**Sunday, January 26, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
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| 7:00AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
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| 7:30AM | **Home Shopping** Home Shopping | **G** |
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| 8:00AM | **Home Shopping** Shopping program. | **G** |
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| 9:00AM | **Home Shopping** Shopping program. | **G** |
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| 9:30AM | **Hercules: The Legendary Journeys: The Sword Of Veracity (R)** An old comrade of Hercules', Amphion, is now preaching peace but is arrested for murder by the tyrant Traicus. Starring KEVIN SORBO and MICHAEL HURST. | **PG (V)** |
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| 10:30AM | **Xena - Warrior Princess: A Solstice Carol (R)** Over one holiday night, Xena and Gabrielle stage mini-dramas in King Silvus' bedroom to get him to change his bitter ways. Starring LUCY LAWLESS and RENEE O'CONNOR. | **PG (V)** |
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| 11:30AM | **Search4hurt (R)** While in Victoria the team head to Mt Buller for a 3 day Mountain Bike event before returning to Sydney where Matt discovers a world of hurt when training the Wallabies. Starring MATT MURPHY and ELYSE MURPHY. | **PG** |
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| 12:00PM | **Search4hurt (R)** Its Australia's first ever Tough Mudder and Matt's up against 25,000 eager participants. Then it’s off to the Gold Coast for a session the fittest athletes fear welcome to the ZUU. Starring MATT MURPHY and ELYSE MURPHY. | **PG** |
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| 12:30PM | **Program T.B.A.**  |  |
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| 1:30PM | **Wonders of the World: Flying Cars, Maggots & Lego Art** From Samurai swordsmen, to urban penguins, to flying cars, explore our bizarre, yet fascinating world. | **PG (A)** |
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| 2:30PM | **Monster Nation** Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 3:30PM | **Engineering Connections: Sydney Opera House** Richard Hammond climbs to the top of Sydney's iconic Opera House to unlock the engineering connections behind one of the most instantly recognisable buildings in the world. | **PG** |
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| 4:30PM | **Extreme Engineering: Cooper River Bridge** Travel to Charleston to see the construction of the longest cable-stay bridge in US history. It is not without some extreme challenges, the least of which are hurricanes. | **PG** |
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| 5:30PM | **Kings of Construction: Dubai's Ski Resort** Ski-Dubai offers what seems impossible - snow in the desert. Investigate the construction of the first indoor ski slope, complete with a black ski run and the ultimate indoor alpine experience. | **PG** |
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| 6:30PM | **High Tech Rednecks: Scissor Lift Truck (R)** Texas has a pig problem! Millions of feral hogs are on the loose feasting on farmers' crops. Now it's up to Bob and the team to help even the score. Starring BRENDA WOODCOCK and BONEZ. | **PG** |
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| 7:30PM | **World's Deadliest Roads: Crumbling Roads (R) 'CC'** Rick and Lisa drive higher into the Himalayas and get into dangerous situations, while Dave tackles the 'Ledge' for the first time. Starring ALEX DEBOGORSKI, RICK YEMM and LISA KELLY. | **PG** |
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| 8:30PM | **America's Hardest Prisons: Tent City: Phoenix: Arizona (R)** In Phoenix, Arizona, inmates are held in outdoor pens in their Korean War era group tents. They keep costs low, conditions primitive in the nation’s only chain gang. | **M** |
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| 9:30PM | **7Mate Sunday Movie: Aeon Flux (R) (2005)** Aeon Flux is a mysterious assassin working for a group of rebels trying to overthrow the government but as she works, Aeon uncovers some shocking secrets that jeopardize the mission - and her life. Starring CHARLIZE THERON, MARTON CSOKAS, JONNY LEE MILLER, SOPHIE OKONEDO and FRANCES MCDORMAND. | **M (V)** |
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| 11:30PM | **Danny Dyer's Deadliest Men: Mo Teague** Danny meets former soldier and Queen's Royal Guard, Mo Teague, who, during his time in the British Army served in both the Gulf War and Northern Ireland, then stationed at Buckingham Palace. | **MA (L,V)** |
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| 12:30AM | **Is It Real?: Chupacabra (R)** Investigate the theories about what is viciously sucking the blood from livestock in Central and South America. Is it what the locals call 'el chupacabras' or a top-secret genetic experiment? | **PG** |
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| 1:30AM | **Wonders of the World: Flying Cars, Maggots & Lego Art (R)** From Samurai swordsmen, to urban penguins, to flying cars, explore our bizarre, yet fascinating world. | **PG (A)** |
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| 2:30AM | **Monster Nation (R)**Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 4:30AM | **Extreme Engineering: Cooper River Bridge (R)** Travel to Charleston to see the construction of the longest cable-stay bridge in US history. It is not without some extreme challenges, the least of which are hurricanes. | **PG** |
