**Sunday, March 30, 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. | **PG** |
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| 7:30AM | **Home Shopping** Home Shopping | **G** |
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| 9:30AM | **Ultimate Factories: Tank (R)** Witness how the Abrams Tank, after almost thirty years on the battlefield, is being revived and transformed into something bigger, better and practically indestructible. | **PG** |
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| 10:30AM | **T.J Hooker: The Hostages (R)** After Hooker shoots the patriarch of a criminal family, Stacy and Fran are taken hostage in an effort to get the man released. | **PG (V)** |
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| 11:30AM | **Just Shoot Me!: The Walk (R) 'CC'** After arriving at work, Jack's mood turns unexpectedly ugly, so Maya and her colleagues look for what caused his mood to sour. Meanwhile, Finch is surprised when a colleague suddenly agrees to a date. | **PG** |
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| 12:00PM | **Seinfeld: The Comeback (R) 'CC'** As Jerry discovers he's been duped by a hapless tennis pro, George seeks revenge against a co-worker's cutting remarks and Kramer enlists Elaine's help in drafting a living will. | **PG** |
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| 12:30PM | **Seinfeld: The Money (R) 'CC'** Jerry buys back a car his parents sold as the Costanzas decide to spend George's inheritance. Kramer can't sleep with his new girlfriend and Peterman returns unexpectedly. | **PG** |
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| 1:00PM | **Seinfeld: The Van Buren Boys (R) 'CC'** Jerry new girlfriend seems too good to be true. Meanwhile, George awards a scholarship to an average student and Elaine turns to Kramer for help in preparing Peterman's autobiography. | **PG** |
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| 1:30PM | **Seinfeld: The Susie (R) 'CC'** While Elaine suffers in a case of mistaken identity and an ex-friend fears Jerry's retribution, George avoids a girlfriend looking to break up. | **PG** |
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| 2:00PM | **Seinfeld: The Pothole (R) 'CC'** George loses a prized keychain in a pothole and Kramer adopts a section of highway. | **PG** |
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| 2:30PM | **7mate V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'  \*\*LIVE\*\***Today's coverage includes V8 Supercar Qualifying before the live action from Race 6 of the V8 Supercar Championship. Hosted by Matt White. |  |
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| 3:30PM | **7mate V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'  \*\*LIVE\*\***Coverage includes Race 6 of the V8 Supercar Championship. Join your host Matt White. |  |
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| 5:30PM | **Mythbusters: Ming Dynasty Astronaut / Free Energy / Fan Of Death (R) 'CC'** Will Buster survive an explosive launch into space? Will a stunt double lose his head at the hands of a killer fan, as the MythBusters search for a source of free energy? | **PG** |
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| 6:30PM | **Mythbusters: Trail Blazer / Defibulator Of Death 'CC'** Will a flaming trail of gasoline from a moving vehicle catch up to its tank and cause it to explode? Can a person outrun a trail of burning gunpowder? Can a person be burned by a defibrillator if wearing an underwire bra or a nipple ring? | **PG**  |
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| 7:30PM | **7Mate Sunday Movie: Land Of The Lost (R) 'CC' (2009)** A palaeontologist and his assistant stumble across a space-time vortex, blasting them into a world of dinosaurs and lizard people. Starring WILL FERRELL, ANNA FRIEL, DANNY MCBRIDE, JORMA TACCONE and JOHN BOYLAN. | **PG (D,S,L,V)** |
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| 9:30PM | **7Mate Sunday Movie: Anchorman: The Legend of Ron Burgundy (R) 'CC' (2004)** San Diego's top rated newsman's life is about to change when a new female employee with ambition to burn arrives in his office. Starring WILL FERRELL, CHRISTINA APPLEGATE, PAUL RUDD, STEVE CARELL and DAVID KOECHNER. | **M (L,S,V)** |
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| 11:30PM | **1000 Ways To Die: Fatal Distractions / Hurry Up And Die** Geophagy - the practice of eating soil - gives a woman E. coli and she dies. Then later, a drunk driver crashes and is mistakenly pronounced DOA but dies when his organs are harvested for donation. | **AV** |
