**Sunday, March 23, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **App Central (R)** 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 (R)** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |
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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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| 8:30AM | **Home Shopping** Shopping program. | **G** |
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| 9:00AM | **Home Shopping** Shopping program. | **G** |
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| 9:30AM | **Bid America: Shiny Happy People (R)** A major auction company in the heartland of America, 'Penn Auctions', unveils the most amazing 'made in America' collections ever assembled for auction! | **PG** |
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| 10:00AM | **Bid America: Woody's Favourites (R)** A major auction company in the heartland of America, 'Penn Auctions', unveils the most amazing 'made in America' collections ever assembled for auction! | **PG** |
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| 10:30AM | **T.J Hooker: The Decoy (R)** Over Hooker and Captain Sheridan's objections, Stacy agrees to be a decoy to catch a serial killer.  | **PG (V)** |
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| 11:30AM | **Just Shoot Me!: Sewer (R) 'CC'** Maya is anxious to prove to a successful college roommate that she's a hard hitting journalist. Meanwhile, Jack's birthday sets Finch and Nina to fighting over who can find the best present. | **PG** |
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| 12:00PM | **Seinfeld: The Fix-Up (R) 'CC'** Against their better judgment, Jerry and Elaine decide to play matchmaker for the jobless, dateless and possibly hopeless George, setting him up with a single friend of Elaine's. | **PG** |
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| 12:30PM | **Seinfeld: The Limo (R) 'CC'** When George's car breaks down at the airport, Jerry coolly convinces a waiting limo driver that they are his intended passengers. | **PG** |
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| 1:00PM | **Seinfeld: The Good Samaritan (R) 'CC'** Jerry witnesses a hit-and-run and tracks down the driver, but his good intentions get sidetracked when he discovers she's a beautiful woman and willing to go out with him. | **PG** |
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| 1:30PM | **Seinfeld: The Letter (R) 'CC'** Jerry's new girlfriend gives his friends Elaine, George and Kramer prime VIP seats to a Yankees baseball game. But the trio is tossed out for a minor. | **PG** |
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| 2:00PM | **Seinfeld: The Parking Space (R) 'CC'** As Jerry settles in to watch a boxing match on TV, George and Elaine return with his borrowed car and concoct a wild story to explain why it's developed a clanking noise. | **PG** |
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| 2:30PM | **Mooloolaba Triathlon Festival** This Olympic distance triathlon provides a course known and loved for its ocean swim, along with an electric buzz in the atmosphere as thousands of triathletes descend on the popular beach town. |  |
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| 3:30PM | **7mate Specials: Collapse: When Structures Fail (R)** From tumbling cranes to collapsing bridges. Urban planner Emmanuel Pratt visits testing facilities and construction sites, identifying reasons for structural failure. | **PG** |
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| 4:30PM | **Extreme Engineering: Oakland Bay Bridge (R)** The Oakland Bay Bridge is one of the busiest bridges of America, connecting San Francisco and Oakland. Investigate the challenges engineers faced while creating this seemingly impossible structure. | **PG** |
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| 5:30PM | **Mythbusters: Air Cylinder Rocket / Black Powder Engine (R) 'CC'** Can a cracked valve on a compressed- air cylinder actually blast the tank right through a wall? Can a speedboat run on air cylinders, and have an engine running on gunpowder? | **PG** |
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| 6:30PM | **7Mate Sunday Movie: Real Steel (R) 'CC' (2011)** Hugh Jackman stars as Charlie Kenton, in a futuristic world where robot boxing is a top sport. When he finds a discarded robot, he and his son attempt to build and train a champion. Starring HUGH JACKMAN, DAKOTA GOYO, EVANGELINE LILLY, ANTHONY MACKIE and KEVIN DURAND. | **PG (V,A)** |
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| 9:10PM | **7Mate Sunday Movie: Red (R) 'CC' (2010)** Frank is a former black ops CIA agent living a quiet life alone... until the day a hit squad shows up to kill him. Starring BRUCE WILLIS, MARY-LOUISE PARKER, MORGAN FREEMAN, HELEN MIRREN and JOHN MALKOVICH. | **M (V,L)** |
