



WK 30 Program Guide

Sunday July 18 to Saturday July 24, 2021



And We Danced

World Premiere, Wednesday 21 July 9.00pm



A Night at the Movies: Control

Friday 23 July 8.30pm



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Program Guide

Sunday, 18 July 2021

5:05am	Miffy's Adventures Big and Small (CC,Repeat,G)
5:15am	The Furchester Hotel (Repeat,G)
5:25am	Hoot Hoot Go! (CC,Repeat,G)
5:30am	Wallykazam! (Repeat,G)
5:55am	Little Ted's Big Adventure (CC,Repeat,G)
6:00am	Sesame Street (CC,Repeat,G)
6:25am	Digby Dragon (Repeat,G)
6:40am	The Hive (Repeat,G)
6:45am	Rusty Rivets (CC,Repeat,G)
7:00am	Thomas And Friends: Big World! Big Adventures! (CC,Repeat,G)
7:10am	Hey Duggee (CC,Repeat,G)
7:20am	Ben And Holly's Little Kingdom (CC,Repeat,G)
7:35am	Dog Loves Books (CC,Repeat,G)
7:40am	Floogals (Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Bluey (CC,AD,Repeat,G)
8:10am	The Adventures Of Paddington (CC,AD,Repeat,G)
8:20am	Nella the Princess Knight (CC,Repeat,G)
8:35am	Brave Bunnies (CC,Repeat,G)
8:40am	Olobob Top (CC,Repeat,G)

8:45am	Bananas In Pyjamas (CC,Repeat,G)
9:00am	Play School: A Very Silly Special (CC,G)
9:45am	Sesame Street (CC,G)
10:15am	Waffle The Wonder Dog (CC,Repeat,G)
10:30am	Charlie And Lola (CC,Repeat,G)
10:45am	hoopla doopla! (CC,AD,Repeat,G)
10:55am	Daniel Tiger's Neighbourhood (Repeat,G)
11:10am	Bing (CC,Repeat,G)
11:20am	Guess How Much I Love You (CC,Repeat,G)
11:30am	This Is Scarlett And Isaiah (CC,Repeat,G)
11:40am	Sally & Possum (CC,Repeat,G)
12:00pm	Teletubbies (Repeat,G)
12:15pm	In The Night Garden (CC,Repeat,G)
12:40pm	Five Minutes More (CC,Repeat,G)
12:50pm	Clangers (Repeat,G)
1:00pm	Twirlywoos (Repeat,G)
1:10pm	Baby Jake (CC,Repeat,G)
1:25pm	Sarah And Duck (Repeat,G)
1:35pm	Pablo (Repeat,G)
1:55pm	Ready, Jet, Go! (CC,Repeat,G)
2:05pm	Dinosaur Train (CC,Repeat,G)
2:20pm	Get Grubby TV (CC,Repeat,G)
2:30pm	Book Hungry Bears (Repeat,G)

2:45pm	Dot. (CC,Repeat,G)
2:55pm	Numberblocks (CC,Repeat,G)
3:05pm	Curious George (Repeat,G)
3:30pm	Play School (CC,AD,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:25pm	Go Jettters (CC,Repeat,G)
4:35pm	Kiddets (CC,Repeat,G)
4:45pm	Big Words Small Stories
4:55pm	Play School Science Time (CC,AD,Repeat,G)
5:05pm	PJ Masks (CC,Repeat,G)
5:15pm	Kiri and Lou (CC,Repeat,G)
5:25pm	Fireman Sam (CC,AD,Repeat,G)
5:35pm	The Wonder Gang (CC,Repeat,G)
5:50pm	Peppa Pig (CC,Repeat,G)
5:55pm	Remy & Boo (CC,AD,Repeat,G)
6:10pm	Love Monster: Dress Up Day (Repeat,G) Love Monster is dressed up as a superhero, but maybe his fun is ruining everyone else's.
6:20pm	Bluey: The Weekend (CC,AD,Repeat,G) At the weekend, Bluey and Bingo are playing in the garden with Dad. But Bingo gets upset when she discovers a walking leaf insect and Dad is too caught up in the game to notice.