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| 12:30AM | **Special: Mystery of the Crystal Skulls (R) (2008)** Travel the globe in search of the thirteen mystical and powerful crystal skulls. Skulls thought to be one of the thirteen have shown up, but their authenticity is questionable. Which are real? Starring LESTER HOLT. | **PG** |
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| 2:30AM | **Program T.B.A. \*\***  |  |
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| 3:30AM | **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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| 4:00AM | **Ultimate Factories: Tank (R)** Witness how the Abrams Tank, after almost thirty years on the battlefield, is being revived and transformed into something bigger, better and practically indestructible. | **PG** |
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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. | **PG** |

 **Monday, March 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 | **Jake And The Never Land Pirates: Save The Coral Cove! / Treasure Chest Switcheroo (R)** Jake and his crew help Sandy the Starfish, Marina the Mermaid who live in the coral cove when Captain Hook threatens their home by searching for sunken treasure in the cove. | **G** |
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| 7:30AM | **Good Luck Charlie: Duncan's Got Talent (R) 'CC'** Spencer agrees to do a dance routine with Teddy for the school talent show, but fakes an injury when he realises how bad she is. | **G** |
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| 8:00AM | **Shake It Up: Doctor It Up (R) 'CC'** Rocky's dad Dr. Curtis Blue returns from his trip overseas and is unhappy to find out that Rocky is dancing on 'Shake It Up, Chicago.’ | **G** |
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| 8:30AM | **Art Attack: Dog Walker, Puppet Theatre (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: Australian GP (R)** All the action from the Australian GP. | **G** |
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| 12:00PM | **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** |
|  |  |  |
| 1:00PM | **7mate V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'** Coverage includes all the action from Race 4 of the V8 Supercars Championship Tasmania Challenge, Symmons Plains. |  |
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| 2:00PM | **7mate V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'** Today's coverage includes V8 Supercar Qualifying before all of the live action from Race 4 & 5 of the V8 Supercar Championship. Hosted by Matt White. |  |
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| 3:00PM | **Hollywood Treasure: Endoskeletons In The Closet (R) 'CC'** Joe is contacted by a relative of Stan Winston to help auction off a full endoskeleton from Terminator 2. Then, Joe meets a consigner whose collection defines the phrase 'one man's trash is another man's treasure.' | **PG** |
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| 3:30PM | **Supersize Grime (R)** A specialist team tackles a block of 48 derelict flats in Glasgow, which has been overrun by squatters and left full of hypodermic needles. | **PG** |
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| 4:30PM | **Pimp My Ride: '65 El Camino (R) 'CC'** Xzibit turns a football lover’s '65 El Camino into the ultimate tailgating experience. | **PG** |
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| 5:00PM | **Mythbusters: Exploding Toilet / Who Gets Wetter / Ice Bullet (R) 'CC'** Jamie and Adam set out to disprove the legend of the exploding toilet. Next, find out if you stay drier by running - or walking - in the rain. | **PG** |
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| 6:00PM | **Seinfeld: The Nap (R) 'CC'** As George builds a bed underneath his desk, Elaine gets a mattress from her back-conscious boyfriend and Jerry struggles with an indecisive carpenter. Meanwhile, Kramer takes extreme measures to swim. | **PG** |
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| 6:30PM | **Seinfeld: The Yada Yada (R) 'CC'** Jerry doubts his dentist's religious conversion, Kramer and Mickey fight over a double date and Elaine undermines a couple's chances at adoption. | **PG** |
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| 7:00PM | **Seinfeld: The Millenium (R) 'CC'** As Jerry lobbies for a good spot on his girlfriend's speed dial, George tries getting himself fired so he can accept a better job. | **PG** |
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| 7:30PM | **Talking Footy 'CC'  \*\*LIVE\*\***Three-time premiership superstar Tim Watson and arguably the greatest player of all time Wayne Carey will sit alongside host Bulldogs champion Luke Darcy to dissect all the AFL news and issues on and off the football field. | **PG** |
