to help Nina solve Adam's case, and, more importantly, make himself a hero. Also, Jane turns to an unlikely source for help when she goes into labor. | **M (A,V)**+FAMI01-010+ |

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| 15:00 | **Modern Family: Halloween (R) ’CC’** Claire loves Halloween, and has spent countless hours creating the Haunted Dunphy House for the trick-or-treaters; she gives each family member a role to play, but none of it goes quite right. | **PG (S,L)**+MOFA02-006+ |

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| 15:30 | **The Simpsons: The Burns And The Bees (R)** Mr. Burns wins a professional basketball team in a poker game, and the new arena he plans to have Springfield build for the team threatens to interfere with Lisa's new bee sanctuary. | **PG (D)**+SIMP20-008+ |

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| 16:00 | **The Simpsons: Lisa The Drama Queen (R)** Lisa and her new best friend create their own fantasy world, but Marge doesn't want Lisa to see her friend anymore after she finds out that they're too far gone in it. | **PG** +SIMP20-009+ |

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| 16:30 | **Movie: Step Up All In (R) ’CC’ (2014)** All-stars from the previous Step Up installments come together in glittering Las Vegas, battling for a victory that could define their dreams and their careers. Starring:ALYSON STONER,BRIANA EVIGAN,IZABELLA MIKO,RYAN GUZMAN,ADAM G SEVANI,MISHA GABRIEL HAMILTON,STEPHEN BOSS,CHADD SMITH | **PG (L)**+NBCF31-010+ |

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| 18:45 | **Movie: Garfield A Tail Of Two Kitties (2006)** Jon and Garfield visit the United Kingdom, where a case of mistaken cat identity finds Garfield ruling over a castle. Starring:BILLY CONNOLLY,BILL MURRAY,BRECKIN MEYER,IAN ABERCROMBIE,JENNIFER LOVE HEWITT | **G** +FOXF09-036+ |

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| 20:30 | **Movie: The Wedding Singer (R) ’CC’ (1998)** Robbie, a singer, and Julia, a waitress, are both engaged, but to the wrong people. Fortune intervenes to help them discover each other. Starring:ADAM SANDLER,ALLEN COVERT,DREW BARRYMORE,CHRISTINE TAYLOR | **M (L,S)**+WBFF03-126+ |

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| 22:30 | **Movie: Dangerous Liaisons (R) (1988)** Just prior to the French Revolution, a time of legendary decadence, the corseted and perfumed French aristocracy are wealthy beyond reckoning and fully dedicated to the pursuit of their own pleasure. Starring:GLENN CLOSE,KEANU REEVES,JOHN MALKOVICH,MICHELLE PFEIFFER,PETER CAPALDI,UMA THURMAN,SWOOSIE KURTZ | **M (N,S,A,V)**+WBFF02-075+ |

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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 | **Giada At Home: Stuff It (R)** You just can't beat food that is stuffed! Giada De Laurentiis makes recipes based on things that are stuffed. | **PG** +GIHO05-026+ |

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| 02:30 | **Comfort Food Tour: Ooey, Gooey Goodness (R)** What can happen when two best buds set off on a tour of America's heartiest, most-over-the-top bites? Anything and everything. Mark and Fey are hitting the road this summer in search of epic eats. | **PG** +CMFT02-001+ |

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| 03:00 | **The Great Food Truck Race: Battle For The South: Hot Chicken In The City (R)** Tyler Florence has a surprise for the four remaining food truck teams: a taste of the Nashville's famous hot chicken, prepared by Nashville native and owner of restaurant 400 Degrees, Aqui Hines. | **PG** +GFTR08-004+ |

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| 04:00 | **Cake Wars: Roald Dahl (R)** Beloved icons James and the Giant Peach, Charlie and the Chocolate Factory, and the BFG come to the Cake Wars kitchen to celebrate the 100th birthday of world-famous children's author Roald Dahl. | **PG** +CAKW04-003+ |

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| 05:00 | **Chopped: Flour Power (R)** Four bold female bakers attempt to rise to the challenge and clinch a $10,000 victory. | **PG** +CHPD34-007+ |

 **Saturday 29 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** +IAC15-004+ |

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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** +IAC15-005+ |

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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-002+ |

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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-003+ |

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| 08:00 | **Baked In Vermont: Grill, Baby, Grill (R)** Gesine Prado creates some clever ways to bring baking to the grill while hosting an outdoor party to celebrate warm weather and good friends. | **PG** +BAVE02-007+ |