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| 11:30PM | **7Mate Sunday Movie: The Box (2009)** An average suburban couple are presented with a box that, if opened would bring them one million dollars... but simultaneously take the life of someone they don't know. Starring CAMERON DIAZ, JAMES MARSDEN, FRANK LANGELLA, JAMES REBHORN and HOLMES OSBORNE. | **M (V,A)** |
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| 2:00AM | **Extreme Engineering: Oakland Bay Bridge (R)** The Oakland Bay Bridge is one of the busiest bridges of America, connecting San Francisco and Oakland. Investigate the challenges engineers faced while creating this seemingly impossible structure. | **PG** |
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| 3:00AM | **Extreme Jobs** Take a look at a snapshot of the incredible jobs most people would never even know existed. Watch this ultimate career guide as we ride 'shot-gun' with your not so average Joes. | **M** |
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| 5:00AM | **App Central (R)** 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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| 5:30AM | **App Central (R)** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **G** |

 **Monday, March 24, 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 | **Jake And The Never Land Pirates: The Never Bloom! / Jake's Starfish Search (R)** Jake and his crew find a rare flower that only blooms every 100 years. Captain Hook nabs Marina the mermaid's pet starfish and Jake and the crew must take action to rescue the pet. | **G** |
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| 7:30AM | **Good Luck Charlie: Boys Meet Girls (R) 'CC'** Emmet is jealous when PJ spends time with a cute girl, and Teddy explains to Gabe that a girl picks on him because she likes him.  | **G** |
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| 8:00AM | **Shake It Up: Shrink It Up (R) 'CC'** CeCe and Rocky seek advice from Gary's therapist, Dr. Pepper about their friendship, while Tinka and Gunther try being nice to people for a change.  | **G** |
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| 8:30AM | **Art Attack: Dinosaur, Animal Noses (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)** 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 'CC' (R)** David Gregory interviews newsmakers from around the world. |  |
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| 11:00AM | **Motor Mate: Story of Mercedes-Benz (R)** Discover how Mercedes-Benz has consistently created designs which combine the highest levels of luxury with the newest technology to exude an opulence maintained for over a hundred years. | **G** |
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| 1:00PM | **Sports Disasters: Crash And Burn (R)** Trennis Baer is snowmobiling up a steep mountain in Yellowstone Park when suddenly an avalanche hits and sends him tumbling beneath hundreds of tons of snow, rocks and ice. | **M** |
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| 2:00PM | **Stupid Suspects** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG** |
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| 2:30PM | **Cash Cowboys: Horse Tradin' (R)** The Pickers charge out of the gate in Quebec's horse country to find the area's finest antiques. At the first stop Sheldon zeroes in on an unusual Inuit carving by a famous artist. | **PG** |
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| 3:30PM | **T.J Hooker: The Mumbler (R)** Hooker falls back on an old hobby of raising homing pigeons in order to get a young girl to help him bring down a gang of thieves. | **PG** |
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| 4:30PM | **Pimp My Ride: Range Rover (R) 'CC'** Xzibit and the guys at GAS challenge the elements by putting a waterbed in an '89 Land Rover. | **PG** |
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| 5:00PM | **Mythbusters: Myths Revisited (R) 'CC'** Join Jamie Hyneman and Adam Savage as they debunk, decode and demystify some of the most popular urban myths and legends. | **PG** |
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| 6:00PM | **Seinfeld: The Keys (R) 'CC'** When Kramer invites himself over once too often, Jerry demands he return the spare set of keys Jerry loaned to him which virtually ends their open-door friendship. | **PG** |
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| 6:30PM | **Seinfeld: The Foundation (R) 'CC'** As George tries to put Susan behind him, Elaine is given control of J. Peterman's business. | **PG** |
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| 7:00PM | **Seinfeld: The Soulmate (R) 'CC'** George thinks the foundation lawyer suspects he killed Susan, Elaine is sick of her friends telling her she should have a baby and Kramer falls for Jerry's girlfriend. | **PG** |
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| 7:30PM | **Talking Footy 'CC'  \*\*LIVE\*\***Details TBC | **PG** |