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| 5:30AM | **Search4hurt (R)** While in Victoria the team head to Mt Buller for a 3 day Mountain Bike event before returning to Sydney where Matt discovers a world of hurt when training the Wallabies. Starring MATT MURPHY and ELYSE MURPHY. | **PG** |
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 **Monday, January 27, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Zeke and Luther: Luck Be A Rodent Tonight (R) 'CC'** Zeke and Luther hire Stinky Cast to shoot a skateboarding video to legitimize themselves as skaters. But Luther's new good luck charm, a rat, eats the only copy of the video before the big premiere. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 7:30AM | **A.N.T Farm: Body Of EvidANTs (R) 'CC'** Olive is shocked to discover her pet robot is no longer functioning and has suspicious screwdriver scratch marks on its back. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: Fight School (R) 'CC'** After learning their father was the best warrior in island history, Boomer and Brady enrol in Kinkow Fight School. When Mason gives the kings special treatment, jealousy overcomes Mikayla. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Sweat It Up (R) 'CC'** Rocky and CeCe learn a valuable lesson in lying after Rocky is untruthful about being able to hang out with the honour society kids, and CeCe fakes a leg injury to skip gym class. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 10:00AM | **NBC Meet The Press (R) 'CC'** David Gregory interviews newsmakers from around the world. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: The Enforcer (R)** Since Nemesis has refused to kill Hercules, Hera makes her mortal and sends a newly-created and very homicidal Enforcer after her stepson. Starring KEVIN SORBO and MICHAEL HURST. | **PG** |
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| 12:00PM | **Xena - Warrior Princess: The Xena Scrolls (R)** In 1940, two archaeologists look for the legendary scrolls that Gabrielle wrote about her adventures with Xena. Starring LUCY LAWLESS, RENEE O'CONNOR, TED RAIMI and KEVIN SMITH. | **PG (V,H)** |
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| 1:00PM | **Motor Mate: Stirling Moss - A Racing Life (R)** Sir Stirling Moss is a true sporting legend, a man whose exceptional skills and determined character saw him overcome the odds again and again on his way to victory in motorsports most famous events. | **G** |
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| 3:00PM | **Motor Mate: On The Limit (R)** Follow the story of humble chimney sweeper's apprentice George Shuttleworth dream of becoming a speed demon and TT champion, and his assault on the fabled Mountain Course on his very own Shuttleworth Snap machine. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Seinfeld: The Pick (R) 'CC'** Elaine is mortified when she accidentally reveals a bit too much décolletage on her Christmas card and Kramer is asked to pose for a risqué underwear advertisement. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Visa (R) 'CC'** Jerry takes pity on a poor foreigner whose immigration papers were mistakenly left in his mailbox. And Kramer returns from his fantasy baseball camp after punching out his idol Micket Mantle. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **World's Deadliest Roads: Crumbling Roads (R) 'CC'** Rick and Lisa drive higher into the Himalayas and get into dangerous situations, while Dave tackles the 'Ledge' for the first time. Starring ALEX DEBOGORSKI, RICK YEMM and LISA KELLY. | **PG** |
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| 6:30PM | **Australia Smashes Guinness World Records (R) 'CC'** See car cramming, most safety glass panes broken in a minute and the most watermelons punched in a minute! Hosted by James Kerley. | **PG** |
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| 7:00PM | **Pimp My Ride: Cadillac Hearse (R) 'CC'** Xzibit surprises Andrew, a cook, and the owner of a 1970 Cadillac hearse. The guys at GAS turn it into a 'macabre mobile' complete with airbrushed skulls, purple velvet interior and 42 inch monitor. | **PG** |
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| 7:30PM | **Rocket City Rednecks: Hillbilly Armageddon / Moonshine Rocket Fuel  \*\*NEW EPISODE\*\*** The Rocket City Rednecks are five rednecks from Alabama who use hillbilly ingenuity to solve Big Science problems. | **PG** |
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| 8:30PM | **Pawn Stars: Strike, Spare, BOOM / Steaks At Stake 'CC'  \*\*NEW EPISODE\*\*** The Pawn Stars are blown away when they meet a guy selling his homemade mortar that fires a very unique brand of ammunition- bowling balls. Starring RICHARD HARRISON, RICK HARRISON, COREY HARRISON and CHUMLEE. | **PG** |
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| 9:30PM | **American Restoration: Hot & Salty / Missile Impossible  \*\*NEW EPISODE\*\*** The heat is on for Rick and his crew when they restore a salty 1960s popcorn machine. Can they freshen up this corny contraption or will this snack server get too hot to handle? | **PG** |
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| 10:30PM | **Cash Cowboys: Fresh Starts  \*\*NEW EPISODE\*\*** The Pickers comb through their own backyard to pick Alberta's best pieces. The guys have fun picking through a large collection of antiques and think they have found something special. | **PG** |