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| 08:30 | **Baked In Vermont: Picnic For Two (R)** When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG** +BAVE02-008+ |

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| 09:00 | **Baked In Vermont: Campfire Bake (R)** Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG** +BAVE02-009+ |

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| 09:30 | **Ridiculous Cakes: All Fired Up (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** +RICA01-009+ |

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| 10:00 | **Kid's Baking Championship: Out Of This World (R)** Duff Goldman and Valerie Bertinelli bring the galaxy into the kitchen by asking the five kid bakers to make colourful and imaginative intergalactic desserts. | **PG** +KBAC04-008+ |

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| 11:00 | **Chopped: Snap Pea To It! (R)** The chefs must make lamb appetizers that include a trendy toast, and one competitor gets a little overzealous trying to make his plates pretty. | **PG** +CHPD34-008+ |

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| 12:00 | **Helloworld (R) ’CC’** Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-010+ |

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| 12:30 | **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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| 13:00 | **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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| 13:30 | **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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| 14:00 | **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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| 14:30 | **Galavant: Giants Vs. Dwarves (R)** After Galavant and Richard argue about Richard's new "dragon", they go their separate ways only to find themselves on separate sides of the giant vs. dwarf war. | **PG** +GALA02-005+ |

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| 15:00 | **One Tree Hill: Spirit Of The Night (R)** The gang hits the road to Charlotte, North Carolina, for a basketball game and an annual cheerleading competition that squad leader Brooke is determined to win. | **PG (S,L)**+ONTH01-017+ |

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| 16:00 | **One Tree Hill: To Wish Impossible Things (R)** Lucas, Nathan, their teammate Jake and the rest of the Raven basketball players are auctioned to the highest bidder in the annual "Boy Toy" charity auction. | **PG (S,L)**+ONTH01-018+ |

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| 17:00 | **Movie: Oh, God! You Devil (R) (1984)** A struggling musician, desperate for a break that will bring happiness to himself and his wife, sells his soul to the devil. But there's hell to pay as God and the Devil engage in a battle of wills. Starring:GEORGE BURNS,ROXANNE HART,TED WASS,RON SILVER | **PG (L,S,A)**+WBFF03-085+ |

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| 19:00 | **Movie: Home Alone (R) ’CC’ (1990)** An eight-year-old troublemaker must protect his house from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation. Starring:DANIEL STERN,JOE PESCI,JOHN HEARD,MACAULAY CULKIN,ROBERTS BLOSSOM | **PG (V,L)**+FOXF08-030+ |

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| 21:10 | **Movie: National Lampoon's Vacation (R) ’CC’ (1983)** The Griswold family's cross-country drive to the Walley World theme park proves to be much more arduous than they ever anticipated. Starring:ANTHONY MICHAEL HALL,BEVERLY DANGELO,RANDY QUAID,CHEVY CHASE,IMOGENE COCA | **M (D,L)**+WBFF03-078+ |

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| 23:20 | **Movie: In Bruges (R) ’CC’ (2008)** Guilt-stricken after a job gone wrong, hitman Ray and his partner await orders from their ruthless boss in Bruges, Belgium, the last place in the world Ray wants to be. Starring:BRENDAN GLEESON,COLIN FARRELL,CIARAN HINDS,ELIZABETH BERRINGTON | **MA (V,D,L)**+ICNF18-001+ |

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

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

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| 02:30 | **Baked In Vermont: Picnic For Two (R)** When the weather is nice, there's nothing that Gesine Prado and Ray enjoy more than eating outdoors under the beautiful Vermont sky. | **PG** +BAVE02-008+ |

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| 03:00 | **Baked In Vermont: Campfire Bake (R)** Gesine Prado is baking over an open flame as she and Ray help move their good friend and park ranger Agnes into her station for the season. | **PG** +BAVE02-009+ |

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| 03:30 | **Ridiculous Cakes: All Fired Up (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** +RICA01-009+ |

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| 04:00 | **Chopped: Snap Pea To It! (R)** The chefs must make lamb appetizers that include a trendy toast, and one competitor gets a little overzealous trying to make his plates pretty. | **PG** +CHPD34-008+ |

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| 05:00 | **Kid's Baking Championship: Out Of This World (R)** Duff Goldman and Valerie Bertinelli bring the galaxy into the kitchen by asking the five kid bakers to make colourful and imaginative intergalactic desserts. | **PG** +KBAC04-008+ |