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| 8:30PM | **Pawn Stars: Striking A Chord / Big Guns 'CC'  \*\*NEW EPISODE\*\***Rick and Chumlee come across an extremely rare Gibson mandolin potentially worth over $100,000. Then the most explosive item ever walks through the door - a pair of Soviet nuclear missile launch keys. | **PG** |
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| 9:30PM | **American Restoration: Dirt Bike Duel / Bikes And Barbeques  \*\*NEW EPISODE\*\***Rick puts the pedal to the metal when a NASCAR driver asks him to restore his 1970s Montesa motorcycle. And later, a 1940s Japanese Maruishi bicycle pedals into the shop. | **PG** |
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| 10:30PM | **American Pickers: Invisible Pump (R)** Mike and Frank stumble upon a potential mega-pick in Northeast Iowa, and the guys explore an 1879 Illinois opera house. Starring MIKE WOLFE and FRANK FRITZ. | **PG** |
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| 11:30PM | **SportsFan Clubhouse** Bill Woods is joined by Netball star Carla Dziwiki plus the regular gang for a lively hour of sports news and views. | **PG** |
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| 12:30AM | **Extreme Jobs: Frontline War Journalist / Wolf Whisperer / Search & Rescue** Meet a journalist whose life is in danger of assassination and conflict with every move, and a man who loves wolves so much he lives with them 24/7. | **PG** |
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| 1:00AM | **Extreme Jobs: Professional Daredevil / Amazon Cowboy / Parapsychologist** Meet a team who can drive cars on their side, fall off buildings and make a bike fly like a bird twice a day, and cowboys who face razor-toothed piranhas, the largest rodents in the world and hungry Caiman crocodiles and Jaguars. | **PG** |
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| 1:30AM | **Disorderly Conduct Caught On Tape (R)** Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
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| 2:30AM | **Stupid Suspects (R)** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG** |
|  |  |  |
| 3:00AM | **Sports Disasters: Crash And Burn (R)** Trennis Baer is snowmobiling up a steep mountain in Yellowstone Park when suddenly an avalanche hits and sends him tumbling beneath hundreds of tons of snow, rocks and ice. | **M** |
|  |  |  |
| 4:00AM | **Motor Mate: Story of Mercedes-Benz (R)** Discover how Mercedes-Benz has consistently created designs which combine the highest levels of luxury with the newest technology to exude an opulence maintained for over a hundred years. | **G** |

 **Tuesday, March 25, 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 | **Jake And The Never Land Pirates: Hook Seals A Deal! / The Emerald Coconut (R)** Jake and Captain Hook work together to find the culprit who is stealing treasure from both of their crews. | **G** |
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| 7:30AM | **Good Luck Charlie: Kit And Kaboodle (R) 'CC'** When Teddy 'cat sits' for Mrs. Dabney's beloved Kaboodle, a play date for the cat turns into a visit to the cat therapist. | **G** |
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| 8:00AM | **Shake It Up: Three's A Crowd It Up (R) 'CC'** Rocky and CeCe are upset when an unknown dance crew gets to perform the opening number on 'Shake It Up, Chicago;' but one crew member named Julio manages to win them over as friends. | **G** |
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| 8:30AM | **Art Attack: Alien Costume, Break Dance (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: Corvette - America's Sportscar (R)** Re-live the Corvettes successes in American sports car events, witness rare factory footage showing every version of the car being tested and take a virtual tour of the National Corvette Museum. | **G** |
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| 1:00PM | **Sports Disasters: The Edge Of Danger (R)** We take you inside the story of the sailors who faced one of mother nature's most destructive forces during the Sydney to Hobart Yacht Race, as they sailed directly into a swirling tornado. | **M** |
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| 2:00PM | **Stupid Suspects** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG (V)** |
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| 2:30PM | **Cash Cowboys: Pickin' Night In Canada (R)** Scott and Sheldon land in Quebec's Habs country where they dig into Canada's longest running bar and pull out nine tables, reportedly from the tavern owned by Henri 'Pocket Rocket' Richard. | **PG** |
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| 3:30PM | **T.J Hooker: Vengeance Is Mine (R)** Hooker's old partner is determined to avenge the rape of his daughter after the suspect manages to avoid arrest.  | **PG (V,A)** |