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| 11:30PM | **SportsFan Clubhouse** Monday, Tuesday and Wednesday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in port and entertainment for a lively hour of sports news, views and social media. | **PG** |
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| 12:30AM | **Jersey Shore: GTF - Gym, Tan, Find Out Who Sammi Is Texting (R)** Vinny and Pauly take a road trip to Staten Island. Roger becomes more than just a rebound for Jwoww. Mike reveals Sammi's shady ways, causing Ronnie to question his love for her. Starring JENNI FARLEY, MICHAEL SORRENTINO, NICOLE POLIZZI, PAUL DELVECCHIO and RONNIE ORTIZ-MAGRO. | **M (S)** |
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| 1:30AM | **Is It Real?: Sleepwalking Murders** Is it possible that people can commit complex crimes - even murder - while they are sleepwalking? With only a dead victim and a zoned-out sleepwalker at the scene of the crime, it is hard to know for sure. And if we can commit murder in our sleep, what else might we do? | **M** |
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| 2:30AM | **Motor Mate: Stirling Moss - A Racing Life (R)** Sir Stirling Moss is a true sporting legend, a man whose exceptional skills and determined character saw him overcome the odds again and again on his way to victory in motorsports most famous events. | **G** |
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| 4:30AM | **Motor Mate: On The Limit (R)** Follow the story of humble chimney sweeper's apprentice George Shuttleworth dream of becoming a speed demon and TT champion, and his assault on the fabled Mountain Course on his very own Shuttleworth Snap machine. | **G** |
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| 5:30AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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 **Tuesday, January 28, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Zeke and Luther: Summer School (R) 'CC'** Zeke challenges his summer school teacher, Mr. Rucker, to a skateboarding contest to defend his reputation as the best skateboarder in town. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 7:30AM | **A.N.T Farm: Creative Consultant (R) 'CC'** Chyna, Olive and Fletcher roll out the red carpet for teen movie sensation Sequoia Jones, who is shadowing Chyna for a movie role, but chaos ensues when she tries to assume Chyna's identity. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: The Trouble With Doubles (R) 'CC'** Boomer and Brady discover Vault 14, a secret vault which protects Kinkow's most mysterious and powerful artefacts including Duplicatus Plantus, a plant that copies anything it touches. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Vatalihootsit It Up (R) 'CC'** Cece and Rocky reluctantly give up their tickets to a Katy Perry concert when they are invited to Gunther and Tinka's home to celebrate Vatalihootsit Day and meet their parents, Kashlack and Squitza. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Once A Hero (R)** Hercules, Iolaus and some other former Argonauts find out that their former leader Jason, is a scared drunk since he left Medea for another and saw his family murdered. Starring KEVIN SORBO and MICHAEL HURST. | **PG** |
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| 12:00PM | **Xena - Warrior Princess: Here She Comes...Miss Amphipolis (R)** A fragile peace may be derailed by behind-the-scenes mayhem at a beauty pageant, in which the rulers of all three former enemies have entered their girlfriends as contestants. Starring LUCY LAWLESS and RENEE O'CONNOR. | **PG (V)** |
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| 1:00PM | **Motor Mate: 1970 - Uncrowned Champion (R)** 1970 was the year of transition in Grand Prix racing, the season that pitched the old guard against a feisty new breed of racers intent on pushing Formula One forward into the new decade. | **G** |
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| 2:00PM | **Motor Mate: Enduro Through the Decades (R)** This revealing documentary chronicles just how Enduro's glorious past has moulded the sport into what it has become today. | **G** |
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| 3:30PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Seinfeld: The Movie (R) 'CC'** Jerry is frustrated in his attempts to squeeze in two comedy appearances on opposite sides of town while shadowed by a pesky fellow comedian. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Outing (R) 'CC'** When an eavesdropping college reporter mistakenly prints that Jerry and his pal George are intimate longtime companions, Jerry works overtime to prove his straightness. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
|  |  |  |
| 5:30PM | **Cash Cowboys: Fresh Starts (R)** The Pickers comb through their own backyard to pick Alberta's best pieces. The guys have fun picking through a large collection of antiques and think they have found something special. | **PG** |
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| 6:30PM | **Australia Smashes Guinness World Records (R) 'CC'** Cars performing donuts, the longest rope climb, fastest sport stacking timed relay and most surgical gloves blown up. Hosted by James Kerley. | **PG** |
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| 7:00PM | **Pimp My Ride: Daihatsu HiJet (R) 'CC'** Wyatt just moved to L.A. and his car needs some love. The team pimps his ride adding MP3 players, a mini-fridge, six-DVD changer, forward-facing camera, and a new battery system. | **PG** |