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| 8:30PM | **Pawn Stars: Pedal To The Metal / Bumpy Ride 'CC'  \*\*NEW EPISODE\*\***The Pawn Stars are presented with a chessboard made from the wood of the Titanic, and later, an opportunity to add one of the world's most recognizable trophies to their collection - a Grammy. | **PG** |
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| 9:30PM | **American Restoration: Feel The Heat / Smoking Hot  \*\*NEW EPISODE\*\***Rick has a riddle on his hands when an antique three-wheeled cart comes in with no identification. And later, he turns up the heat when an 1881 potbelly stove whips into the shop. | **PG** |
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| 10:30PM | **American Pickers: Mole Man (R)** Mike and Frank try to strike a deal in a jam-packed barn. And they meet master picker 'Mole Man' Ron and tour his 26-room lair. | **PG** |
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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 | **Program T.B.A. \*\***  |  |
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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 | **Supersize Grime (R)** A specialist team tackles a block of 48 derelict flats in Glasgow, which has been overrun by squatters and left full of hypodermic needles. | **PG** |
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| 3:30AM | **Pimp My Ride: '65 El Camino (R) 'CC'** Xzibit turns a football lover’s '65 El Camino into the ultimate tailgating experience. | **PG** |
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| 4:00AM | **Motor Mate: Australian GP (R)** All the action from the Australian GP. | **G** |
|  |  |  |
| 5:00AM | **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** |

 **Tuesday, April 1, 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: Birds Of A Feather / Treasure Show And Tell! (R)** Jake leads his team on a lost treasure hunt throughout Never Land. Jake and his crew help Skully's bird friend Winger search for the Golden Sky bird Treasure and are greeted by a wise parrot on an Island. | **G** |
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| 7:30AM | **Good Luck Charlie: Kwikki Chick (R) 'CC'** PJ gets a job at Kwikki Chikki as a spokesperson for the restaurant, a gig PJ has been desperately trying to get. | **G** |
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| 8:00AM | **Shake It Up: Review It Up (R) 'CC'** When entertainment blogger Andy Burns gives 'Shake It Up, Chicago' a bad review, the girls have to convince him that their dancing deserves a glowing review. | **G** |
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| 8:30AM | **Art Attack: Whale (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: French GP (R)** All the action from the French GP. | **G** |
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| 12:00PM | **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** |
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| 1:00PM | **7mate V8 Supercars 2014: Tasmania Challenge, Symmons Plains, Tasmania 'CC'** Coverage includes Race 6 of the V8 Supercar Championship. Join your host Matt White. |  |
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| 3:00PM | **Hollywood Treasure: Trek To The Future (R) 'CC'** Joe helps mega collector, Desi Dos Santos, acquire a Back to the Future II Hooverboard; but to get the money, Desi must auction something from his own collection. What is Desi willing to part with? | **PG** |
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| 3:30PM | **Supersize Grime (R)** Chapelcross power station in Scotland is stripped of deadly asbestos, and a brave team descends into an east London sewer. | **PG** |
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| 4:30PM | **Pimp My Ride: '68 Bug (R) 'CC'** Lawanna is taking her ride from an ugly caterpillar to a beautiful butterfly when Xzibit pimps her Air Force recruits '68 bug. | **PG** |
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| 5:00PM | **Mythbusters: Cell Phone Gas Station / Silicone Breasts / CD Rom (R) 'CC'** The sign at the pump reads, 'No Mobile Phones,' but can this little device really trigger a massive explosion? | **PG** |
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| 6:00PM | **Seinfeld: The Muffin Tops (R) 'CC'** Elaine and a former boss join forces in a muffin top business. Meanwhile, George pretends to be a tourist in order to get a date. | **PG** |
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| 6:30PM | **Seinfeld: The Summer Of George (R) 'CC'** After getting fired from the Yankees, George uses his free time to help Jerry with a demanding girlfriend; Kramer accidentally wins a Tony Award and Elaine is accused of being mean by her co-workers. | **PG** |