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| 4:30PM | **Pimp My Ride: '78 Monte Carlo (R) 'CC'** Xzibit turns an aspiring record producer's '78 Monte Carlo into a neck craning, head turning 'Box'. | **PG** |
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| 5:00PM | **Mythbusters: Exploding Lighter / Gunslinger (R) 'CC'** Can a small, disposable butane lighter suddenly ignite with the force of several sticks of dynamite? Is it possible to shoot off 5 shots from a magnum before a coin hits the ground? | **PG** |
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| 6:00PM | **Seinfeld: The Bizarro Jerry (R) 'CC'** Elaine meets three friends who are the exact opposite of Jerry, George and Kramer! Meanwhile, George uses Susan's death to attract women. | **PG** |
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| 6:30PM | **Seinfeld: The Little Kicks (R) 'CC'** Elaine's strange dancing loses her employees' respect, George cultivates a 'bad boy' image and Jerry becomes an underground legend after he makes a bootleg videotape of a new movie. | **PG** |
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| 7:00PM | **Seinfeld: The Package (R) 'CC'** George tries to woo a photo store employee with pictures of himself. Elaine's reputation is making it difficult to get medical treatment. Kramer offers to get a refund for Jerry's broken stereo. | **PG** |
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| 7:30PM | **World's Craziest Fools (R)** Mr T takes a look at some of the craziest clips from around the world. Watch as tyres, alcohol, and people's general stupidity lead to some very funny accidents. | **PG (L,N)** |
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| 8:30PM | **Family Guy: Peter & Bill's Bogus Journey (R) 'CC'** Peter helps Bill Clinton with his flat tire, and they soon become friends. But Lois begins to believe that Bill is a bad influence on Peter | **M** |
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| 9:00PM | **American Dad: Faking Bad 'CC'  \*\*NEW EPISODE\*\***Hayley discovers Steve can create incredibly realistic fake IDs. Sensing a business opportunity, they don't count on having to deal with the kingpin of the fake ID game: Kevin Ramage (aka Roger). | **M** |
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| 9:30PM | **Family Guy: A Fistful Of Meg 'CC'  \*\*NEW EPISODE\*\***Meg spills her lunch on the new kid, 'Mental Mike', who sets the date for her end! Meanwhile, Peter continually harasses Brian in the nude until it escalates to the breaking point. | **MA (S,A)** |
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| 10:00PM | **Family Guy: No Meals On Wheels / Boys Do Cry (R) 'CC'** The Griffin family decides to start their own restaurant, but have a hard time attracting customers. | **M** |
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| 11:00PM | **American Dad: Daddy Queerest / Stan's Night Out (R) 'CC'** When Stan outs his next-door neighbour to his ex-football-player father, he goes out of his way to make it right. | **M** |
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| 12:00AM | **Boom** A woman writes to Tom and Charlie about how she has come second in her marriage to her husband's passion for fishing. So the crew blow a 200-pound tuna and old day-cruising boat into oblivion.  | **PG** |
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| 12:30AM | **SportsFan Clubhouse** Bill Woods is joined by Netball star Carla Dziwiki plus the regular gang for a lively hour of sports news and views. | **PG** |
|  |  |  |
| 1:30AM | **Disorderly Conduct Caught On Tape (R)** Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
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| 2:30AM | **Stupid Suspects (R)**The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG (V)** |
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| 3:00AM | **Sports Disasters: The Edge Of Danger (R)** We take you inside the story of the sailors who faced one of mother nature's most destructive forces during the Sydney to Hobart Yacht Race, as they sailed directly into a swirling tornado. | **M** |
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| 4:00AM | **Motor Mate: Corvette - America's Sportscar (R)** Re-live the Corvettes successes in American sports car events, witness rare factory footage showing every version of the car being tested and take a virtual tour of the National Corvette Museum. | **G** |

 **Wednesday, March 26, 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 | **Jake And The Never Land Pirates: The Golden Twilight Treasure! / Rock The Croc! (R)** Jake and his crew rescue Brightly the firefly from the treasure-hunting Captain Hook. Then, Peter Pan's map lands in the mouth of the Crocodile, leaving Jake and his team to conjure up ways to get it back. | **G** |
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| 7:30AM | **Good Luck Charlie: Teddy's Little Helper (R) 'CC'** When Teddy brings Charlie to class to try to win over her English teacher, things don't go according to plan. | **G** |