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| 7:30PM | **American Dad: Apocalypse To Remember / Four Little Words (R) 'CC'** Stan arrives late to a CIA nuclear drill and thinks it's real. He decides to move the family into the mountains to survive the apocalypse. | **PG** |
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| 8:30PM | **Family Guy: Sibling Rivalry (R) 'CC'** A pregnancy scare forces Peter to undergo a vasectomy, but not before wreaking havoc at a sperm bank. | **M** |
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| 9:00PM | **American Dad: Dope & Faith (R) 'CC'** Stan prays for a friend and thinks God sent him one, but he turns out to be an atheist. | **M** |
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| 9:30PM | **Family Guy: Deep Throats / Peterotica (R) 'CC'** Brian and Stewie go undercover in order to expose the mayor as corrupt and Peter and Lois revert to the old habits from the 60's after entering a local talent show. | **M** |
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| 10:30PM | **American Dad: Big Trouble In Little Langley / Haylias (R) 'CC'** When Francine's adopted parents stop by for an unannounced stay, Stan is furious that they refuse to assimilate to his 'man of the house' ways. | **M** |
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| 11:30PM | **SportsFan Clubhouse** Monday, Tuesday and Wednesday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in port and entertainment for a lively hour of sports news, views and social media. | **PG** |
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| 12:30AM | **Jersey Shore: A House Devided (R)** Mike continues to instigate drama between Ronnie and Sammi, and Deena gets upset at Pauly and Vin for trying to hook up with her friend at the end-of-summer party. Starring JENNI FARLEY, MICHAEL SORRENTINO, NICOLE POLIZZI, PAUL DELVECCHIO and RONNIE ORTIZ-MAGRO. | **M (S)** |
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| 1:30AM | **Is It Real?: Stigmata (R)** It's a religious mystery that captivates the imagination - stigmata wounds that duplicate those that Christ endured at his crucifixion. The Catholic Church has eventually beatified or canonized some stigmatics. But are these wounds really gifts from God? Or is it more likely they're self-inflicted? | **PG (V,A)** |
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| 2:30AM | **Motor Mate: 1970 - Uncrowned Champion (R)** 1970 was the year of transition in Grand Prix racing, the season that pitched the old guard against a feisty new breed of racers intent on pushing Formula One forward into the new decade. | **G** |
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 **Wednesday, January 29, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Zeke and Luther: Road Trip (R) 'CC'** Zeke and Luther visit Tony Hawk's childhood home and return with an unusual autographed souvenir. Meanwhile, Ginger tries to think of new and inventive ways to prank Zeke. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 7:30AM | **A.N.T Farm: InfANT (R) 'CC'** Chyna, Olive and Fletcher welcome e a new Ant to the Ant Farm, a baby! Principal Skidmore tasks the gang with figuring out the baby's talent by week's end. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: Journey To The Center Of Mt. Spew (R) 'CC'** It's the kings' birthday and for their royal present, they each get one wish that will come true. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Model It Up (R) 'CC'** Rocky is offered a modelling contract in New York, but is hesitant to go and leave her friends and family behind. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Heedless Hearts (R)** Hercules and Iolaus accept villager Rheanna's plea to free the small kingdom from its oppressive ruler Melkos. Starring KEVIN SORBO and MICHAEL HURST. | **PG** |
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| 12:00PM | **Xena - Warrior Princess: Destiny (R)** Xena is seriously hurt in Cirra's ruins by a huge log and she enters into a coma. Starring LUCY LAWLESS and RENEE O'CONNOR. | **PG (V)** |
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| 1:00PM | **Motor Mate: 1979 - Maranello Mastery (R)** 1979 saw Carlos Reutemann move to partner Mario Andretti at Lotus as Jody Scheckter took his seat at Ferrari. | **G** |
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| 2:00PM | **Motor Mate: The Birth of Formula One (R)** On May 13th, 1950, Britain's Silverstone circuit hosted a race which would go down in history - the very first Grand Prix of the modern Formula One era. | **G** |
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| 3:30PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Seinfeld: The Shoes (R) 'CC'** Jerry and George scramble to keep their feeble idea for a TV series alive when they meet with a sceptical TV executive who catches them eyeing his daughter's cleavage. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Old Man (R) 'CC'** Good Samaritans Jerry, George and Elaine volunteer to comfort and assist senior citizens in their homes. Unfortunately, Jerry is assigned to a nasty old man who he loses on the streets. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **Mythbusters: Titanic / Goldfish / Trombone (R) 'CC'** Will a sinking ship suck you down as it goes under? Are goldfish bored or just plain stupid? Will throwing a lit firecracker down the neck of a trombone make your music sweeter? | **PG** |
