**Sunday 29 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** +IAC15-062+ |

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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** +IAC15-063+ |

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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-020+ |

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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-021+ |

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| 08:00 | **Big Food Truck Tip: Mobile Mashup In Memphis (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-004+ |

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| 08:30 | **Big Food Truck Tip: Eats On The Beach (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-005+ |

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| 09:00 | **Giada At Home: My Thai (R)** Giada De Laurentiis is inspired by her recent trip to Thailand to create an exotic dinner at home. The menu features Thai Curry, Naked Spring Rolls and a sweet Thai Iced Tea. | **PG** +GIHO06-025+ |

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| 09:30 | **Reality Cupcakes: Give A Dog A Cupcake (R)** Ashley Foxen makes dog-bone cupcakes for puppies and their owners at a New York City dog cafe. | **PG** +RCUP01-007+ |

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| 10:00 | **Kid's Baking Championship: Winning Colors (R)** Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG** +KBAC05-007+ |

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| 11:00 | **Big Food Truck Tip: Mobile Mashup In Memphis (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-004+ |

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| 11:30 | **Iron Chef America: Garces Vs. Liken (R)** Colorado Chef Kelly Liken takes on the newest Iron Chef Garces in her first entry to Kitchen Stadium. | **PG** +ICAM08-023+ |

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| 12:30 | **Iron Chef America: Cora Vs. Mullen (R)** New York Chef extraordinaire Seamus Mullen enters Kitchen Stadium for the first time since competing in Next Iron Chef season 2 to take on Iron Chef Cat Cora. | **PG** +ICAM08-024+ |

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| 13:30 | **Chopped: Beer And Brats (R)** The chefs take part in a Bavarian bash, starting with an appetizer basket that also includes potato chips. | **PG** +CHPD37-004+ |

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| 14:30 | **Chopped: Hush Puppy Love (R)** The competitors take on Southern classics like hush puppies and black-eyed peas in the first basket. | **PG** +CHPD37-005+ |

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| 15:30 | **Restaurant: Impossible: Dinner Bell Restaurant (R)** Chef Robert Irvine is in Madison, Tenn., to help owner, Tommy, keep the doors of the Dinner Bell Restaurant open. And Robert is just in time, as Tommy's only two days from having to close. | **PG** +RIMP05-009+ |

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| 16:30 | **Restaurant: Impossible: Caseyville Cafe (R)** Chef Robert Irvine quickly sees why the Caseyville Cafe in Caseyville, Ill., is failing: From the kitchen to the servers, the staff have completely overrun Diane and Robin's restaurant. | **PG** +RIMP05-010+ |

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| 17:30 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 18:00 | **Mystery Diners: Art Show Sting (R)** After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**+MYSD10-002+ |

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| 18:30 | **Movie: In & Out (R)** A midwestern teacher questions his sexuality after a former student makes a comment about him at the Academy Awards. Starring:DEBBIE REYNOLDS,MATT DILLON,KEVIN KLINE,JOAN CUSACK,TOM SELLECK | **PG (A,S)**+PAFR01-015+ |

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| 20:30 | **Movie: The Secret Life Of Walter Mitty (R) (2013)** Walter Mitty's head is in the clouds. But when his job is threatened he takes action, embarking on a global journey of adventure more extraordinary than anything he could ever imagine. Starring:ADAM SCOTT,BEN STILLER,KATHRYN HAHN,JON DALY,KRISTEN WIIG | **PG (L,S,V)**+FOXF08-055+ |

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| 22:45 | **Movie: Our Brand Is Crisis (R) ’CC’ (2015)** A battle-hardened American political consultant is sent to help re-elect a controversial president in Bolivia, where she must compete with a long-term rival working for another candidate. Starring:ANN DOWD,ANTHONY MACKIE,BILLY BOB THORNTON,JOAQUIM DE ALMEDIA,SANDRA BULLOCK,SCOOT MCNAIRY | **M (L,A)**+WBFR05-011+ |

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| 01:00 | **Nip/Tuck (R) ’CC’** Christian has doubts about the latest Carver victim's story. The wife of an Alzheimer's patient requests extensive cosmetic surgery in order to find a way back into her husband's memories. | **MA (V,S,D,L)**+NIPT03-004+ |

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| 02:00 | **Chopped: Beer And Brats (R)** The chefs take part in a Bavarian bash, starting with an appetizer basket that also includes potato chips. | **PG** +CHPD37-004+ |

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| 03:00 | **Big Food Truck Tip: Mobile Mashup In Memphis (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-004+ |

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| 03:30 | **Big Food Truck Tip: Eats On The Beach (R)** Andrew Zimmern travels across the US to find food truck entrepreneurs who love sharing their culinary creations with the public. | **PG** +BIFT01-005+ |

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| 04:00 | **Giada At Home: My Thai (R)** Giada De Laurentiis is inspired by her recent trip to Thailand to create an exotic dinner at home. The menu features Thai Curry, Naked Spring Rolls and a sweet Thai Iced Tea. | **PG** +GIHO06-025+ |

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| 04:30 | **Reality Cupcakes: Give A Dog A Cupcake (R)** Ashley Foxen makes dog-bone cupcakes for puppies and their owners at a New York City dog cafe. | **PG** +RCUP01-007+ |

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| 05:00 | **Kid's Baking Championship: Winning Colors (R)** Thunder claps and lightning strikes greet the bakers but when the storms pass, a rainbow appears and inspires the final challenge - rainbow cakes. | **PG** +KBAC05-007+ |

 **Monday 30 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** +IAC15-064+ |

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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** +IAC15-065+ |