- 6:25pm Peter Rabbit: The Tale Of The Terrible Trap**
(CC,Repeat,G)
Tired of being constantly humiliated, the predators devise a plan that will get rid of that pesky Peter Rabbit once and for all...if they can work together long enough to pull it off!
- 6:40pm Shaun The Sheep: Chip Off The Old Block**
(CC,Repeat,G)
The Farmer has taken up sculpting, but unintentionally drops a huge slab of stone on top of Timmy's teddy!
- 6:45pm Andy's Safari Adventures: Andy and the Weaver Ants**
(CC,Repeat,G)
When a weaver ant nest arrives damaged, Andy must stick it back together, but doesn't know how to. He jets off to Australia, discovering how weaver ants build their nest and what they use to stick the leaves together.
- 7:05pm Dino Dana: Dino Defender**
(CC,Repeat,G)
When a Dromaeosaurus attacks Mr Hendrickson's pink flamingo lawn ornaments because it thinks it's a Pterodaustro, Dana sets out to protect the flamingos much to Mr Hendrickson's dismay.
- 7:15pm Sir Mouse: Sir Knight**
(CC,AD,Repeat,G)
Prince calls for help and an unknown knight saves him with much bravado. When that knight himself is in distress, Mouse and Dragon have to rescue him!
- 7:30pm Spicks And Specks: Amanda Keller, Frank Woodley, Michael Smallwood, Kaki King, Claire Cooper**
(CC,Repeat,PG)
Adam, Myf and Alan are joined by Kaki King, Michael Smallwood, Frank Woodley and Amanda Keller.
- 8:00pm Compass: In Her Corner**
(CC,AD,Repeat)
Three young Muslim women from southwest Sydney navigate their connections to family, faith and community, framed around their shared pursuit of competitive boxing.
- 8:30pm Louis Theroux's LA Stories: Among The Sex Offenders**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References)
Louis Theroux returns with three fascinating documentaries that lift the lid on the underbelly of Los Angeles. This time Louis examines how California deals with sex offenders after they are released from prison.

- 9:30pm** **Cracking COVID**
(CC,Repeat)
Tracking the real-time story of Australia's scientific response to the pandemic, told by researchers, clinicians, and patients. A surprisingly tender tale of hard science.
- 10:45pm** **And We Danced**
(CC,Repeat)
Australia's fever for ballet began in the early 20th century with the arrival of Anna Pavlova, and later, the Ballet Russes, who enraptured audiences and galvanized Australia's first ballet company - the Borovansky Ballet.
- 11:45pm** **Black Mirror: Hang the DL**
(CC,Repeat)
Paired up by a dating program that puts an expiration date on all relationships, Frank and Amy soon begin to question the system's logic.
- 12:40am** **Arj Barker: Get In My Head**
(CC,Repeat,M,Coarse Language, Sexual References)
Take a peek into Arj Barker's head as he contemplates everything from the theory of social evolution to fondue.
- 1:40am** **Live At The Apollo: Simon Evans and Aisling Bea**
(CC,Repeat,M,Sexual References)
In this episode, the sometimes controversial Frankie Boyle hosts a night of comedy at the Apollo as he introduces two of comedy's biggest stars; Simon Evans and Aisling Bea.
- 2:25am** **ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 2:30am** **ABC TV Plus Programs Resume At 7.30pm**
ABC TV Plus programs resume at 7.30pm, offering an unrivalled mix of scripted and non-scripted comedy and entertainment shows every night. (Soundtrack provided by ABC Jazz. Playlist details at abc.net.au/jazz).

Monday, 19 July 2021

5:05am	Miffy's Adventures Big and Small (Repeat,G)
5:15am	The Furchester Hotel (Repeat,G)
5:25am	Hoot Hoot Go! (CC,Repeat,G)
5:30am	Wallykazam! (Repeat,G)
5:55am	Little Ted's Big Adventure (CC,Repeat,G)
6:00am	Sesame Street (CC,Repeat,G)
6:25am	Digby Dragon (Repeat,G)
6:40am	The Hive (Repeat,G)
6:45am	Rusty Rivets (CC,Repeat,G)
7:00am	Thomas And Friends: Big World! Big Adventures! (CC,Repeat,G)
7:10am	Hey Duggee (CC,Repeat,G)
7:20am	Ben And Holly's Little Kingdom (CC,Repeat,G)
7:35am	Dog Loves Books (CC,Repeat,G)
7:40am	Floogals (Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Bluey (CC,AD,Repeat,G)
8:10am	The Adventures Of Paddington (CC,AD,Repeat,G)
8:20am	Nella the Princess Knight (CC,Repeat,G)
8:35am	Brave Bunnies (CC,Repeat,G)
8:40am	Olobob Top (CC,Repeat,G)
8:45am	Bananas In Pyjamas (CC,Repeat,G)