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| 7:00PM | **Seinfeld: The Butter Shave (R) 'CC'** George gets a new job after he's mistaken for being handicapped. Meanwhile Jerry suspects Bania is taking advantage of him and Kramer's latest shaving technique backfires. | **PG** |
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| 7:30PM | **World's Craziest Fools (R)** Mr T has been on a mission searching far and wide for people who dare to do things differently. He's found the stupidest and clumsiest people on the planet; he's found the world's craziest fools. | **PG (L)** |
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| 8:30PM | **Family Guy: No Chris Left Behind (R) 'CC'** After Chris is expelled from school, he is sent to a boarding school that his grandfather Carter attended, but Chris doesn't exactly fit in. | **M** |
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| 9:00PM | **American Dad: Minstrel Krampus 'CC'  \*\*NEW EPISODE\*\***Steve acts like a spoiled brat during the holidays so Stan takes him to see his incarcerated Grandpa Jack. Meanwhile, Hayley gets a job at the airport, but might not be cut out for customer service. | **M** |
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| 9:30PM | **Family Guy: Boopa-Dee Bappa-Dee 'CC'  \*\*NEW EPISODE\*\***The Griffins take a trip to Italy and are forced to deal with annoying immigration laws after Peter destroys the family's passports. | **M (V,S,A)** |
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| 10:00PM | **Family Guy: It Takes A Village Idiot And I Married One / Meet The (R) 'CC'** Lois runs for mayor of Quahog, though she doesn't become the front- runner until she tones down her political views. Guest starring Carrie Fisher. | **M** |
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| 11:00PM | **American Dad: In Country...Club / Moon Over Isla Island (R) 'CC'** Steve is selected to sing the National Anthem at the Langley Falls Veterans Day Celebration. | **M** |
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| 12:00AM | **Stupid Suspects** The most insane, outrageous and quite frankly the dumbest criminals ever caught on tape. | **PG** |
|  |  |  |
| 12:30AM | **SportsFan Clubhouse (R)** 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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| 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 | **Supersize Grime (R)** Chapelcross power station in Scotland is stripped of deadly asbestos, and a brave team descends into an east London sewer. | **PG** |
|  |  |  |
| 3:30AM | **Pimp My Ride: '68 Bug (R) 'CC'** Lawanna is taking her ride from an ugly caterpillar to a beautiful butterfly when Xzibit pimps her Air Force recruits '68 bug. | **PG** |
|  |  |  |
| 4:00AM | **Motor Mate: French GP (R)** All the action from the French GP. | **G** |
|  |  |  |
| 5:00AM | **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** |

 **Wednesday, April 2, 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 Pirate Princess / The Rainbow Wand (R)** When Izzy learns that a sea witch has cast a spell on the Pirate Princess, she sets out with Jake and Chubby to rescue her. | **G** |
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| 7:30AM | **Good Luck Charlie: Charlie In Charge (R) 'CC'** Gabe is in charge of Charlie while working on a school project with Jo, and have their hands full with taking care of Charlie. | **G** |
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| 8:00AM | **Shake It Up: Double Pegasus It Up (R) 'CC'** CeCe finds out Deuce has been delivering pizza to her idol, a choreographer who came up with an amazing dance move, the 'double Pegasus.' | **G** |
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| 8:30AM | **Art Attack: Soccer, Hula Hoop (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: TT 2000 (R)** This is some of the gutsiest racing ever seen on the Mountain Circuit including the awesome hat tricks scored by Joey Dunlop and David Jefferies and the first ever 125kph lap! | **G** |
|  |  |  |
| 12:00PM | **Motor Mate: 1972 - The Emmo Express (R)** In 1972, Emerson Fittipaldi became the youngest-ever World Champion. | **G** |
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| 1:00PM | **Sports Disasters: Unsafe At Any Speed** A man is paragliding over the Mexican countryside when his line gets twisted and he goes into what's called a 'death spiral'. | **M** |
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| 2:00PM | **Hollywood Treasure: Demons And Spacesuits And Slippers (R) 'CC'** Joe visits movie star Debbie Reynolds' collection of props and costumes, including the original Arabian style Wizard of Oz ruby slippers and Marilyn Monroe's iconic dress from The Seven Year Itch. | **PG** |