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| 8:00AM | **Shake It Up: Shake It Up, Up And Away - Part 1 (R) 'CC'** CeCe tricks Rocky into going to LA to audition for a reality dance show. | **G** |
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| 8:30AM | **Art Attack: Shark Fin, Robot (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: Great British Cars - Motoring in the Golden Age (R)** Celebrate an era when Britain ruled the roads in this fascinating journey through the golden age of motoring. | **G** |
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| 1:00PM | **Sports Disasters: Out Of Control (R)** Tonight, in Maui, a windsurfer, finds the perfect wave which ends up swallowing him. Then, a hot-air balloon carrying 12 passengers encounters a gas line breakage, leading into the path of the flame. | **M** |
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| 2:00PM | **Stupid Suspects** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **M** |
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| 2:30PM | **Cash Cowboys: Over A Barrel (R)** The Pickers hit Niagara Falls on their hunt for big deals. Their first stop finds them in the middle of the strip staring down a collector's memorabilia and bizarre pieces. | **PG** |
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| 3:30PM | **T.J Hooker: Sweet Sixteen And Dead (R)** Hooker sets out to stop a drug and prostitution ringleader from preying on teenage runaways. | **PG (V,A)** |
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| 4:30PM | **Pimp My Ride: '98 Contour (R) 'CC'** Xzibit and the guys rebuild a '98 Contour that has fallen prey to a bear. | **PG** |
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| 5:00PM | **Mythbusters: Christmas Lights / Anti-Gravity / 101 Uses For Vodka cont. (R) 'CC'** Investigate the truth or fiction in some Anti-Gravity, Christmas tree and Jellyfish Vodka Myths. | **PG** |
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| 6:00PM | **Seinfeld: The Fatigues (R) 'CC'** Elaine's promotion of a mailroom clerk sparks a mutiny. Meanwhile, Jerry discovers his girlfriend's mentor is dating Bania and Kramer brings Frank out of retirement to cook. | **PG** |
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| 6:30PM | **Seinfeld: The Checks (R) 'CC'** Jerry's fame in Japan endears Kramer to a group of tourists and inspires George to revive their TV pilot. | **PG** |
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| 7:00PM | **Seinfeld: The Chicken Roaster (R) 'CC'** As a restaurant's bright lights keep Kramer awake and Elaine's job is threatened after she buys George an expensive hat on the company's account. | **PG** |
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| 7:30PM | **Pawn Stars: Flight Of The Chum (R) 'CC'** The Pawn Stars have a chance to buy one of the quietest air crafts ever made-a vintage Schweizer glider. Will the gang soar into a good deal and restore this glider? | **PG**  |
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| 8:00PM | **American Restoration: Surfing The Strip (R)** Limited by a tight budget, Rick must light a fire under his team to overhaul a 1900s chemical cart. Can they calmly control this risky restoration, or will this unpredictable undertaking go up in flames? | **PG** |
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| 8:30PM | **Hardcore Pawn: Les Sells Out / I Quit!  \*\*NEW EPISODE\*\***Les has finally heard enough from Seth and Ashley about his bum watchband deal, and then later, Les and Seth face down Ashley in a power struggle that could change American Jewellery & Loan forever.  | **M** |
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| 9:30PM | **American Pickers: Art Of The Deal / Back Breaker (R)** Mike obsesses over a 1934 pre-Airstream trailer and the guys visit friend and NASCAR champion Ryan Newman. Later, the Pickers dive into a ninety-two-year-old Iowa farmer's unbelievable collection. Starring MIKE WOLFE and FRANK FRITZ. | **PG** |
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| 11:30PM | **Rude Tube: Serious Skills  \*\*NEW EPISODE\*\***From the outrageously wacky to the downright rude, see many viral videos, right here on Rude Tube. | **M** |
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| 12:00AM | **Disorderly Conduct Caught On Tape (R)** Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
|  |  |  |
| 1:00AM | **Sports Disasters: Out Of Control (R)** Tonight, in Maui, a windsurfer, finds the perfect wave which ends up swallowing him. Then, a hot-air balloon carrying 12 passengers encounters a gas line breakage, leading into the path of the flame. | **M** |
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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'** Barbara's determination not to see Gordon has drastic consequences. | **G** |