9:00am	Play School (CC,AD,Repeat,G)
9:30am	Sesame Street (CC,G)
10:00am	Ready, Steady, Wiggle! (CC,Repeat,G)
10:15am	Waffle The Wonder Dog (CC,Repeat,G)
10:30am	Charlie And Lola (CC,Repeat,G)
10:45am	hoopla doopla! (CC,Repeat,G)
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11:30am	Play School (CC,Repeat,G)
12:00pm	Teletubbies (Repeat,G)
12:15pm	Moon and Me (AD,Repeat,G)
12:40pm	Five Minutes More (CC,Repeat,G)
12:50pm	Clangers (Repeat,G)
1:00pm	Twirlywoos (Repeat,G)
1:10pm	Baby Jake (CC,Repeat,G)
1:25pm	Sarah And Duck (Repeat,G)
1:35pm	Mister Maker (CC,Repeat,G)
1:55pm	Ready, Jet, Go! (CC,Repeat,G)
2:05pm	Dinosaur Train (CC,Repeat,G)
2:20pm	dirtgirlworld (CC,Repeat,G)
2:30pm	Book Hungry Bears (Repeat,G)
2:45pm	Dot. (CC,Repeat,G)

2:55pm	Numberblocks (CC,Repeat,G)
3:00pm	Molly Of Denali (CC,Repeat,G)
3:30pm	Play School (CC,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:25pm	Go Jetters (CC,Repeat,G)
4:35pm	Kiddets (CC,Repeat,G)
4:45pm	Big Words Small Stories
4:50pm	Play School Art Time (CC,Repeat,G)
5:05pm	PJ Masks (CC,Repeat,G)
5:15pm	Kiri and Lou (CC,Repeat,G)
5:25pm	Fireman Sam (CC,AD,Repeat,G)
5:35pm	The Wonder Gang (CC,Repeat,G)
5:50pm	Peppa Pig (CC,Repeat,G)
5:55pm	Remy & Boo (CC,AD,Repeat,G)
6:10pm	Love Monster: Very Dark Night (Repeat,G) It's night time and Love Monster hears unexplained noises in his house.
6:20pm	Bluey: BBQ (CC,AD,Repeat,G) It's lunchtime on Bluey's back deck! But every BBQ needs a side salad, so Bingo's relaxing sit-down will have to wait until she finds every colour of capsicum her cousin's asked for!
6:25pm	Peter Rabbit: The Tale Of The Flying Fox (CC,Repeat,G) Peter finds a mysterious key hidden in his father's journal and is determined to find out what it fits. But his insatiable curiosity leads him into Mr Tod's lair and a trap!

- 6:45pm** **Andy's Safari Adventures: Andy and the Marmosets**
(CC,Repeat,G)
When Mr Hammond's animal photos from a trip to Rio de Janeiro are destroyed, Andy heading back to Brazil to take some new ones. Along the way, he takes to the skies with a burrowing owl and helps a young marmoset.
- 7:00pm** **Grace's Amazing Machines**
Motorbike rider Grace is in the driving seat as she introduces the pre-school audience to some of the biggest, fastest and most amazing machines in the world.
- 7:15pm** **Odd Squad: Robert Plant**
(Repeat,G)
Olive and Otto must find a way to stop Obfusco's plant from taking over headquarters.
- 7:30pm** **Spicks And Specks: Stephanie Ashworth, Andy Lee, John Schumann & Mikey Robins**
(CC,Repeat,G)
Joining Adam, Myf and Alan are Stephanie Ashworth from Something For Kate, Andy Lee, John Schumann and Mikey Robins.
- 8:00pm** **QI: Monster Mash**
(CC,Repeat,M,Coarse Language, Sexual References)
Stephen Fry hosts a version of the quiz with a difference, with comedians Phill Jupitus, Josh Widdicombe and Sara Pascoe joining regular panellist Alan Davies to answer questions on the topic of monsters.
- 8:30pm** **David Attenborough's First Life: Arrival**
(CC,Repeat,G)
David Attenborough traces the origin of life, going back to the roots of the tree of life, in search of the very first animals that moved, to the first predators that killed & the first legs that walked on land.
- 9:30pm** **Doctor Who: World Enough And Time**
(CC,Repeat,PG)
A huge spaceship trapped in the gravity well of a black hole, teeming with impossible lifeforms, harbours one of the Doctor's most feared enemies...Mondasian Cybermen!
- 10:15pm** **TBA**
- 11:10pm** **TBA**