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| 07:00 | **Restaurant Redemption: King Yum (R)** Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG** +RERE01-001+ |

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

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| 08:00 | **Giada At Home: Summer Splash (R)** Giada De Laurentiis hosts a summertime pool party in her backyard with a fun menu to match. The recipes include Buffalo Grilled Shrimp With Goat Cheese Dipping Sauce and Gazpacho Sandwiches. | **PG** +GIHO06-026+ |

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| 08:30 | **Throwdown With Bobby Flay: Beef Empanadas (R)** Frank has the audience dancing to his drumming and hungry for his food but when Bobby Flay shows up, will he be able to keep up with the beat or will he get beat in this flavourful competition? | **PG** +TWBF09-002+ |

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| 09:00 | **Cupcake Wars: Derby Dolls (R)** Four bakers try to elbow past the competition for a chance to bring their cupcakes to a party celebrating the Los Angeles Derby Dolls. | **PG** +CUPW05-007+ |

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| 10:00 | **Iron Chef America: Cora Vs. Miranda (R)** Chef Paul Miranda enters kitchen stadium for the first time to challenge Iron Chef Cat Cora to a culinary showdown. | **PG** +ICAM08-025+ |

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| 11:00 | **Mystery Diners: Partner Problems (R)** A former client contacting Charles, for help, determining if he should invest in a failing California restaurant.  | **PG (L,A)**+MYSD10-001+ |

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| 11:30 | **Mystery Diners: Art Show Sting (R)** After noticing numerous discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. | **PG (L,A)**+MYSD10-002+ |

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| 12:00 | **Cutthroat Kitchen: I Can't Believe It's Not Udder (R)** A cocky chef deals with his gourmet basket being replaced with leftovers from a breakfast buffet. | **PG** +CUTK04-001+ |

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| 13:00 | **Spring Baking Championship: Spring Bounty (R)** Eight of America's best bakers are ready to prove their skills. They'll have to make their best flower-inspired cupcake and impress the judges with an upside-down cake. | **PG** +SPBC01-001+ |

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| 14:00 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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| 15:00 | **Throwdown With Bobby Flay: Beef Empanadas (R)** Frank has the audience dancing to his drumming and hungry for his food but when Bobby Flay shows up, will he be able to keep up with the beat or will he get beat in this flavourful competition? | **PG** +TWBF09-002+ |

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| 15:30 | **Cupcake Wars: Derby Dolls (R)** Four bakers try to elbow past the competition for a chance to bring their cupcakes to a party celebrating the Los Angeles Derby Dolls. | **PG** +CUPW05-007+ |

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| 16:30 | **Dr. Ken: A Dr. Ken Valentine's Day (R)** Watching their kids handle Valentine's Day prompts Allison to question how she's chosen to celebrate with Ken. | **PG** +DKEN02-016+ |

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| 17:00 | **Smallville (R) ’CC’** Clark joins the football team at school and immediately gets promoted to starting quarterback after the former quarterback fights with Jason, the team's new assistant coach. | **PG (V,S)**+SMVI04-004+ |

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| 18:00 | **How I Met Your Mother: Twin Beds (R) ’CC’** Ted and Barney jeopardise Robin's new relationship by professing their love for her. | **PG** +HMYM5-021+ |

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| 18:30 | **The Simpsons: Elementary School Musical (R)** While Homer and Bart accompany Krusty to Oslo so he can receive the Nobel Peace Prize, Marge enrolls Lisa for a week in performing arts camp. | **PG** +SIMP22-001+ |

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| 19:00 | **The Simpsons: Loan-A-Lisa (R)** Lisa uses the $50 she receives from Grandpa to give Nelson a microloan to jump-start his bicycle business, but soon comes to regret the decision. | **PG** +SIMP22-002+ |

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| 19:30 | **Modern Family: Leap Day (R)** Mitchell feels pressured to make Cameron's birthday extra special, people start to question Jay's manliness and the girls' "cycles" interfere with Phil's leap day plans. | **PG** +MOFA03-017+ |

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| 20:00 | **Modern Family: Send Out The Clowns (R)** Cameron's former clown partner comes to town. Meanwhile, another real estate agent obtains a listing Phil was trying to land. Elsewhere, a new friend of Manny's has Gloria and Jay suspicious. | **PG** +MOFA03-018+ |

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| 20:30 | **First Dates Australia (R) ’CC’** First up tonight is celebrity Ajay Rochester, bringing big energy! She instantly hits it off with her date, truckie Matt. Young singletons Claudia and Jack bring the sizzle in this episode. | **M (S)**+FDAT04-007+ |

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| 21:45 | **First Dates UK (R) ’CC’** Lauren loves a challenge and even thinks she can tame Essex DJ Terry. Underwriter Darius has gotten used to being single, while Ralph is tired of being the only single guy at weddings. | **M (L,S,A)**+FDUK02-007+ |

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| 23:00 | **Ink Master Redemption: Triple Threat (R)** Kito is faced with not one, but three unhappy canvases, including one of the show's most infamous; Kito must keep his cool or lose his shot at redemption. | **M** +INKR02-001+ |

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| 23:30 | **Ink Master Redemption: Cheetah Print Pain (R)** After their canvas tapped out, Big Ceeze, Chris Blinston, Dave Clark, and Katie McGowan try to prove they deserve a second chance. | **M (L)**+INKR02-002+ |

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| 00:00 | **It's Always Sunny In Philadelphia: The Gang Chokes ’CC’** Annoyed that the gang failed to react as he nearly choked to death on an appetiser, Frank decides the waiter, his saviour, is the only person who has his back. | **M (O,L,A)**+IASP14-004+ |