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| 4:00AM | **Motor Mate: Great British Cars - Motoring in the Golden Age (R)** Celebrate an era when Britain ruled the roads in this fascinating journey through the golden age of motoring. | **G** |

 **Thursday, March 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 | **Jake And The Never Land Pirates: The Elephant Surprise! / Jake's Jungle Groove (R)** Jake leads his team, including Izzy, Cubby and their parrot lookout, Skully aboard their amazing ship, Bucky, sailing from their Pirate Island hideout on a lost treasure hunt throughout Never Land. | **G** |
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| 7:30AM | **Good Luck Charlie: Blankie Go Bye-Bye (R) 'CC'** Teddy throws Amy and Bob a surprise anniversary dinner, and Charlie gets left inside when PJ locks himself out of the house. | **G** |
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| 8:00AM | **Shake It Up: Shake It Up, Up And Away - Part 2 (R) 'CC'** CeCe tricks Rocky into going to LA to audition for a reality dance show. | **G** |
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| 8:30AM | **Art Attack: Guitar, Fish (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
|  |  |  |
| 9:00AM | **NBC Today 'CC' (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: Fastest Fords (R)** Take a look at some of the quickest Fords around today as twenty of the UK's Classic Fords, such as the RS200 rally car and an Escort Cosworth go head-to- head at a test track. | **PG** |
|  |  |  |
| 1:00PM | **Sports Disasters: Collision And Crack Ups (R)** Tonight, a drag racer smashes into a wall, and then continues down the track. But what no one realises is that the driver is unconscious and this is a journey that threatens to end his life. | **M** |
|  |  |  |
| 2:00PM | **Stupid Suspects** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG** |
|  |  |  |
| 2:30PM | **Cash Cowboys: Adventure Capital (R)** The Pickers hit the Ottawa Valley and hope the area's rich history will land some serious finds. First the guys meet every picker's dream: a lifelong collector who has never sold a piece. | **PG** |
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| 3:30PM | **T.J Hooker: Raw Deal (R)** Hooker calls on an old girlfriend at Gambler's Anonymous for help in bringing a local drug kingpin down. | **PG (V)** |
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| 4:30PM | **Pimp My Ride: 1968 Cougar (R) 'CC'** Xzibit and the guys help give a 1968 Cougar its roar back. | **PG** |
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| 5:00PM | **Mythbusters: Firearms Folklore / Explosive Hammers (R) 'CC'** Investigate 3 more Gun Myths. Then, the Mythbusters aim at Civil War bullet Fusion, a direct hit at the scope, and a backwards shot at the revolver. | **PG** |
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| 6:00PM | **Seinfeld: The Abstinence (R) 'CC'** While abstinence makes George smarter, it has the opposite effect on Elaine. Meanwhile, Kramer opens a smoker's lounge in his apartment as Jerry prepares to speak at a junior high school. | **PG** |
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| 6:30PM | **Seinfeld: Andrea Doria (R) 'CC'** George squares off against a shipwreck survivor over a new apartment and Jerry attempts to help Newman get a much sought-after transfer to Hawaii. | **PG** |
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| 7:00PM | **Seinfeld: The Little Jerry (R) 'CC'** As a bad check threatens to ruin Jerry's reputation, raising chickens involves Kramer in illegal cockfighting and George dates a women's prison inmate. | **PG** |
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| 7:30PM | **Swamp People: Sabotaged  \*\*NEW EPISODE\*\***With only eight days left of gator season, duck hunters have descended on the swamp causing chaos for swampers. | **PG** |
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| 8:30PM | **Tattoo Nightmares: Disco Love / Dragon Slayer** Jasmine learns how far a jilted girl will go for love, Tommy erases a client's misguided tribute that left his wife paralyzed and Gus covers a tramp stamp that’s ruining his client's personal life. | **M** |
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| 9:30PM | **Outback Truckers** Outback veteran Dennis, battles to stay ahead of a tropical storm. Turbo pushes the pain barrier trying to keep his business on track. And heavy hauler Mark, stakes his name on the job of his career. | **PG** |
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| 10:30PM | **7mate Specials: Russia's Toughest Prisons (R)** Go inside a top security facility where cannibals, terrorists and killers live out the rest of their days. | **M** |
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| 11:30PM | **SportsFan Clubhouse** Monday and Thursday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in sport and entertainment for a lively hour in sports news, views and social media. | **PG** |