- 11:50pm** **QI: Oceans**
(CC,Repeat,M,Sexual References)
Aisling Bea, Joe Lycett and David Mitchell join regular panellist Alan Davies and host Sandi Toksvig for an unconventional look at the oceans.
- 12:20am** **Escape From The City: Port Douglas QLD: The Grays**
(CC,AD,Repeat,G)
With a sizeable budget in play, Phil and Lara are hoping to find not only their next family home, but an investment property too. Finance expert Del Irani is on hand to dish out plenty of helpful advice during the search.
- 1:20am** **30 Rock: The Bubble**
(Repeat,PG)
As Liz spends more time with her boyfriend Drew, she finds that his handsomeness has allowed him to bypass many of the usual frustrations of daily life. Meanwhile, Jack must find a way to convince Tracy to stay on at "TGS".
- 1:40am** **The Catherine Tate Show**
(CC,Repeat,M,Coarse Language)
Lauren is "not bovvered" when she mistakes the street phrase 'bling bling' for 'bing bing' while talking to her boyfriend Ryan about Beyonce. Margaret gets a nasty fright from her breakfast cereal, and later from her toaster.
- 2:10am** **Chandon Pictures: Death Wish**
(CC,Repeat,M,Coarse Language, Sexual References)
A client has only 6 months to live and wants his will videoed. The enduring questions of life after death are gently teased to the fore in this moving biopic of a man's missed moments.
- 2:40am** **Great News**
(CC,Repeat,PG)
For the first time in years, "The Breakdown" has been nominated for an American Journalism Award.
- 3:00am** **ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
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12:40pm	Five Minutes More (CC,Repeat,G)
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1:00pm	Twirlywoos (Repeat,G)
1:10pm	Baby Jake (CC,Repeat,G)
1:25pm	Sarah And Duck (Repeat,G)
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5:25pm	Fireman Sam (CC,AD,Repeat,G)
5:35pm	The Wonder Gang (CC,Repeat,G)
5:50pm	Peppa Pig (CC,Repeat,G)
5:55pm	Remy & Boo (CC,AD,Repeat,G)
6:10pm	Love Monster: Sharing With Others Day (Repeat,G) Love Monster worries about whether to share a box of chocolates with his friends or not.
6:20pm	Bluey: Fruitbat (CC,AD,Repeat,G) Not wanting to go to bed, Bluey tries to dream about being a nocturnal fruit bat so she can stay up all night long and soon finds herself flying through the night sky.
6:25pm	Peter Rabbit: The Tale Of True Friends (CC,Repeat,G) When Benjamin is especially impressed by Lily's cleverness, Peter mistakenly thinks they no longer need him in the gang. But when Lily and Benjamin get trapped in Mr McGregor's Garden, Peter realises his friends need him.

- 6:45pm** **Andy's Safari Adventures: Andy and the Treeshrew**
(CC,Repeat,G)
When a fault develops on the remote camera that Jen set up to record sightings of the snow leopard in the Himalayas, it's up to Andy to jet off in his safari-mobile to the Himalayas in order to find the camera and fix it.
- 7:00pm** **Grace's Amazing Machines**
Motorbike rider Grace is in the driving seat as she introduces the pre-school audience to some of the biggest, fastest and most amazing machines in the world.
- 7:15pm** **Odd Squad: Captain Fun**
(Repeat,G)
Otto and Oren compete for votes to become Captain Fun.
- 7:30pm** **Spicks And Specks: Rebecca Barnard, George McEncroe, Julie Anthony & Denise Scott**
(CC,Repeat,PG)
Joining Adam Hills tonight are Rebecca Barnard, George McEncroe, Julie Anthony and Denise Scott. Tonight's show is all about Mums: singing Mums, songs dedicated to Mums and songs about Motherhood.
- 8:00pm** **Spicks And Specks: Dylan Lewis, Lisa Miller, Greedy Smith & Judith Lucy**
(CC,Repeat,PG)
Adam, Myf and Alan are joined by Dylan Lewis, Lisa Miller, Greedy Smith and Judith Lucy.
- 8:30pm** **TBA**
- 9:10pm** **Intelligence**
(CC,M,Coarse Language)**Final**
New Episode
After successfully rescuing Mary's mum from the Russians (and saving his own skin) Jerry is flying high, hailed a hero by GCHQ and the NSA and facing opportunities for promotion on both sides of the pond.
- 9:35pm** **Doctor Who: The Doctor Falls**
(CC,Repeat,PG)
The Doctor makes a final stand against an army of Cybermen, to protect a tiny band of humans from destruction. (Season Final)
- 10:35pm** **Superwog: The Lump**
(CC,Repeat,MA,Coarse Language)
Superwog spirals into hypochondria after turning to the internet for medical help, while Wog Dad unwisely gets involved in a table tennis match with his competitive Father-in-Law.