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| 6:30PM | **Australia Smashes Guinness World Records (R) 'CC'** See the fastest time to smash a piano, heaviest car balanced on a head and the highest cheerleading basket toss. Hosted by James Kerley. | **PG** |
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| 7:00PM | **Pimp My Ride: Cadillac Sedan DeVille 1978 (R) 'CC'** Nile's car doesn't fit her image, so the team pimps her ride giving it a new custom colour, a third brake light that flashes hearts, and more. But the real surprise nearly floors her. | **PG** |
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| 7:30PM | **Pawn Stars: Pawn Shop Pinot (R) 'CC'** When Rick and the Old Man buy an antique 19th Century wine-maker, Chumlee wants to put it into action. Will he succeed and brew a magnificent 'Pawn Shop Pinot'? Starring RICHARD HARRISON, RICK HARRISON and COREY HARRISON. | **PG** |
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| 8:00PM | **American Restoration: American Hero (R)  \*\*NEW EPISODE\*\*** When a client flies in with a helicopter gunner helmet from the Vietnam war, Rick and his crew have to suit up for some restoration recon. | **PG** |
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| 8:30PM | **Hardcore Pawn: Frisky Buisness / Family Feud  \*\*NEW SERIES\*\*** After a devastating betrayal by their head of security, the Golds must crack down to protect themselves and their business - but Seth's security measures go too far. | **M** |
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| 9:30PM | **American Pickers: Duke Of Oil (R)** While visiting the `Godfather of petroliana', Mike falls for a one of a kind vintage motorcycle sign and must resist the urge to overpay for it. Starring MIKE WOLFE and FRANK FRITZ. | **PG** |
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| 10:30PM | **Cash Cowboys: Macho Challenge  \*\*NEW EPISODE\*\*** The Pickers scour interior British Columbia for quality pieces and set a friendly wager: the one who picks the most macho item wins a beer. | **PG** |
|  |  |  |
| 11:30PM | **SportsFan Clubhouse** Monday, Tuesday and Wednesday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in port and entertainment for a lively hour of sports news, views and social media. | **PG** |
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| 12:30AM | **Jersey Shore: At The End Of The Day (R)** While one couple reaches a crossroads in their relationship, another couple makes it official. The roommates say goodbye to another summer at the Jersey Shore. Starring JENNI FARLEY, MICHAEL SORRENTINO, NICOLE POLIZZI, PAUL DELVECCHIO and RONNIE ORTIZ-MAGRO. | **M (S)** |
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| 1:30AM | **Style in Steel (R)** Style in Steel explores the multiple and complex roles that automobiles have played in our lives. This series is a celebration of the automobile and its enduring beauty. | **G** |
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| 2:00AM | **Home Shopping** Shopping program. | **G** |
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| 2:30AM | **Home Shopping** Shopping program. | **G** |
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| 3:00AM | **Home Shopping** Shopping program. | **G** |
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| 3:30AM | **Sons And Daughters (R) 'CC'** Wayne's desperate measures to convince Gordon that Liz is being terrorized put Barbara's life in danger. While Patricia plans for her future with David, Luke is shocked by something he finds out about the business. | **G** |
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| 4:00AM | **Is It Real?: Ape Man of Sumatra (R)** When the remains of a new hobbit- sized species of human were discovered on a remote Indonesian island, the anthropological world was rocked - and enthralled. Was it possible that, deep in the jungles of Sumatra or Malaysia, the Hobbits had never gone extinct? | **PG** |
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| 5:00AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 5:30AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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 **Thursday, January 30, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Zeke and Luther: Luther Leads (R) 'CC'** While planning a party celebrating the 10th anniversary of the day they learned to skateboard, Zeke and Luther uncover video footage revealing that Luther was actually the first to ride, not Zeke. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 7:30AM | **A.N.T Farm: Fantasy Girl (R) 'CC'** Chyna and Olive are desperate to raise money to hold a school dance, so they auction off Fletcher's paintings. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: Pair Of Prom Kings (R) 'CC'** Boomer and Brady head back to their high school prom in Chicago to flaunt their royal status. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Twist It Up (R) 'CC'** CeCe and Rocky help Mrs. Garcia throw her daughter Dina, Deuce's girlfriend, a birthday party. At the party, Ty teaches Adam to dance to help win over the matriarch, Mrs. Garcia. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Let The Games Begin (R)** Hercules stumbles on the n-th battle between Spartans and Eleans. Starring KEVIN SORBO and ROBERT TREBOR. | **PG** |
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| 12:00PM | **Xena - Warrior Princess: The Quest (R)** Gabrielle's attempt to take Xena's body to be buried with her brother is complicated by would-be thieves. Starring LUCY LAWLESS and RENEE O'CONNOR. | **PG (V)** |