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| 00:30 | **Are You The One?** The 20 cast members reunite for an intimate discussion about Season 2. | **MA (L,S)**+AYTO02-011+ |

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| 01:30 | **How I Met Your Mother: Twin Beds (R) ’CC’** Ted and Barney jeopardise Robin's new relationship by professing their love for her. | **PG** +HMYM5-021+ |

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| 02:00 | **Spring Baking Championship: Spring Bounty (R)** Eight of America's best bakers are ready to prove their skills. They'll have to make their best flower-inspired cupcake and impress the judges with an upside-down cake. | **PG** +SPBC01-001+ |

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| 03:00 | **Rachael Ray's Week In A Day: 4 Star Diner (R)** Your favourite greasy spoon classics become a week's worth of upscale dinners you can make in one day. | **PG** +WIAD03-001+ |

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| 04:00 | **Cupcake Wars: Derby Dolls (R)** Four bakers try to elbow past the competition for a chance to bring their cupcakes to a party celebrating the Los Angeles Derby Dolls. | **PG** +CUPW05-007+ |

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| 05:00 | **Iron Chef America: Cora Vs. Miranda (R)** Chef Paul Miranda enters kitchen stadium for the first time to challenge Iron Chef Cat Cora to a culinary showdown. | **PG** +ICAM08-025+ |

 **Tuesday 31 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** +IAC16-001+ |

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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** +IAC16-002+ |

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| 07:00 | **Restaurant Redemption: Shogun Palace (R)** Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG** +RERE01-003+ |

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

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| 08:00 | **Giada At Home: Kids In The Kitchen (R)** Giada de Laurentiis is joined in the kitchen by her daughter and her friends for a kids' cooking class. The kid-friendly menu features Pizza Popcorn and Green Spears and Ham. | **PG** +GIHO07-001+ |

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| 08:30 | **Throwdown With Bobby Flay: Fried Chicken (R)** Will Chef Bobby Flay finally win a Fried Chicken Throwdown or is defeat in the air? | **PG** +TWBF09-003+ |

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| 09:00 | **Cupcake Wars: L.A. Marathon (R)** Four cupcake bakers fight for a place at a VIP party celebrating the 2012 Los Angeles Marathon. | **PG** +CUPW05-008+ |

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| 10:00 | **Iron Chef America: Garces Vs. Pomeroy (R)** Portland based Chef Naomi Pomeroy enters kitchen stadium to take on the newest Iron Chef Jose Garces. | **PG** +ICAM08-026+ |

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| 11:00 | **Chopped: Wild Game Plan (R)** The competitors are in for some wild times after they learn they'll be working with game meat in every round, starting with wild boar in the first basket. | **PG** +CHPD37-006+ |

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| 12:00 | **Cutthroat Kitchen: You Wanna Pizza This? (R)** A chef gets dirty digging up their ingredients from a wacky vegetable garden. A punishment is given for trying to "phone in" during a pizza challenge. | **PG** +CUTK04-002+ |

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| 13:00 | **Spring Baking Championship: Sweet And Tart (R)** The seven remaining bakers take sweet and tart to a whole new territory. They must create a honey dessert and then they have to bake a springtime citrus treat. | **PG** +SPBC01-002+ |

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| 14:00 | **Rachael Ray's Week In A Day: Prepare Yourself (R)** Use one recipe to get a head start on a week's worth of food. | **PG** +WIAD03-002+ |

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| 15:00 | **The Simpsons: Elementary School Musical (R)** While Homer and Bart accompany Krusty to Oslo so he can receive the Nobel Peace Prize, Marge enrolls Lisa for a week in performing arts camp. | **PG** +SIMP22-001+ |

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| 15:30 | **The Simpsons: Loan-A-Lisa (R)** Lisa uses the $50 she receives from Grandpa to give Nelson a microloan to jump-start his bicycle business, but soon comes to regret the decision. | **PG** +SIMP22-002+ |

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| 16:00 | **Modern Family: Leap Day (R)** Mitchell feels pressured to make Cameron's birthday extra special, people start to question Jay's manliness and the girls' "cycles" interfere with Phil's leap day plans. | **PG** +MOFA03-017+ |

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| 16:30 | **Modern Family: Send Out The Clowns (R)** Cameron's former clown partner comes to town. Meanwhile, another real estate agent obtains a listing Phil was trying to land. Elsewhere, a new friend of Manny's has Gloria and Jay suspicious. | **PG** +MOFA03-018+ |

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| 17:00 | **Smallville (R) ’CC’** After Jonathan's wallet is stolen, Clark uses his super speed to chase after the thief, Bart, aka The Flash, but is stunned when he cannot catch him. | **PG (V,S)**+SMVI04-005+ |

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| 18:00 | **How I Met Your Mother: Robots Vs. Wrestlers (R) ’CC’** When the gang crash a posh party at a swanky New York apartment, Ted gets a chance to show off his intellectual, pretentious side. | **PG** +HMYM5-022+ |

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| 18:30 | **The Simpsons: MoneyBart (R)** Lisa takes over as manager of Bart's baseball team and uses statistical analysis to build a winner, but she takes all of the fun out of it and causes Bart to quit the team. | **PG** +SIMP22-003+ |

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| 19:00 | **The Simpsons: Lisa Simpsons, This Isn't Your Life (R)** When Lisa discovers that Marge was also a model student, she tries to find out where everything changed so that she doesn't repeat her mistakes. | **PG** +SIMP22-005+ |

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| 19:30 | **Modern Family: Election Day (R)** On Election Day, the family does some last-minute campaigning for Claire. But Claire experiences technical difficulties during her interviews. | **PG** +MOFA03-019+ |