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| 12:30AM | **Zoom TV (R)** Zoom TV explores everything that drives, flies and floats; focusing on their functions, versatility and of course, reliability. | **PG** |
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| 1:30AM | **Disorderly Conduct Caught On Tape (R)** Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
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| 2:30AM | **Sports Disasters: Collision And Crack Ups (R)** Tonight, a drag racer smashes into a wall, and then continues down the track. But what no one realises is that the driver is unconscious and this is a journey that threatens to end his life. | **M** |
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| 3:30AM | **Motor Mate: Fastest Fords (R)** Take a look at some of the quickest Fords around today as twenty of the UK's Classic Fords, such as the RS200 rally car and an Escort Cosworth go head-to- head at a test track. | **PG** |
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| 5:30AM | **Home Shopping** Home Shopping | **G** |

 **Friday, March 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 | **Jake And The Never Land Pirates: The Golden Egg / Huddle Up! (R)** When Captain Hook takes Jake and his crew's golden egg, the kid pirates must race after him to retrieve it. Jake, Izzy and Cubby play a game of pirate football and inspire Hook to use teamwork with his crew. | **G** |
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| 7:30AM | **Good Luck Charlie: Charlie Goes Viral (R) 'CC'** PJ makes a funny video of Charlie that becomes an overnight internet sensation. | **G** |
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| 8:00AM | **Shake It Up: Beam It Up (R) 'CC'** At the Halloween dance, Rocky tries to prove to CeCe that you can't judge a book by its cover. Meanwhile, Flynn suspects his new neighbour Zane is an alien. | **G** |
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| 8:30AM | **Art Attack: Puzzle Pizza, Toucan (R) 'CC'** Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: World's Fastest Bikes 2 (R)** Get ready to gawp as road racing, rally and superbike stars John McGuinness as he thrashes the latest high-performance road bikes to their limits! He puts them through their paces on track and road. | **PG** |
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| 1:00PM | **Sports Disasters: Wrecks And Riots** A young man kayaks down a class 6 rapid in the wilds of New Zealand and winds up fighting for his very life. In Alaska, three skiers search the wilderness in pursuit of the most challenging peaks. | **M** |
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| 2:00PM | **Stupid Suspects** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG** |
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| 2:30PM | **Cash Cowboys: Cowboy Country (R)** The Pickers head deep into Alberta's cowboy country to lasso their share of treasures. They meet a celebrity air pilot with two hangars stuffed full of vintage planes, cars, and bicycles. | **PG** |
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| 3:30PM | **T.J Hooker: Requiem For A Cop (R)** Hooker looks to vindicate the reputation of an old partner who was drummed out of the force for alcoholism.  | **PG (V)** |
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| 4:30PM | **Pimp My Ride: '95 Probe (R) 'CC'** Xzibit takes an artist's '95 Probe and turns it into a car that can paint. | **PG** |
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| 5:00PM | **Mythbusters: 22,000 Feet Fall / Lights ON/OFF (R) 'CC'** Adam and Jamie explore the improbable survival of a WWII gunner with some of the biggest explosions in the show's history! Can someone fall 22,000 feet and be saved by a bomb? | **PG** |
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| 6:00PM | **Seinfeld: The Trip: Part I (R) 'CC'** When Jerry is booked to appear on 'The Tonight Show With Jay Leno,' he takes George with him to Los Angeles to search for Kramer who vanished in a huff months earlier. | **PG** |
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| 6:30PM | **Seinfeld: The Pitch (R) 'CC'** Asked if he might be interested in doing something on television, Jerry accepts the NBC network's invitation to meet about developing a new series. | **PG** |
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| 7:00PM | **AFL Pre-Game Show 'CC'  \*\*LIVE\*\***Join the Friday Night Footy team for all the news, views, issues and fun inside the footy world. |  |
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| 7:30PM | **7Mate Friday Night Movie: E.T. The Extra-Terrestrial (R) 'CC' (1982)** A boy discovers an alien who has been left behind by his people, and embarks on a journey to help him make contact so he can go home. Starring HENRY THOMAS, DEE WALLACE, PETER COYOTE, ROBERT MACNAUGHTON and DREW BARRYMORE. | **PG (L)** |