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| 1:00PM | **Motor Mate: 1971 - Great Scot! (R)** 1971. This was the year of the Stewart- Tyrrell double-act. Ferrari was still the team to beat, and the brute force of the V-12 engine threatened to destroy everything in its wake. | **G** |
|  |  |  |
| 2:00PM | **Motor Mate: Mercedes Benz Return to Formula One 1954 (R)** After an absence of 15 years, the mighty Silver Arrows of Mercedes- Benz returned to Grand Prix in 1954 with one of the fastest and most technologically-advanced racing cars ever seen. | **G** |
|  |  |  |
| 3:30PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Seinfeld: The Implant (R) 'CC'** Jerry dumps a girlfriend because she has breast implants. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Handicap Spot (R) 'CC'** George parks his father's car in a handicapped spot inciting an angry mob to trash the vehicle when a disabled woman is injured as a result of the illegal parking. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
|  |  |  |
| 5:30PM | **Cash Cowboys: Macho Challenge (R)** The Pickers scour interior British Columbia for quality pieces and set a friendly wager: the one who picks the most macho item wins a beer. | **PG** |
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| 6:30PM | **Australia Smashes Guinness World Records (R) 'CC'** Who will break the record for fastest time through ten locked doors and most whoopee cushions sat on in thirty seconds? | **PG** |
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| 7:00PM | **Pimp My Ride: Oldsmobile Cutlass Supreme 1986 (R) 'CC'** Logan's dented ride desperately needs to be pimped. The interior is stripped and replaced by 'James Bond'-style gimmicks, racing style seats, basketball storage and a karaoke system. | **PG** |
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| 7:30PM | **Swamp People: Breaking Point  \*\*NEW EPISODE\*\*** Nearly two weeks into the toughest season in years, swampers are starting to break down from fatigue and stress. | **PG** |
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| 8:30PM | **Tattoo Nightmares: Couples Therapy / Holy Hank** A quarreling couple needs Jasmine to erase the stains of their wild past. Later, Gus attempts to rescue a boisterous girl from the grips of an evil vampire squid and Jasmine helps a confused man. | M  |
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| 9:30PM | **World's Deadliest Roads: Thin Air (R) 'CC'** Lisa brings supplies into Keylong, a city normally cut off by snow. Now the snow's melting, and roads are falling apart. Starring ALEX DEBOGORSKI, RICK YEMM and LISA KELLY. | PG  |
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| 10:30PM | **Operation Repo: Trouble's A-Brewing / A Repo A Lovely As A Tree / Gassed Out** It's not happy hour when Carlos and Froy repo a truck outside a brewery, Ronnie and Sonia retrieve a car from a pathetic poet and Matt and Froy are confronted a Doomsday Prepper. | **M** |
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| 11:00PM | **Operation Repo: The Chippendale / Twin Peaks / Axe and You Shall Receive (R)** Lou and Froy find themselves beyond the reach of help when a backwoods debtor comes at them with an axe. | **M** |
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| 11:30PM | **Danny Dyer's Deadliest Men: Butlin Twins (R)** Cage fighting is one of the fastest growing sports in the UK. Danny meets David Butlin, who was once considered the best fighter in Britain until an unfortunate accident put an end to his career. | **MA (L)** |
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| 12:30AM | **Is It Real?: Predicting the Future (R)** Since time immemorial, humans have sought to be able to predict the future - consulting oracles and seers. Whether it be Nostradamus or The Bible Code, books claiming to predict the future fly off the shelves of bookstores. With mathematicians and one of today's premier 'seers', examine the truthfulness and mistakes in some of the most popular prophets. | **PG** |
|  |  |  |
| 1:30AM | **Motor Mate: 1971 - Great Scot! (R)** 1971. This was the year of the Stewart- Tyrrell double-act. Ferrari was still the team to beat, and the brute force of the V-12 engine threatened to destroy everything in its wake. | **G** |
|  |  |  |
| 2:30AM | **Motor Mate: Mercedes Benz Return to Formula One 1954 (R)** After an absence of 15 years, the mighty Silver Arrows of Mercedes- Benz returned to Grand Prix in 1954 with one of the fastest and most technologically-advanced racing cars ever seen. | **G** |
|  |  |  |
| 4:00AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 5:00AM | **Pimp My Ride: Oldsmobile Cutlass Supreme 1986 (R) 'CC'** Logan's dented ride desperately needs to be pimped. The interior is stripped and replaced by 'James Bond'-style gimmicks, racing style seats, basketball storage and a karaoke system. | **PG** |
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| 5:30AM | **Home Shopping** Home Shopping | **G** |
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 **Friday, January 31, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Zeke and Luther: Soul Bucket (R) 'CC'** Luther tells his grandmother that he and Zeke are in a successful rock band, but when she asks them to perform at her birthday party, he must decide if he's ready to tell her the truth. Starring HUTCH DANO, ADAM HICKS, DANIEL CURTIS LEE and RYAN NEWMAN. | **G** |