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| 20:00 | **Modern Family: The Last Walt (R)** Claire tries to help Luke cope with the death of their neighbor, Walt. Phil and Alex spend some time together. Haley throws a pool party without permission at Jay and Gloria's house. | **PG** +MOFA03-020+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: The Fenwick Arms - Revisited (R)** Gordon returns to the Fenwick Arms, and finds that new competition is threatening the pub's survival.  | **MA (L)**+RAKN03-006+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Olde Hitch (R)** Tom Kessaris bought out Olde Hitching Post in Hanson, MA to hand over to his daughter, Andrea, but he never fully gave her control. Chef Ramsay is on the case. Starring:GORDON RAMSAY | **M (L)**+KNUS06-007+ |

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| 22:30 | **Ramsay's Hotel Hell: Beachfront Inn (R) ’CC’** Gordon heads to a beachside inn at Fort Pierce, Florida, where a young owner struggles to keep control of his business and make good on a loan from his brother. | **M (L)**+HELL03-001+ |

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| 23:30 | **Nikita: Glass Houses (R)** Frustrated that Nikita continues to intercept his black boxes, Percy sends Michael to check on one of the boxes and the guardian attached to it. | **M (D,V)**+NIKI01-020+ |

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| 00:30 | **Nikita: Betrayals (R)** After Michael learns that Percy has ordered Divison to kill anyone who could decrypt the black boxes, he sends Nikita in to save the last person on the list, a CIA cryptographer named Malcolm. | **M (D,V)**+NIKI01-021+ |

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| 01:30 | **Marvel's Agent Carter: Monsters (R)** While Peggy and Jarvis go to rescue Dottie from Whitney, Whitney initiates a plan of her own while securing her position as the new head of the Council of Nine. | **M (V)**+MACA02-007+ |

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| 02:30 | **Marvel's Agent Carter: The Edge Of Mystery (R)** Peggy tries to trade Jason for the uranium rods that Whitney wants, but her plan doesn't go as intended. Meanwhile, Jarvis vows to kill the person responsible for Ana's injuries. | **PG (V)**+MACA02-008+ |

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| 03:30 | **How I Met Your Mother: Robots Vs. Wrestlers (R) ’CC’** When the gang crash a posh party at a swanky New York apartment, Ted gets a chance to show off his intellectual, pretentious side. | **PG** +HMYM5-022+ |

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| 04:00 | **Iron Chef America: Garces Vs. Pomeroy (R)** Portland based Chef Naomi Pomeroy enters kitchen stadium to take on the newest Iron Chef Jose Garces. | **PG** +ICAM08-026+ |

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| 05:00 | **Chopped: Wild Game Plan (R)** The competitors are in for some wild times after they learn they'll be working with game meat in every round, starting with wild boar in the first basket. | **PG** +CHPD37-006+ |

 **Wednesday 01 April 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** +IAC16-003+ |

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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** +IAC16-004+ |

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| 07:00 | **Restaurant Redemption: Saigon 39 (R)** Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG** +RERE01-004+ |

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

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| 08:00 | **Giada At Home: Giada's Vegas Favorites (R)** Giada De Laurentiis makes a handful of recipes from her new restaurant in Las Vegas. The dishes are Italian with a California twist, like Chicken Marsala Meatballs. | **PG** +GIHO07-002+ |

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| 08:30 | **Throwdown With Bobby Flay: Salmon Chowder (R)** Written up continuously in Seattle's "Best of" categories, these chefs are confident in the kitchen but what will happen when Chef Bobby Flay shows up to Throwdown his own version of Salmon Chowder? | **PG** +TWBF09-004+ |

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| 09:00 | **Cupcake Wars: Hollywood Black Film Festival (R)** Four cupcake bakers vie to serve their cupcakes at a star-studded bash, celebrating the Hollywood Black Film Festival in Los Angeles. | **PG** +CUPW05-009+ |

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| 10:00 | **Iron Chef America: Garces Vs. Yang (R)** Seattle based chef Rachel Yang enters Kitchen Stadium to take on the winner of the Next Iron Chef. | **PG** +ICAM08-027+ |

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| 11:00 | **Chopped: Sensational Sandwiches (R)** The chefs get revved up for a sensational sandwich battle that begins with a mound of meat and some colorful potatoes in round one. | **PG** +CHPD37-007+ |

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| 12:00 | **Cutthroat Kitchen: Big Trouble In Little Chinese Chicken Salad (R)** Cooking tools get swapped out for a set of golf clubs. Other sabotages involve Chinese chicken salad and donuts dunked in coffee. | **PG** +CUTK04-003+ |

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| 13:00 | **Spring Baking Championship: Mother's Day** Happy Mother's Day, bakers! The bakers take on a special treat, transforming coffee and cream into a delectable dessert, and then they must whip up a festive mum-worthy brunch. | **PG** +SPBC01-003+ |

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| 14:00 | **Rachael Ray's Week In A Day: Meatlovers' Lane (R)** A whole week's worth of meals that no meat lover can resist. | **PG** +WIAD03-003+ |

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| 15:00 | **The Simpsons: MoneyBart (R)** Lisa takes over as manager of Bart's baseball team and uses statistical analysis to build a winner, but she takes all of the fun out of it and causes Bart to quit the team. | **PG** +SIMP22-003+ |

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| 15:30 | **The Simpsons: Lisa Simpsons, This Isn't Your Life (R)** When Lisa discovers that Marge was also a model student, she tries to find out where everything changed so that she doesn't repeat her mistakes. | **PG** +SIMP22-005+ |