- 11:00pm Starstruck: Autumn**
(CC,Repeat,M,Coarse Language, Sexual References)
Kate receives an invitation to Tom's premiere and forces a reluctant Jessie to tag along. Tom and Jessie get interrupted by an unexpected visitor.
- 11:20pm Fleabag**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References, Sex Scenes)
Fleabag takes a date to her Godmother's Sex-hibition to discover a few shocks are in store for her there, including a declaration of love, a familiar piece of work, and an entire wall of surprises. But where is Claire?
- 11:50pm The Games: Addressing The Troops**
(CC,Repeat,G)
John, Bryan and Gina have one final talk to the people who have worked so hard to bring the games to life.
- 12:15am Would I Lie To You?**
(CC,Repeat)
Rob Brydon hosts the award-winning comedy panel show, with team captains Lee Mack and David Mitchell. Sorting the fact from the fiction this week are guests Johnny Vegas, Alex Jones, Martin Lewis and Anna Maxwell Martin.
- 12:45am Live At The Apollo: Lee Nelson, Paul Chowdhry & Stewart Francis**
(CC,Repeat,M,Sexual References)
Tonight's episode from the world famous Hammersmith Apollo features the 'well good' Lee Nelson as host. Lee introduces the king of one liners Stewart Francis and the magnificent Paul Chowdhry to the stage.
- 1:35am 30 Rock: Apollo Apollo**
(Repeat,PG)
While Jack plans the perfect 50th birthday party for himself and tries to recreate one of the happiest moments he had as a young boy. Liz's ex-boyfriend Dennis decides to come clean to Liz about an addiction.
- 1:55am The Catherine Tate Show**
(CC,Repeat,M,Coarse Language, Sexual References)
Meet Elaine Figgis, a 34-year-old baker's assistant from York, whose fiance is Jeremiah Wainwright III, a cannibalistic multiple murderer from Texas on Death Row, and Paul and Sam, the endearingly thick Essex couple.
- 2:25am Chandon Pictures: White Ants**
(CC,Repeat,M,Coarse Language, Sexual References)
The Chandon Team are making a video of themselves to aid their pitch for a big bank job. Meanwhile, Tom's house needs to be sprayed for white ants.

2:50am**Great News**

(CC,Repeat,PG)

Katie realises that while she has been working her way up at MMN, her friends have been getting married, having kids, and buying houses in New Jersey.

3:15am**ABC News Update**

(Repeat)

The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.

3:20am**ABC TV Plus Programs Resume At 7.30pm**

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2:55pm	Numberblocks (CC,Repeat,G)
3:00pm	Molly Of Denali (CC,Repeat,G)
3:30pm	Play School (CC,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:25pm	Go Jetters (CC,Repeat,G)
4:35pm	Kiddets (CC,Repeat,G)
4:45pm	Big Words Small Stories
4:55pm	Play School Story Time (CC,Repeat,G)
5:05pm	PJ Masks (CC,Repeat,G)
5:15pm	Kiri and Lou (CC,Repeat,G)
5:25pm	Fireman Sam (CC,AD,Repeat,G)
5:35pm	The Wonder Gang (CC,Repeat,G)
5:50pm	Peppa Pig (CC,Repeat,G)
5:55pm	Remy & Boo (CC,AD,Repeat,G)
6:10pm	Love Monster: Slidey Day (Repeat,G) Love Monster has to overcome his own fears of the big slide to rescue Tiniest Fluffiest Bunny when she gets stuck at the top.
6:20pm	Bluey: Horsey Ride (CC,AD,Repeat,G) When Bluey forgets to put her favourite toy away, cousin Socks grabs it and won't let go! The kids stage a horsey wedding to distract her, with Dad and Uncle Stripe as the horses!
6:25pm	Peter Rabbit: The Tale Of The Giant Pumpkin (CC,Repeat,G) When Peter sets his sights on the biggest pumpkin in Mr McGregor's patch, rolling it out of the garden turns into the ride of a lifetime.

- 6:45pm** **Andy's Safari Adventures: Andy And The Snow Leopard**
(CC,Repeat,G)
When a remote camera that Jen set up to record sightings of snow leopards in the Himalayas fails, it's up to Andy to jet off in his safari-mobile to the Himalayas to find the camera and fix it. Will he succeed?
- 7:00pm** **Grace's Amazing Machines**
Motorbike rider Grace is in the driving seat as she introduces the pre-school audience to some of the biggest, fastest and most amazing machines in the world.
- 7:15pm** **Odd Squad: Switch Your Partner Round And Round**
(Repeat,G)
Olive and Otto discover what life would have been like if Ms O had assigned them different partners.
- 7:30pm** **Spicks And Specks: Marcia Hines, Justin Heazlewood, Shaun Diviney & Peter Helliar**
(CC,Repeat,PG)
Joining Adam, Myf and Alan are 'queen of pop' Marcia Hines, musical comedian Justin Heazlewood, Short Stack front-man Shaun Diviney, and stand-up comedian Peter Helliar.
- 8:00pm** **Would I Lie To You?: Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards**
(CC,Repeat,PG)
Rob Brydon hosts the award-winning comedy panel show with David Mitchell and Lee Mack as the lightning-quick team captains. Tonight's guests are Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards.
- 8:30pm** **Art Works**
(CC)
New Episode
Art Works is dedicated to exploring the full spectrum of the arts in Australia. Hosted by arts broadcaster Namila Benson, Art Works will reset the national artistic conversation featuring a palette of ideas for everyone.
- 9:00pm** **And We Danced**
(CC)
New Episode
Come the 1980s, the Australian economy was booming. It was a time of excess and consumption, and The Australian Ballet's audience was broader than ever before.
- 10:00pm** **Doctor Who: Twice Upon A Time**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The magical final chapter of Peter Capaldi's journey as the Twelfth Doctor sees the Time Lord team up with his former self and a returning Bill Potts. Two Doctors stranded in an Arctic snowscape refuse to face regeneration.