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| 7:30AM | **A.N.T Farm: Modelling Assignment (R) 'CC'** Chyna helps Cameron track down his imaginary model girlfriend and she and Angus do everything they can to help Cameron impress her. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: Kings Of Legend - Part 1 (R) 'CC'** Boomer and Brady try to prove to an increasingly doubtful Mason that they are the 'Kings of Legend.' Starring MITCHEL MUSSO, DOC SHAW, KELSEY CHOW, RYAN OCHOA and GENO SEGERS. | **G** |
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| 8:30AM | **Shake It Up: Summer It Up (R) 'CC'** CeCe, Rocky, Flynn, Deuce and Ty head to Lake Whitehead for a week- long summer vacation. Rocky winds up in the hospital with an injured foot, leaving the gang wondering if she'll ever be able to dance again. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: The Apple (R)** Aphrodite interferes in the plans for Thera and Epius's forthcoming wedding, so Hercules steps in to keep the peace. Starring KEVIN SORBO, MICHAEL HURST, ALEXANDRA TYDINGS, JONATHAN BLICK and RHONDA MCHARDY. | **PG** |
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| 12:00PM | **Xena - Warrior Princess: A Necessary Evil (R)** Velasca makes herself a god with ambrosia and seeks vengeance on Gabrielle. Starring LUCY LAWLESS and RENEE O'CONNOR. | **PG (V,H)** |
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| 1:00PM | **Motor Mate: 1972 - The Emmo Express (R)** In 1972, Emerson Fittipaldi became they youngest-ever World Champion. | **G** |
|  |  |  |
| 2:00PM | **Motor Mate: The Right Line (R)** Experience the extraordinary period of motorcycle road racing legends like John Surtees and Bob McIntyre doing battle around Europe. | **G** |
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| 3:30PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Seinfeld: The Junior Mint (R) 'CC'** Elaine's interest in an old boyfriend is rekindled when he loses weight. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Smelly Car (R) 'CC'** A valet's body odor haunts Jerry and Elaine and George discovers some surprising news about Susan. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **Pimp My Ride: Honda Civic 1992 / Mitsubishi Mirage (R) 'CC'** Christine's Honda Civic can use some pimping, so the team replace the front and rear bumpers with a racing style body kit with a mechanical spoiler and install 'Lamborghini style' doors. Starring XZIBIT. | **PG** |
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| 6:30PM | **Mythbusters: Upfront Supersized Special - Great White Sharks/Jet Taxi/ 'CC'** The Mythbusters 'Upfront Special' is a giant two hour feast where the team orders everything SUPERSIZED. The biggest sharks in the world, jet planes, giant rockets and water skiing behind cruise ships! | **PG**  |
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| 8:30PM | **Bomb Patrol: Afghanistan: Suicide Vest (R) 'CC'** Cheerleaders stop by to give a morale-boosting performance. But it's not all fun and games as Chase and Jeremy are soon called on to dispose of an unfamiliar device: a Taliban suicide vest. | **M**  |
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| 9:30PM | **7Mate Friday Night Movie: 8MM (R) 'CC' (1999)** A reel of eight-millimetre film turns a private investigator's life upside down. Just how dangerous can it be? Starring NICOLAS CAGE, JOAQUIN PHOENIX, JAMES GANDOLFINI, PETER STORMARE and CATHERINE KEENER. | **AV (V,A,S,L)** |
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| 12:10AM | **7mate Late Movie: The Foreigner (R) (2003)** An agent is hired by a mysterious man to deliver a package from France to Germany, and must fight corruption and murder along the way. Starring STEVEN SEAGAL, MAX RYAN, ANNA-LOUISE PLOWMAN, SHERMAN AUGUSTUS and HARRY VAN GORKUM. | **AV (V)** |
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| 2:50AM | **Motor Mate: 1972 - The Emmo Express (R)** In 1972, Emerson Fittipaldi became the youngest-ever World Champion. | **G** |
|  |  |  |
| 4:00AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 5:00AM | **Pimp My Ride: Honda Civic 1992 / Mitsubishi Mirage (R) 'CC'** Christine's Honda Civic can use some pimping, so the team replace the front and rear bumpers with a racing style body kit with a mechanical spoiler and install 'Lamborghini style' doors. Starring XZIBIT. | **PG** |
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 **Saturday, February 1, 2014**

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| 6:00AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
|  |  |  |
| 6:30AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
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| 7:00AM | **Monster Nation (R)** Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 8:00AM | **Home Shopping** Shopping program. | **G** |
|  |  |  |
| 8:30AM | **Home Shopping** Shopping program. | **G** |
|  |  |  |
| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Promises (R)** Hercules and Iolaus come to the aid of King Beraeus, whose fiancee has been abducted by a mighty warrior. Starring KEVIN SORBO and MICHAEL HURST. | **PG** |
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| 12:00PM | **BCF Adventure TV: Swords Life On The Line** The Eagle Eye 2 offloads enough to cover their expenses then heads south to Georges Bank, while Linda's decision to stay on the Grand Banks comes back to haunt her. Starring CAPTAIN SCOTTY DRABINOWICZ, CAPTAIN LINDA GREENLAW, CAPTAIN SLICK and CAPTAIN CHOMPS. | **PG** |