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| 16:00 | **Modern Family: Election Day (R)** On Election Day, the family does some last-minute campaigning for Claire. But Claire experiences technical difficulties during her interviews. | **PG** +MOFA03-019+ |

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| 16:30 | **Modern Family: The Last Walt (R)** Claire tries to help Luke cope with the death of their neighbor, Walt. Phil and Alex spend some time together. Haley throws a pool party without permission at Jay and Gloria's house. | **PG** +MOFA03-020+ |

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| 17:00 | **Smallville (R) ’CC’** Clark hears a painful ringing sound and is compelled to go to the penitentiary that houses Lionel. Lionel attempt to stab Lex with a strange glowing stone. | **PG (H,V,S)**+SMVI04-006+ |

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| 18:00 | **How I Met Your Mother: The Wedding Bride (R) ’CC’** When Ted takes a date to see a new hit movie, "The Wedding Bride", he is shocked to learn the story is loosely based on his life. | **PG** +HMYM5-023+ |

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| 18:30 | **The Simpsons: The Fool Monty (R)** After Mr. Burns finds out that he is dying, he has an accident and loses his memory, and all the townspeople use the situation to get their revenge on him. | **PG (D,A)**+SIMP22-006+ |

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| 19:00 | **The Simpsons: How Munched Is That Birdie In THe Window? (R)** Bart adopts a carrier pigeon, but Santa's Little Helper eats it. | **PG** +SIMP22-007+ |

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| 19:30 | **Modern Family: Planes, Trains And Cars (R)** Phil's friend Andre convinces him to buy a two-seat convertible instead of his regular Cadillac, to which Claire's response is far from expected. Cam and Mitchell lose Lily's favorite stuffed rabbit. | **PG** +MOFA03-021+ |

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| 20:00 | **Modern Family: Disneyland (R)** When the family travels to Disneyland, Phil struggles to keep up with Luke. Claire tries to set Haley up with her friends nephew Ethan but is stunned when they run into Dylan. | **PG** +MOFA03-022+ |

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| 20:30 | **Movie: Captain Phillips (R) ’CC’ (2013)** Captain Richard Phillips attempts to escape from armed Somali pirates while the U.S. Navy tries to rescue him. Starring:CATHERINE KEENER,CHRIS MULKEY,JOHN MAGARO,MAX MARTINI,TOM HANKS,BARKHAD ABDI | **M (A,V)**+SPCF01-009+ |

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| 23:15 | **Movie: Carrie (R) (2013)** A reimagining of the classic horror tale about Carrie White, a shy girl outcast by her peers and sheltered by her deeply religious mother, who unleashes telekinetic terror on her small town. Starring:CHLOE MORETZ,JULIANNE MOORE,PORTIA DOUBLEDAY,GABRIELLA WILDE | **MA (H)**+SPCF07-003+ |

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| 01:15 | **How I Met Your Mother: The Wedding Bride (R) ’CC’** When Ted takes a date to see a new hit movie, "The Wedding Bride", he is shocked to learn the story is loosely based on his life. | **PG** +HMYM5-023+ |

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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: Garces Vs. Yang (R)** Seattle based chef Rachel Yang enters Kitchen Stadium to take on the winner of the Next Iron Chef. | **PG** +ICAM08-027+ |

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| 05:00 | **Chopped: Sensational Sandwiches (R)** The chefs get revved up for a sensational sandwich battle that begins with a mound of meat and some colorful potatoes in round one. | **PG** +CHPD37-007+ |

 **Thursday 02 April 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** +IAC16-005+ |

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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** +IAC16-006+ |

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| 07:00 | **Restaurant Redemption: Yen Ching Express (R)** Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG** +RERE01-005+ |

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

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| 08:00 | **Giada At Home: Giada's Korean Barbecue (R)** Giada De Laurentiis teams up with the King of Korean barbecue, Roy Choi. Roy takes Giada on an adventure through L.A.'s Korea Town. | **PG** +GIHO07-003+ |

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| 08:30 | **Throwdown With Bobby Flay: Mini Cupcakes (R)** William "Chip" Brown was ahead of the curve when he opened Big Man Bakes. What will happen when chef Bobby Flay brings his best mini's west to put them to the test against LA's sweetest tastemaker?  | **PG** +TWBF09-005+ |

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| 09:00 | **Cupcake Wars: Tony Hawk (R)** Cupcake bakers try to skate their way into a celebrity event, for Tony Hawk's "Stand Up for Skateparks", in Las Vegas. | **PG** +CUPW05-010+ |

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| 10:00 | **Iron Chef America: Garces Vs. Fukushima And Garcia (R)** Chef Katsuya Fukushima and Chef Ruben Garcia enter Kitchen Stadium to challenge Iron Chef Jose Garces. | **PG** +ICAM08-028+ |

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| 11:00 | **Chopped: A Frog Leg Up (R)** Four chefs open the first basket to find a strange, modern food: donut-shaped sushi. Will they know how to make it work with a crunchy snack in their appetizers? | **PG** +CHPD37-008+ |

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| 12:00 | **Cutthroat Kitchen: Anything But A Cake Walk (R)** Steak is cooked over a romantic candlelit dinner, one chef is stuck with a giant whisk as their only tool, and another competitor is forced to make a cake while walking on cake boxes. | **PG** +CUTK04-004+ |

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| 13:00 | **Spring Baking Championship: Birthday Blast (R)** The five bakers left in the Spring Baking Championship are challenged to bake for a birthday bash. They kick it off with desserts on a stick and then the bakers must create an amazing birthday cake. | **PG** +SPBC01-004+ |