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| 2:30PM | **T.J Hooker: Payday Pirates (R)** Hooker is determined to find an armed robber who injured Fran and jeopardised her eyesight. | **PG** |
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| 3:30PM | **Supersize Grime (R)** Twickenham Stadium, where 80,000 fans watch The Calcutta Cup (England vs Scotland). Meet the team who must deal with the grime and return the stadium to a spotless state by next morning. | **PG** |
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| 4:30PM | **Pimp My Ride: '87 Blazer (R) 'CC'** Xzibit takes a snowboarder’s '87 Blazer and gives an old truck some new tricks. | **PG** |
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| 5:00PM | **Mythbusters: Barrel of Bricks / Third Rail / Eel Skin Wallet (R) 'CC'** Jamie and Adam use basic physics to debunk the story of the construction worker who was allegedly buried under 230 kilograms of bricks. | **PG** |
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| 6:00PM | **Seinfeld: The Voice (R) 'CC'** As Jerry risks losing a girlfriend over a joke, George continues to work despite having been asked to leave and Elaine finds breaking up is hard to do. Meanwhile, Kramer hires an assistant. | **PG** |
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| 6:30PM | **Seinfeld: The Serenity Now (R) 'CC'** Jerry accepts his girlfriend's challenge to get angry, George tries selling computers with his father and Elaine fends off Lippman and his teenage son. | **PG** |
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| 7:00PM | **Seinfeld: The Blood (R) 'CC'** Kramer starts his own blood bank and George works at combining, sex, food and television. Meanwhile, Elaine is upset by a friend who doesn't consider her responsible enough to baby-sit. | **PG** |
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| 7:30PM | **Pawn Stars: Helmet Head (R) 'CC'** The Pawn Stars have a chance to shoot and score with a 2006 NBA Championship Ring. Will the gang make the big score or will a surprise Shaq Attack throw the shop off its game? | **PG** |
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| 8:00PM | **American Restoration: Milking It (R)** When Rick's brother Ron and son Tyler encounter a 1950s milk vending machine for sale, they attempt to squeeze out a good deal. Can they churn something out of this dairy discovery? | **PG** |
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| 8:30PM | **Hardcore Pawn: You Bet Your Butt / Life After Death  \*\*NEW EPISODE\*\***Seth and Ashley have betting on the brain and a wager leaves one of them dressed to the nines. Then later, business is better when Ashley leaves, but Les feels there's something missing - Ashley. | **M** |
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| 9:30PM | **American Pickers: Buddy's Booby Trap / Frank's Gamble (R)** Mike and Frank find an item they've never seen before, place bets on what it is and get surprised when they find out. Then the guys stumble across the mother lode of rare bikes and motorbikes. | **PG** |
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| 11:30PM | **Rude Tube: WTF?!  \*\*NEW EPISODE\*\***From the outrageously wacky to the downright rude, see many viral videos, right here on Rude Tube. | **M (S,N)** |
|  |  |  |
| 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** |
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| 1:00AM | **Sports Disasters: Unsafe At Any Speed (R)**A man is paragliding over the Mexican countryside when his line gets twisted and he goes into what's called a 'death spiral'. | **M** |
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| 2:00AM | **Home Shopping** Shopping program. |  |
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| 2:30AM | **Home Shopping** Shopping program. |  |
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| 3:00AM | **Home Shopping** Shopping program. |  |
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| 3:30AM | **Sons And Daughters (R) 'CC'** Mitch and Derek are at each other's throats, each wanting revenge. | **G** |
|  |  |  |
| 4:00AM | **Motor Mate: TT 2000 (R)** This is some of the gutsiest racing ever seen on the Mountain Circuit including the awesome hat tricks scored by Joey Dunlop and David Jefferies and the first ever 125kph lap! | **G** |
|  |  |  |
| 5:00AM | **Motor Mate: 1972 - The Emmo Express (R)** In 1972, Emerson Fittipaldi became the youngest-ever World Champion. | **G** |