- 11:00pm** **Old People's Home For 4 Year Olds**
(CC,Repeat,G)
This week adults will confront one of the most prevalent and devastating aspects of old age - low mood and depression. There's a series of mood boosting activities, including an outdoor excursion to the beach.
- 12:00am** **Back Roads: White Cliffs, NSW**
(CC,Repeat,PG)
Heather Ewart visits White Cliffs, a tiny outback NSW town known for opal mining and underground dugouts, but the community is also full of colourful surprises.
- 12:30am** **Louis Theroux's LA Stories: Among The Sex Offenders**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References)
Louis Theroux returns with three fascinating documentaries that lift the lid on the underbelly of Los Angeles. This time Louis examines how California deals with sex offenders after they are released from prison.
- 1:30am** **30 Rock: Cut Backs**
(Repeat,PG)
Excitement about the 50th show is short-lived as the employees begin to worry about upcoming budget cuts. Jack is forced to hand out pink slips, while Kenneth has to take on some extra responsibilities.
- 1:50am** **The Catherine Tate Show**
(CC,Repeat,M,Adult Themes, Coarse Language)
Lauren is not "bovered" when the train conductor tells her it's the last stop and she has to get off. The posh Aga Saga Woman panics when she almost runs out of extra virgin olive oil. Elaine flies to Texas to get married.
- 2:20am** **Chandon Pictures: Hollywood**
(CC,Repeat,M,Coarse Language)
A stand-up comic needs a video for the Jay Leno comedy scout. Tom deigns to shoot it for him even though he's got deals and job offers tumbling in from everywhere.
- 2:50am** **Small Tales And True: Creatures of Habit**
(CC,Repeat,M,Coarse Language)
Residents in a suburban street grow anxious when their neighbours begin to dress in animal costumes.
- 3:15am** **Great News**
(CC,Repeat,PG)
Jeremy invites Katie to do some "real reporting" and go on a stakeout with him. Carol is suspicious and kidnaps Greg to stake out the stakeout.

3:40am**ABC News Update**

(Repeat)

The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.

3:45am**ABC TV Plus Programs Resume At 7.30pm**

ABC TV Plus programs resume at 7.30pm, offering an unrivalled mix of scripted and non-scripted comedy and entertainment shows every night. (Soundtrack provided by ABC Jazz. Playlist details at abc.net.au/jazz).

Thursday, 22 July 2021

5:05am	Miffy's Adventures Big and Small (Repeat,G)
5:15am	The Furchester Hotel (Repeat,G)
5:25am	Hoot Hoot Go! (CC,Repeat,G)
5:30am	Wallykazam! (Repeat,G)
5:55am	Jemima's Big Adventure (CC,Repeat,G)
6:00am	Sesame Street (CC,Repeat,G)
6:25am	Digby Dragon (Repeat,G)
6:40am	The Hive (Repeat,G)
6:45am	Rusty Rivets (CC,Repeat,G)
7:00am	Thomas And Friends: Big World! Big Adventures! (CC,Repeat,G)
7:10am	Hey Duggee (CC,Repeat,G)
7:20am	Ben And Holly's Little Kingdom (CC,Repeat,G)
7:35am	Dog Loves Books (CC,Repeat,G)
7:40am	Floogals (Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Bluey (CC,AD,Repeat,G)
8:10am	The Adventures Of Paddington (CC,AD,Repeat,G)
8:20am	Nella the Princess Knight (CC,Repeat,G)
8:35am	Brave Bunnies (CC,Repeat,G)
8:40am	Olobob Top (CC,Repeat,G)
8:45am	Bananas In Pyjamas (CC,Repeat,G)