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| 14:00 | **Rachael Ray's Week In A Day: Souperstar Suppers (R)** Soup's on, as Rachael throws down with five thick stews and soups that'll keep you satisfied through an entire week of eating. | **PG** +WIAD03-004+ |

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| 15:00 | **The Simpsons: The Fool Monty (R)** After Mr. Burns finds out that he is dying, he has an accident and loses his memory, and all the townspeople use the situation to get their revenge on him. | **PG (D,A)**+SIMP22-006+ |

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| 15:30 | **The Simpsons: How Munched Is That Birdie In THe Window? (R)** Bart adopts a carrier pigeon, but Santa's Little Helper eats it. | **PG** +SIMP22-007+ |

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| 16:00 | **Modern Family: Planes, Trains And Cars (R)** Phil's friend Andre convinces him to buy a two-seat convertible instead of his regular Cadillac, to which Claire's response is far from expected. Cam and Mitchell lose Lily's favorite stuffed rabbit. | **PG** +MOFA03-021+ |

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| 16:30 | **Modern Family: Disneyland (R)** When the family travels to Disneyland, Phil struggles to keep up with Luke. Claire tries to set Haley up with her friends nephew Ethan but is stunned when they run into Dylan. | **PG** +MOFA03-022+ |

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| 17:00 | **Smallville (R) ’CC’** Chloe becomes entangled in an underground gambling ring at school run by foreign exchange student Mikail Mxyzptlk who uses his powers to control all of the football players including Clark. | **PG (V,A)**+SMVI04-007+ |

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| 18:00 | **How I Met Your Mother: Doppelgangers (R) ’CC’** Marshall and Lily make a secret pact to start trying to have a baby if they ever get to see Barney's doppelganger. | **PG** +HMYM5-024+ |

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| 18:30 | **The Simpsons: The Fight Before Christmas (R)** Marge gets depressed when the rest of the family does not get into the holiday spirit, and she writes a letter, hoping to get some help.  | **PG (D)**+SIMP22-008+ |

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| 19:00 | **The Simpsons: Donnie Fatso (R)** Homer goes to prison after attempting to get out of a series of fines with a bribe, but agrees to a reduced sentence by informing on Fat Tony for the FBI. | **PG** +SIMP22-009+ |

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| 19:30 | **Modern Family: Tableau Vivant (R)** Gloria and Jay bicker while trying to order lunch at a diner. Claire and Cam have different theories on how to discipline kids. Luke accepts an award under false pretenses. | **PG** +MOFA03-023+ |

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| 20:00 | **Modern Family: Baby On Board (R)** While Gloria helps Cam and Mitch pursue an adoption opportunity, Jay and Manny baby-sit Lily. Alex attends her first prom, and Haley makes a shocking announcement about her plans for the future. | **PG** +MOFA03-024+ |

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| 20:30 | **Grey's Anatomy: Breathe Again ’CC’ NEW EPISODE**Meredith has a court hearing after skipping out on community service, while Bailey and Jo have a patient that Jo realizes is from the treatment facility. | **M (A)**+GREY16-005+ |

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| 21:30 | **Grey's Anatomy: Whistlin' Past The Graveyard ’CC’ NEW EPISODE**Alex is hoping to impress investors at Pac-Gen North, but when he hears disturbing news about skeletons on the construction site grounds, he enlists Richard to help with distraction tactics. | **M (A)**+GREY16-006+ |

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| 22:30 | **Movie: People Like Us (R) (2012)** While settling his recently deceased father's estate, a salesman discovers he has a sister whom he never knew about and is tasked delivering an inheritance to her. Starring:CHRIS PINE,OLIVIA WILDE,MICHELLE PFEIFFER,ELIZABETH BANKS,MARK DUPLASS,MICHAEL HALL DADDARIO | **M (D,S,L)**+WDF52-005+ |

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| 01:00 | **Revolution** The mysteries of life and death are redefined in the town of Willoughby... as our heroes find themselves to be strangers in a very strange land. Miles finds himself in the clutches of Titus Andover. | **MA (V,A)**+REVO02-002+ |

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| 02:00 | **How I Met Your Mother: Doppelgangers (R) ’CC’** Marshall and Lily make a secret pact to start trying to have a baby if they ever get to see Barney's doppelganger. | **PG** +HMYM5-024+ |

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| 02:30 | **Modern Family: Tableau Vivant (R)** Gloria and Jay bicker while trying to order lunch at a diner. Claire and Cam have different theories on how to discipline kids. Luke accepts an award under false pretenses. | **PG** +MOFA03-023+ |

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| 03:00 | **Cupcake Wars: Tony Hawk (R)** Cupcake bakers try to skate their way into a celebrity event, for Tony Hawk's "Stand Up for Skateparks", in Las Vegas. | **PG** +CUPW05-010+ |

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| 04:00 | **Iron Chef America: Garces Vs. Fukushima And Garcia (R)** Chef Katsuya Fukushima and Chef Ruben Garcia enter Kitchen Stadium to challenge Iron Chef Jose Garces. | **PG** +ICAM08-028+ |

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| 05:00 | **Chopped: A Frog Leg Up (R)** Four chefs open the first basket to find a strange, modern food: donut-shaped sushi. Will they know how to make it work with a crunchy snack in their appetizers? | **PG** +CHPD37-008+ |

 **Friday 03 April 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** +IAC16-007+ |

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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** +IAC16-008+ |

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| 07:00 | **Restaurant Redemption: Assembly (R)** Changing the face of Asian food in America one menu at a time, Ching-He Huang travels across the country to help struggling restaurants revamp their establishments. | **PG** +RERE01-006+ |