|  |  |  |
| 1:00PM | **BCF Adventure TV: Marine Machines** Scuba is one of the greatest inventions of all time. Take a look at the technology that has allowed people enter the foreign and dangerous world beneath the sea. | **G** |
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| 2:00PM | **BCF Adventure TV: Hook Line and Sinker (R)** A species guide on catching the mysterious weed eating Luderick and the boys get to the bottom of why Victoria's love a freshwater fish called a Redfin. | **PG** |
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| 2:30PM | **Shannons Supercar Showdown (R)** One of the hottest race teams in the country embarks on a global search to find the next young gun driver to join their ranks. | **PG** |
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| 3:00PM | **Search & Restore: '94 GMC Finale** Cindy, Anthony and their 7 kids, five of them adopted, travel to the Search & Restore garage to pick up their rusted out 4x4 - now sporting new everything! | **PG** |
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| 3:30PM | **Jesse James Is A Dead Man: Air Race** Although he doesn't know how to fly a plane, Jesse attempts to break the speed record of flying an Air Racing WWII-era fighter plane. | **PG** |
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| 4:30PM | **Trucks!: Work Truck Renewal** Today we show you how to freshen up your tired old work truck to make it look better inside and out so, your rolling office can be a nicer place to work. | **PG** |
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| 5:00PM | **Xtreme 4x4: '69 Internationals Scout Part VI - E85 Tune, Plus Street And** Our IH Scout build continues with exhaust, fuel system, and new suspension. | **PG** |
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| 5:30PM | **Muscle Car: Blue Collar Front Suspension** Learn how to freshen up your front suspension, and rebuild a point’s distributor. | **PG** |
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| 6:00PM | **Horsepower TV: Chevy Hybrid Smallblock Build** Something unique even for HorsePower: a GM smallblock built with the sturdy, old-style 350 block and the more modern LS top end. What kind of power will this hybrid make? | **PG** |
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| 6:30PM | **Ultimate Factories: Bugatti Super Car (R)** The Bugatti Veyron is a 'super' super car. Part automobile and part airplane, this modern engineering masterpiece of automotive art flies down the road at nearly one third the speed of sound. | **G** |
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| 7:30PM | **Mighty Structures: Autobahn (R) 'CC'** The Autobahn is a fast-paced, high-octane fantasy come true. When the freedom of no speed limit intersects with the precision of German engineering, the result draws drivers from all over the world. | **PG** |
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| 8:30PM | **World's Worst Tenants: Runaway RV / Burning Man  \*\*NEW EPISODE\*\*** Todd & Rick investigate reports of public indecency and confront a boyfriend with a twisted fetish. The team confronts a tenant who sets off a fiery explosion. Starring TODD HOWARD, RICK MOORE and RANDYE HOWARD. | **M (S)** |
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| 9:30PM | **1000 Ways To Die: Bringing In The Dead / Gratefully Dead  \*\*NEW EPISODE\*\*** A drunk driver vomits out the car window as he drives and is decapitated by a mailbox! Then a mugger with a screwdriver is scared off by a passer-by, crashes his bike and stabs himself in the heart. | **AV (V,S,A)** |
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| 10:30PM | **Legends Football League** What has been called 'Sport's Ultimate Must-See TV', Legends Football League arrives to the shores of Australia. | **NC**  |
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| 12:00AM | **7Mate Sunday Movie: The Broken (2008)** A woman thinks she sees herself drive past her on a busy street in London. In her attempt to unravel the mystery, she's involved in an accident and has trouble remembering exactly what happened. Starring LENA HEADEY, ULRICH THOMSEN, MELVIL POUPAUD, MICHELLE DUNCAN and AISER NEWMAN. | **M (H,V,L,S)** |
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| 2:00AM | **Swords: Life On The Line: Bested, Battered & Broke (R)** The Eagle Eye 2 offloads enough to cover their expenses then heads south to Georges Bank, while Linda's decision to stay on the Grand Banks comes back to haunt her. Starring CAPTAIN SCOTTY DRABINOWICZ, CAPTAIN LINDA GREENLAW, CAPTAIN SLICK and CAPTAIN CHOMPS. | **PG** |
|  |  |  |
| 3:00AM | **Marine Machines: Pro Dive (R)** Scuba is one of the greatest inventions of all time. Take a look at the technology that has allowed people enter the foreign and dangerous world beneath the sea. | **G** |
|  |  |  |
| 4:00AM | **Xtreme 4x4: '69 Internationals Scout Part VI - E85 Tune, Plus Street And** Our IH Scout build continues with exhaust, fuel system, and new suspension. | **PG** |
|  |  |  |
| 4:30AM | **Muscle Car: Blue Collar Front Suspension** Learn how to freshen up your front suspension, and rebuild a point’s distributor. | **PG** |
|  |  |  |
| 5:00AM | **Horsepower TV: Chevy Hybrid Smallblock Build** Something unique even for HorsePower: a GM smallblock built with the sturdy, old-style 350 block and the more modern LS top end. What kind of power will this hybrid make? | **PG** |
|  |  |  |