9:00am	Play School (CC,AD,Repeat,G)
9:30am	Sesame Street (CC,G)
10:00am	Ready, Steady, Wiggle! (CC,Repeat,G)
10:15am	Waffle The Wonder Dog (CC,Repeat,G)
10:30am	Charlie And Lola (CC,Repeat,G)
10:45am	hoopla doopla! (CC,Repeat,G)
10:55am	Daniel Tiger's Neighbourhood (Repeat,G)
11:10am	Bing (CC,Repeat,G)
11:20am	Guess How Much I Love You (CC,Repeat,G)
11:30am	Play School (CC,Repeat,G)
12:00pm	Teletubbies (Repeat,G)
12:15pm	Moon and Me (AD,Repeat,G)
12:40pm	Five Minutes More (CC,Repeat,G)
12:50pm	Clangers (Repeat,G)
1:00pm	Twirlywoos (Repeat,G)
1:10pm	Baby Jake (CC,Repeat,G)
1:25pm	Sarah And Duck (Repeat,G)
1:35pm	Mister Maker (CC,Repeat,G)
1:55pm	Ready, Jet, Go! (CC,Repeat,G)
2:05pm	Dinosaur Train (CC,Repeat,G)
2:20pm	dirtgirlworld (CC,Repeat,G)
2:30pm	Book Hungry Bears (Repeat,G)
2:45pm	Dot. (CC,Repeat,G)

2:55pm	Numberblocks (CC,Repeat,G)
3:00pm	Molly Of Denali (CC,Repeat,G)
3:30pm	Play School (CC,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:25pm	Go Jetters (CC,Repeat,G)
4:35pm	Kiddets (CC,Repeat,G)
4:45pm	Big Words Small Stories
4:55pm	Play School Story Time (CC,Repeat,G)
5:05pm	PJ Masks (CC,Repeat,G)
5:15pm	Kiri and Lou (CC,Repeat,G)
5:25pm	Fireman Sam (CC,AD,Repeat,G)
5:35pm	The Wonder Gang (CC,Repeat,G)
5:50pm	Peppa Pig (CC,Repeat,G)
5:55pm	Remy & Boo (CC,AD,Repeat,G)
6:10pm	Love Monster: Legged Race Day (Repeat,G) Love Monster is partnered with Bad Idea Puppy for the three-legged race.
6:20pm	Bluey: Hotel (CC,AD,Repeat,G) Bluey and Bingo run a crazy "Hotel" with Dad as their put upon guest. But when Bingo quits over Bluey being too controlling, Dad needs to teach them the importance of compromise.
6:25pm	Peter Rabbit: The Tale Of The Peekaboo Rabbits (CC,AD,Repeat,G) When Benjamin and Cotton-tail become lost in the Shadowy Woods during a game of peek-a-boo, can Peter use this very same game to help them elude a prowling Mr Tod?

- 6:45pm** **Andy's Safari Adventures: Andy And The Grizzly Bear**
(CC,Repeat,G)
When grizzly bears arrive at the park during a hot summer, Andy must make sure they have everything they need to shed their winter coats. Andy jets off in his safari mobile to North America to find the answer.
- 7:00pm** **Grace's Amazing Machines**
Motorbike rider Grace is in the driving seat as she introduces the pre-school audience to some of the biggest, fastest and most amazing machines in the world.
- 7:15pm** **Odd Squad: Curious Case Of Pirate-Itis**
(Repeat,G)
Otto and Oscar try to stop Olive from turning into a pirate.
- 7:30pm** **Spicks And Specks: Marina Prior, John Amis, Dave Hughes & Denise Scott**
(CC,Repeat,PG)
Adam, Myf and Alan are joined by Marina Prior, John Amis, Dave Hughes, Denise Scott and The Optigan.
- 8:00pm** **Spicks And Specks: Toni Lamond, Adam Rozenbachs, Pete Murray & Colin Lane**
(CC,Repeat,G)
Joining Adam, Myf and Alan tonight are Toni Lamond, Adam Rozenbachs, Pete Murray and Colin Lane.
- 8:30pm** **Would I Lie To You?: Unseen Bits**
(CC,Repeat,PG)
Rob Brydon, Lee Mack and David Mitchell return with an episode of previously unseen material from the current series.
- 9:00pm** **Win The Week**
(CC,Repeat)
The quiz show where you can betray your way to the top. Join Alex Lee and Craig Reucassel, as everyday Australians are paired with celebrities in a test of news knowledge and loyalty.
- 9:30pm** **Shaun Micallef's MAD AS HELL**
(CC,Repeat)
Francis and his barnyard pals put on a show that includes dancing ducks, opera singing by Patricia Pig, and Francis' own rendition of the song, "Hey Ya" by Outkast who sue him for copyright infringement.
- 10:00pm** **Doctor Who: The Woman Who Fell to Earth**
(CC,Repeat,PG)
It's about time. A brand new era begins with a new Doctor. A mysterious woman, unable to remember her own name, falls from the night sky in Sheffield. Can she help solve the strange events taking place across the city?