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

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| 08:00 | **Giada At Home: Giada's Quick And Easy Favorites (R)** Giada De Laurentiis makes four quick and easy recipes that can be prepared in just minutes like Calabrian Chili Pasta and Red Snapper Open-Faced Sandwiches. | **PG** +GIHO07-004+ |

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| 08:30 | **Throwdown With Bobby Flay: Moussaka (R)** Will Bobby's Moussaka be a match worthy of a throwdown or will this turn into a Greek tragedy? Only one way to find out - tune in for another amazing throwdown. | **PG** +TWBF09-006+ |

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| 09:00 | **Cupcake Wars: Country Music Awards (R)** Cupcakes go country as bakers vie for a spot at a star-studded after-party for the Country Music Awards. | **PG** +CUPW05-011+ |

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| 10:00 | **Iron Chef America: Symon Vs. Goldman (R)** Duff Goldman from Food Network's Ace of Cakes takes on Iron Chef Michael Symon in a culinary showdown. | **PG** +ICAM08-029+ |

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| 11:00 | **Chopped: Chicken Challenge (R)** The competitors must stay steady and focused as they take on three chicken-themed rounds in this special competition. | **PG** +CHPD37-009+ |

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| 12:00 | **Cutthroat Kitchen: Welcome To The Jungle (R)** A jungle torch is used to cook a dish, and an oversized fondue pot leads to a giant mess. | **PG** +CUTK04-005+ |

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| 13:00 | **Spring Baking Championship: Memorial Day Madness (R)** Memorial Day desserts are prepared by the final four bakers, who are judged on their layered springtime trifles and treats that are red, white and blue. | **PG** +SPBC01-005+ |

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| 14:00 | **Rachael Ray's Week In A Day: Star Ingredient (R)** Celebrate one of the world's most indispensable ingredients with an entire week's worth of garlic-charged dishes. | **PG** +WIAD03-005+ |

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| 15:00 | **Modern Family: Baby On Board (R)** While Gloria helps Cam and Mitch pursue an adoption opportunity, Jay and Manny baby-sit Lily. Alex attends her first prom, and Haley makes a shocking announcement about her plans for the future. | **PG** +MOFA03-024+ |

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| 15:45 | **The Simpsons: The Fight Before Christmas (R)** Marge gets depressed when the rest of the family does not get into the holiday spirit, and she writes a letter, hoping to get some help.  | **PG (D)**+SIMP22-008+ |

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| 16:15 | **TBA:**  | ++ |

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| 16:45 | **Movie: Lilo & Stitch (R) (2002)** A Hawaiian girl adopts an unusual pet who is actually a notorious extra-terrestrial fugitive. Starring:CHRIS SANDERS,JASON SCOTT LEE,KEVIN MCDONALD,DAVEIGH CHASE,TIA CARRERE,DAVID OGDEN STIERS | **G** +WDFR18-008+ |

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| 18:30 | **Movie: Monsters University (R) ’CC’ (2013)** In this prequel, Mike and Sulley are in college and aren't exactly the best of friends. As they slowly overcome their differences, these mismatched monsters work together to chase their dreams. Starring:ALFRED MOLINA,BILLY CRYSTAL,CHARLIE DAY,HELEN MIRREN,JOHN GOODMAN,TYLER LABINE,STEVE BUSCEMI,DAVE FOLEY,JOEL MURRAY,SEAN HAYES,PETER SOHN,NATHAN FILLION | **G** +WDF52-011+ |

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| 20:30 | **Movie: Robin Hood (R) ’CC’ (2010)** In 12th century England, Robin and his band of marauders confront corruption in a local village and lead an uprising against the crown that will forever alter the balance of world power. Starring:CATE BLANCHETT,MARK STRONG,OSCAR ISAAC,MATTHEW MACFADYEN,LEA SEYDOUX,MAX VON SYDOW,WILLIAM HURT,KEVIN DURAND,RUSSELL CROWE | **M (V,S)**+NBCR10-006+ |

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| 23:30 | **Movie: The Fifth Estate (R) ’CC’ (2013)** A dramatic thriller based on real events that reveal the quest to expose the corruptions of power that turned an Internet upstart into the 21st century's most fiercely debated organisation. Starring:ANATOLE TAUBMAN,BENEDICT CUMBERBATCH,PETER CAPALDI,DANIEL BRUHL | **M (V,L)**+WDFC53-003+ |

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

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| 02:45 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:15 | **Giada At Home: Giada's Quick And Easy Favorites (R)** Giada De Laurentiis makes four quick and easy recipes that can be prepared in just minutes like Calabrian Chili Pasta and Red Snapper Open-Faced Sandwiches. | **PG** +GIHO07-004+ |

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| 04:00 | **Iron Chef America: Symon Vs. Goldman (R)** Duff Goldman from Food Network's Ace of Cakes takes on Iron Chef Michael Symon in a culinary showdown. | **PG** +ICAM08-029+ |

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| 05:00 | **Chopped: Chicken Challenge (R)** The competitors must stay steady and focused as they take on three chicken-themed rounds in this special competition. | **PG** +CHPD37-009+ |

 **Saturday 04 April 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** +IAC16-009+ |

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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** +IAC16-010+ |

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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-022+ |

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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-023+ |

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| 08:00 | **Ten Dollar Dinners: Pan-Asian Perfection (R)** Melissa prepares Asian Marinated Pork Chops and a variety of sides. | **G** +TEDD06-012+ |

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| 08:30 | **Ten Dollar Dinners: Scarpetta Swap Out (R)** Go behind the scenes with Melissa d'Arabian as Scott Conant shares secrets to his restaurant hits, then see Melissa make her budget-friendly versions at home. | **G** +TEDD06-013+ |