 **Thursday, April 3, 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 Sword And The Stone / Jake's Home Run! (R)** Jake and his crew stumble upon a mystery stone door that only Jake's sword can open. Then, Jake, Izzy and Cubby play a game of pirate baseball and Captain Hook finally gets a chance to be part of the team. | **G** |
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| 7:30AM | **Good Luck Charlie: Sleepless In Denver (R) 'CC'** Gabe has his first sleepover with friends but things go awry after they watch a scary zombie movie. | **G** |
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| 8:00AM | **Shake It Up: Auction It Up (R) 'CC'** CeCe and Rocky set up a fundraiser through 'Shake It Up, Chicago' to help save their former dance teacher, Ms. Nancy's dance studio. | **G** |
|  |  |  |
| 8:30AM | **Art Attack: Crocodile, Submarine (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. |  |
|  |  |  |
| 11:00AM | **Motor Mate: Hungary GP (R)** All the action from the Hungarian GP. | **G** |
|  |  |  |
| 12:00PM | **Motor Mate: 1973 - Reign of Stewart (R)** 1973 was the year when the legendary Jackie Stewart was crowned as F1 champion for the third and final time. | **PG** |
|  |  |  |
| 1:00PM | **Sports Disasters: Over The Edge** A paramedic is hit unexpectedly at the Daytona International Speedway causing severe injuries to his body. Then, two friends are fishing for sharks when a shark pulls one of the men into the water. | **M** |
|  |  |  |
| 2:00PM | **Hollywood Treasure: The One That Got Away (R) 'CC'** Joe travels to Pennsylvania in search of something for his personal collection, an 'Enik' character from Land of the Lost. Then, Joe attempts to authenticate an original Invisible Man poster from an anonymous consigner. | **PG** |
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| 2:30PM | **T.J Hooker: Lady In Blue (R)** After an officer he trained loses a leg while breaking up a gun shop robbery, Hooker sets out to find the crooks. | **PG (V)** |
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| 3:30PM | **Supersize Grime (R)** Follow specialist cleanup teams as they tackle the UK's dirtiest jobs and biggest structures and facilities, including sewage systems, tower blocks and sports stadiums. | **PG** |
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| 4:30PM | **Pimp My Ride: '88 Pulsar (R) 'CC'** Xzibit and the guys perform magic when they transform a beaten down '88 Pulsar into a brand new ride. | **PG** |
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| 5:00PM | **Mythbusters: Penny Drop / Microwave Trio / Radio Tooth Fillings (R) 'CC'** Find out how fast a penny falls when you drop it from the top of the Empire State Building - and whether or not it can be lethal to pedestrians below. | **PG** |
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| 6:00PM | **Seinfeld: The Junk Mail (R) 'CC'** Kramer's efforts to stop junk mail jeopardizes Newman's job. Meanwhile, Jerry tries to avoid hurting an old friend's feelings and George suspects his parents are avoiding him. | **PG** |
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| 6:30PM | **Seinfeld: The Merv Griffin Show (R) 'CC'** Kramer puts a discarded talk show set in his apartment. Meanwhile, Jerry schemes to play with a girlfriend's vintage toys, Elaine deals with a scheming Employee and George rehabilitates a squirrel. | **PG** |
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| 7:00PM | **Seinfeld: The Slicer (R) 'CC'** While interviewing for a job, George spots himself in a photo of the company owner's family. Meanwhile, Kramer buys a fancy new meat slicer and Elaine is kept awake by a neighbor's alarm clock. | **PG** |
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| 7:30PM | **Swamp People: Down Goes The King  \*\*NEW EPISODE\*\***There's only seven days left in the Louisiana alligator season. And just as new partnerships hit their stride, they begin to fracture again, forcing swampers to doubt their ability to tag out. | **PG** |
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| 8:30PM | **Tattoo Nightmares: Racist To A Pervert / Tribute Trouble  \*\*NEW EPISODE\*\***Gus takes on a man's plea to escape his perverted past, Tommy attempts to grant his client's desperate wish to restore his manhood and Jasmine revamps a girls homemade butterflies. | **M** |
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| 9:30PM | **Outback Truckers  \*\*NEW EPISODE\*\***This vast island continent is home to some of the hardest places to reach on Earth. But for the mega trucks that keep the country moving, getting there is just another day at the office. | **PG** |
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| 10:30PM | **America's Hardest Prisons: Sex Offenders (R)** Fremont is one of Colorados largest and busiest prisons, and perhaps for both inmates and officers, one of its most complicated. | **M (A)** |