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| 10:00PM | **7Mate Friday Night Movie**  |  |
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| 12:15AM | **7mate Late Movie: The Descent 2 (2009)** Dazed, bloodied and speechless with trauma, a woman emerges alone from a caving trip. Unable to explain what happened, she is forced back under- ground to help find her missing friends. Starring SHAUNA MACDONALD, MICHAEL J REYNOLDS, JESSIKA WILLIAMS, DOUGLAS HODGE and JOSH DALLAS. | **AV** |
|  |  |  |
| 2:30AM | **Stupid Suspects** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG** |
|  |  |  |
| 3:00AM | **Sports Disasters: Wrecks And Riots** A young man kayaks down a class 6 rapid in the wilds of New Zealand and winds up fighting for his very life. In Alaska, three skiers search the wilderness in pursuit of the most challenging peaks. | **M** |
|  |  |  |
| 4:00AM | **Motor Mate: World's Fastest Bikes 2 (R)** Get ready to gawp as road racing, rally and superbike stars John McGuinness as he thrashes the latest high-performance road bikes to their limits! He puts them through their paces on track and road. | **PG** |

 **Saturday, March 29, 2014**

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| 6:00AM | **App Central (R)** 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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| 6:30AM | **App Central (R)** 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** 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** |
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| 8:30AM | **Home Shopping** Shopping program. | **G** |
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| 9:00AM | **Robo Cars (R)** An elite group of software engineers have designed autonomous, unmanned vehicles that can navigate through mock cities. The greatest minds of the robotics world are watching the teams compete for the ultimate prize. | **PG** |
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| 10:00AM | **Zoom TV** Zoom TV explores everything that drives, flies and floats; focusing on their functions, versatility and of course, reliability. | **PG** |
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| 11:00AM | **Monster Fish: Giant Stingray (R)** To catch a wild stingray Zeb teams up with a local expert, Dr Nantarika Chansue, and a commercial fishing guide as they search central Thailand's rivers and estuaries for this enigmatic bottom feeder.  | **PG** |
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| 12:00PM | **Mark Berg's Fishing Addiction: Baia, Papua New Guinea - Part 1** Be captivated by a story of courage from our winner this week as he is taken to one of the most beautiful, remote and intriguing destinations in the world for one of the best fishing adventures ever. | **PG** |
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| 1:00PM | **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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| 1:30PM | **V8 Xtra 'CC'  \*\*LIVE\*\***Join Neil Crompton and his team for all the latest V8 news. |  |
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| 2:00PM | **Seven's V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 2:30PM | **Seven's V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 3:30PM | **Seven's V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 4:30PM | **Seven's V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 5:30PM | **Muscle Car: The Ultimate '33 Hot Rod Paint** MuscleCar is a half-hour series celebrating our love affair with these fabled 60s and 70's era muscle cars. | **PG** |
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| 6:00PM | **Horsepower TV: A Mazda On Horsepower?** For the first time in their history, the HorsePower guys bring in a late model Mazda Speed 3 for a Simple air induction, computer programming upgrade. | **PG** |
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| 6:30PM | **7Mate Saturday Night Movie**  |  |
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| 9:15PM | **7Mate Saturday Night Movie**  |  |
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| 12:00AM | **7Mate Saturday Night Movie: Wild Things: Foursome 'CC' (2010)** A murdered hotel millionaire's son finds himself tangled up in a game of seduction and murder after a raunchy night with three beautiful women. Starring JILLIAN MURRAY, MARNETTE PATTERSON, ASHLEY PARKER ANGEL and JOHN SCHNEIDER. | **AV (S,V)** |
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| 2:00AM | **Robo Cars (R)** An elite group of software engineers have designed autonomous, unmanned vehicles that can navigate through mock cities. The greatest minds of the robotics world are watching the teams compete for the ultimate prize. | **PG** |
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| 3:00AM | **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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| 5:30AM | **Home Shopping** Home Shopping | **G** |