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| 09:00 | **Ten Dollar Dinners: Appetizing Savings (R)** Melissa d'Arabian makes a whole meal inspired by popular appetizers. Bowls of chilled White Gazpacho, Spicy Turkey Lollipops with a raspberry glaze and warm Blue Cheese Fondue. | **PG** +TEDD07-001+ |

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| 09:30 | **Reality Cupcakes: Cupcakes On Parade! (R)** It's summertime in NYC and Ashley Foxen is serving up some radical steampunk cupcakes at the famous Coney Island Mermaid Parade. | **PG** +RCUP01-008+ |

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| 10:00 | **Wedding Cake Championship: Super Cakes (R)** Six of America's best baking duos begin their journey to becoming wedding cake champions. | **PG** +WECC01-001+ |

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| 11:00 | **Chopped: Surf And Turf (R)** The chefs are asked to make a special-occasion meal, starting with appetizers that include a rare prized crustacean. | **PG** +CHPD37-010+ |

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| 12:00 | **Ten Dollar Dinners: Pan-Asian Perfection (R)** Melissa prepares Asian Marinated Pork Chops and a variety of sides. | **G** +TEDD06-012+ |

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| 12:30 | **My Asian Banquet: Thailand** Jason brings his knowledge of South-East Asian cuisine into your lounge room each episode and re-creates My Asian Banquet. | **PG** +MYAB01-004+ |

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| 13:00 | **Reality Cupcakes: Cupcakes On Parade! (R)** It's summertime in NYC and Ashley Foxen is serving up some radical steampunk cupcakes at the famous Coney Island Mermaid Parade. | **PG** +RCUP01-008+ |

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| 13:30 | **Restaurant: Impossible: Maniaci's Italian Bistro (R)** Maniaci's Italian Bistro in Mohnton, Pa., was a thriving family business that was run by Mrs. Maniaci until her death: Five years later, her three sons are running the business into the ground. | **PG** +RIMP05-011+ |

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| 14:45 | **One Tree Hill (R)** Felix organizes a "dare night" to test the limits of his new classmates. While out playing the game, Lucas meets a mysterious girl, Anna. Peyton tearfully confesses to a priest. | **PG (S,L)**+ONTH02-005+ |

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| 15:45 | **One Tree Hill (R)** After dare night resulted in new relationships, Lucas shares a romantic evening with Anna during a midnight meteor shower. Andy surprises Karen with dinner, and Keith cooks for Jules on their date. | **PG (S,L)**+ONTH02-006+ |

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| 16:45 | **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,MISHA GABRIEL HAMILTON,STEPHEN BOSS,RYAN GUZMAN,ADAM G SEVANI,CHADD SMITH | **PG (L)**+NBCF31-010+ |

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| 19:00 | **Movie: Shallow Hal (R) ’CC’ (2001)** A shallow man falls in love with a 300-pound woman because of her "inner beauty". Starring:BRUCE MCGILL,JASON ALEXANDER,RENE KIRBY,JACK BLACK,JOE VITERELLI,GWYNETH PALTROW,TONY ROBBINS | **PG (O,S,L)**+FOXF01-020+ |

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| 21:15 | **Movie: There's Something About Mary (R) ’CC’ (1998)** An unusual accident prevents Ted, a high school geek, from taking the beautiful Mary to their high school prom. Years later, Ted can't be kept away. After all, there's just something about Mary. Starring:BEN STILLER,CAMERON DIAZ,KEITH DAVID,JEFFREY TAMBOUR,MATT DILLON,SARAH SILVERMAN | **MA (L,S)**+FOXF08-059+ |

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| 23:45 | **Movie: Forgotten Sins (R) ’CC’ (1996)** The true story of the shocking accusations by two teenage girls who caused their father and two friends to be wrongfully imprisoned. Starring:BESS ARMSTRONG,BRIAN MARKINSON,JOHN M. JACKSON,JOHN SHEA,RAY MCKINNON,WILLIAM DEVANE,TIMOTHY PATRICK QUILL,BRANDON SMITH,GARY GRUBBS,DEAN NORRIS,LISA DEAN RYAN | **M (A)**+WILF-005+ |

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| 01:30 | **Ten Dollar Dinners: Scarpetta Swap Out (R)** Go behind the scenes with Melissa d'Arabian as Scott Conant shares secrets to his restaurant hits, then see Melissa make her budget-friendly versions at home. | **G** +TEDD06-013+ |

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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 | **Ten Dollar Dinners: Pan-Asian Perfection (R)** Melissa prepares Asian Marinated Pork Chops and a variety of sides. | **G** +TEDD06-012+ |

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| 03:30 | **Ten Dollar Dinners: Scarpetta Swap Out (R)** Go behind the scenes with Melissa d'Arabian as Scott Conant shares secrets to his restaurant hits, then see Melissa make her budget-friendly versions at home. | **G** +TEDD06-013+ |

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| 04:00 | **Ten Dollar Dinners: Appetizing Savings (R)** Melissa d'Arabian makes a whole meal inspired by popular appetizers. Bowls of chilled White Gazpacho, Spicy Turkey Lollipops with a raspberry glaze and warm Blue Cheese Fondue. | **PG** +TEDD07-001+ |

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| 04:30 | **Reality Cupcakes: Cupcakes On Parade! (R)** It's summertime in NYC and Ashley Foxen is serving up some radical steampunk cupcakes at the famous Coney Island Mermaid Parade. | **PG** +RCUP01-008+ |

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| 05:00 | **Wedding Cake Championship: Super Cakes (R)** Six of America's best baking duos begin their journey to becoming wedding cake champions. | **PG** +WECC01-001+ |