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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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| 1:00AM | **The Chaser's War On Everything (R) 'CC'** The Chaser examine the Mercedes Corby vs Jodie Power current affairs stoush, and Chris sees how easy it is to get Free Hugs in Pitt Street Mall. | **M (N)** |
|  |  |  |
| 1:30AM | **Sports Disasters: Over The Edge (R)**A paramedic is hit unexpectedly at the Daytona International Speedway causing severe injuries to his body. Then, two friends are fishing for sharks when a shark pulls one of the men into the water. | **M** |
|  |  |  |
| 2:30AM | **Supersize Grime (R)** Follow specialist cleanup teams as they tackle the UK's dirtiest jobs and biggest structures and facilities, including sewage systems, tower blocks and sports stadiums. | **PG** |
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| 3:30AM | **Motor Mate: Hungary GP (R)** All the action from the Hungarian GP. | **G** |
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| 4:30AM | **Motor Mate: 1973 - Reign of Stewart (R)** 1973 was the year when the legendary Jackie Stewart was crowned as F1 champion for the third and final time. | **PG** |
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| 5:30AM | **Home Shopping** Home Shopping | **G** |

 **Friday, April 4, 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: Captain Hook's Parrot! / Skybird Island Is Falling! (R)** When Captain Hook captures Jake and his crew's lookout parrot, Skully, the kid pirates must work together to rescue their feathered friend. Then, Jake and crew must save Skybird Island's golden tree. | **G** |
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| 7:30AM | **Good Luck Charlie: Girl Bites Dog (R) 'CC'** Teddy feels bad that Charlie bit her boyfriend Spencer, so she decides to surprise him at work to smooth things over. | **G** |
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| 8:00AM | **Shake It Up: Camp It Up (R) 'CC'** CeCe and Rocky decide to host their own dance camp for kids, in order to raise money to attend a week-long dance camp. | **G** |
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| 8:30AM | **Art Attack: Fun Fishtank (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: Dutch GP (R)** Relive one of the greatest 500cc World Championship showdowns of the 1980s. | **G** |
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| 12:00PM | **Motor Mate: 1974 - Down to the Last Lap (R)** 1974 was the year of change in Formula One. Defending champion Jackie Stewart had retired from racing, creating a power vacuum that sucked a host of racers into the battle for the World Championship. | **G** |
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| 1:00PM | **Sports Disasters: Extreme Danger** In Australia, the skies light up with fireworks at a harbour in Perth as a high diver performs his dive. But something goes very wrong and he slams into the water chest first. | **M** |
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| 2:00PM | **Hollywood Treasure: Blood, Sweater & Terminators (R) 'CC'** Joe challenges his team to bring in the best consignments and win a trip to Hawaii. Jesse finds a Men in Black piece, Jon appraises a rare costume and Joe lands Clark Gable's WWII Army jacket. | **PG** |
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| 2:30PM | **Hercules: The Legendary Journeys: Long Live The King (R)** Iolaus takes on the guise of his identical cousin in an effort to bring peace to a restless country. | **PG** |
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| 3:30PM | **T.J Hooker: The Return (R)** Still haunted by the murder of his detective partner, Hooker returns to the narcotics underworld they once prowled together. | **PG (V)** |
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| 4:30PM | **Pimp My Ride: Where Are They Now? (R) 'CC'** A look back at past Pimp My Ride cast members. | **PG** |
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| 5:00PM | **Mythbusters: Buried Alive / Bridge Jump / Cola Myths (R) 'CC'** Legend has it you can survive a leap from a bridge if you first toss down a hammer to break the plane of the water's surface. Jamie and Adam reveal the 'striking' truth. | **PG** |
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| 6:00PM | **Seinfeld: The Betrayal (R) 'CC'** Upon their return from Sue Ellen Mischke's wedding in India, Jerry, George and Elaine are barely speaking to each other. Meanwhile, Kramer is haunted by a friend's evil birthday wish. | **PG** |
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| 6:30PM | **Seinfeld: The Apology (R) 'CC'** George is convinced that he's in line for an apology. Meanwhile, Jerry marvels at the frequent nudity of his girlfriend and Elaine is insulted by a colleague's efforts not to be exposed to her germs. | **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**  |  |
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| 10:00PM | **7Mate Friday Night Movie: Twelve Monkeys (R) 'CC' (1996)** A prison inmate from the future is sent back into time to stop a deadly virus from decimating the world's population. Starring BRUCE WILLIS, BRAD PITT, MADELEINE STOWE, CHRISTOPHER PLUMMER and JON SEDA. | **M (V,L)** |
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| 12:45AM | **7mate Late Movie: Star Runners (2009)** Ty Johns and Lei Chen are given a secret government mission to smuggle a woman off world, and they quickly find out they'll need all the cunning and ferocity they possess to stay alive... Starring CONNOR TRINNEER and JAMES KYSON LEE. | **AV (V,H)** |
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| 2:45AM | **Sports Disasters: Extreme Danger** In Australia, the skies light up with fireworks at a harbour in Perth as a high diver performs his dive. But something goes very wrong and he slams into the water chest first. | **M**  |
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| 4:00AM | **Motor Mate: Dutch GP (R)** Relive one of the greatest 500cc World Championship showdowns of the 1980s. | **G** |
|  |  |  |
| 5:00AM | **Motor Mate: 1974 - Down to the Last Lap (R)** 1974 was the year of change in Formula One. Defending champion Jackie Stewart had retired from racing, creating a power vacuum that sucked a host of racers into the battle for the World Championship. | **G** |

 **Saturday, April 5, 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** |
|  |  |  |
| 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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| 10:30AM | **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. | **PG** |
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| 11:00AM | **The North Sea: Trawlers, Rigs and Rescue (R)** A pickup wire gets dangerously close to snapping when trying to free a drilling rig from its mooring. And Officer David Nugent confronts a man he suspects of illegal shore-gathering. | **PG** |
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| 12:00PM | **7mate V8 Supercars 2014: Winton 400, Victoria 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 1:00PM | **V8 Xtra 'CC'  \*\*LIVE\*\***Join Neil Crompton and his team for all the latest V8 news. |  |
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| 1:30PM | **7mate V8 Supercars 2014: Winton 400, Victoria 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 2:00PM | **7mate V8 Supercars 2014: Winton 400, Victoria 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 3:00PM | **7mate V8 Supercars 2014: Winton 400, Victoria 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 4:00PM | **7mate V8 Supercars 2014: Winton 400, Victoria 'CC'  \*\*LIVE\*\***Details TBC |  |
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| 5:30PM | **Muscle Car: Duplicolor Mustang** Tommy and Chris turn a 70 Mustang that's become an eyesore into a beauty, showing how you can overhaul your ride's appearance in one easy weekend. | **PG** |
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| 6:00PM | **Horsepower TV: The Ultimate '33 Street Rod** Factory Five and Ford team up in the Horsepower shop, along with Mike and Joe to build the coolest '33 roadster on the planet. | **PG** |
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| 6:30PM | **7Mate Saturday Night Movie**  |  |
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| 9:30PM | **7Mate Saturday Night Movie**  |  |
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| 11:45AM | **7mate Late Movie: The One (R) (2001)** Parallel universes collide when an agent monitoring these alternate realities begins eliminating versions of himself in a quest to be The One. Starring JET LI, JAMES MORRISON, DELROY LINDO, JASON STRATHAM and CARLA GUGINO. | **M (V)** |
|  |  |  |
| 2:40AM | **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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| 3:40AM | **Muscle Car: Duplicolor Mustang (R)** Tommy and Chris turn a 70 Mustang that's become an eyesore into a beauty, showing how you can overhaul your ride's appearance in one easy weekend. | **PG** |
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| 4:00AM | **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** |
|  |  |  |
| 4:01AM | **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. | **PG** |
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| 4:30AM | **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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| 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** |
|  |  |  |
| 5:30AM | **Home Shopping** Home Shopping | **G** |