- 11:05pm** **You Can't Ask That: Eating Disorders**
(CC,Repeat,M,Adult Themes, Coarse Language)
With almost a million Australians currently living with an Eating Disorder, this is a subject that affects many but is still largely misunderstood, this episode of You Can't Ask That puts a human face to eating disorders.
- 11:35pm** **David Attenborough's First Life: Arrival**
(CC,Repeat,G)
David Attenborough traces the origin of life, going back to the roots of the tree of life, in search of the very first animals that moved, to the first predators that killed & the first legs that walked on land.
- 12:30am** **Intelligence**
(CC,Repeat,M,Coarse Language)**Final**
After successfully rescuing Mary's mum from the Russians (and saving his own skin) Jerry is flying high, hailed a hero by GCHQ and the NSA and facing opportunities for promotion on both sides of the pond.
- 12:55am** **30 Rock: Jackie Jump-Jump**
(Repeat,PG)
During a short-term suspension from work, Liz is lost without "TGS" and misses all the stress that comes with the job. Meanwhile, the film studio has second thoughts on releasing Jenna's Janis Joplin biopic.
- 1:15am** **The Catherine Tate Show**
(CC,Repeat,M,Coarse Language)
Paul and Sam have a 'hilarious' conversation about a friend who has gone on holiday. New parents Ben and Karen have a row when Karen's lack of map-reading skills get them lost. Carole is nasty about street entertainers.
- 1:45am** **Live At The Apollo: Jason Manford & Michael McIntyre**
(CC,Repeat,M,Coarse Language, Sexual References)
This episode from the world famous Hammersmith Apollo features two of comedy's finest powerhouses taking to the stage. Funny man Jason Manford is the host, and the comedy sensation Michael McIntyre is his special guest.
- 2:30am** **Chandon Pictures: The Life Style**
(CC,Repeat,M,Coarse Language, Sexual References)
The team is excited to film an unusual wedding for a couple who will include a swingers clause in their vows. They're ready for action, but maybe three or four or five really is a crowd!

- 3:00am** **Small Tales And True: Holy Matrimony**
(CC,Repeat,PG)
In order to have a church wedding, three couples must attend a pre-marital guidance course, run by a priest.
- 3:30am** **Great News**
(CC,Repeat,PG)
Carol finds herself in a reverse "Christmas Carol" during which she learns that she has too much Christmas spirit and is driving everyone around her insane.
- 3:50am** **ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 3:55am** **ABC TV Plus Programs Resume At 7.30pm**
ABC TV Plus programs resume at 7.30pm, offering an unrivalled mix of scripted and non-scripted comedy and entertainment shows every night. (Soundtrack provided by ABC Jazz. Playlist details at abc.net.au/jazz).

Friday, 23 July 2021

5:05am	Miffy's Adventures Big and Small (Repeat,G)
5:15am	The Furchester Hotel (Repeat,G)
5:25am	Hoot Hoot Go! (CC,Repeat,G)
5:30am	Wallykazam! (Repeat,G)
5:55am	Jemima's Big Adventure (CC,Repeat,G)
6:00am	Sesame Street (CC,Repeat,G)
6:25am	Digby Dragon (Repeat,G)
6:40am	The Hive (Repeat,G)
6:45am	Rusty Rivets (CC,Repeat,G)
7:00am	Thomas And Friends: Big World! Big Adventures! (CC,Repeat,G)
7:10am	Hey Duggee (CC,Repeat,G)
7:20am	Ben And Holly's Little Kingdom (CC,Repeat,G)
7:35am	Dog Loves Books (CC,Repeat,G)
7:40am	Floogals (Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Bluey (CC,AD,Repeat,G)
8:10am	The Adventures Of Paddington (CC,AD,Repeat,G)
8:20am	Nella the Princess Knight (CC,Repeat,G)
8:35am	Brave Bunnies (CC,Repeat,G)
8:40am	Olobob Top (CC,Repeat,G)
8:45am	Bananas In Pyjamas (CC,Repeat,G)

9:00am	Play School (CC,AD,Repeat,G)
9:30am	Sesame Street (CC,G)
10:00am	The Wiggles World (CC,Repeat,G)
10:15am	Waffle The Wonder Dog (CC,Repeat,G)
10:30am	Charlie And Lola (CC,Repeat,G)
10:45am	hoopla doopla! (CC,Repeat,G)
10:55am	Daniel Tiger's Neighbourhood (Repeat,G)
11:10am	Bing (CC,Repeat,G)
11:20am	Guess How Much I Love You (CC,Repeat,G)
11:30am	Play School (CC,Repeat,G)
12:00pm	Teletubbies (Repeat,G)
12:15pm	Moon and Me (AD,Repeat,G)
12:40pm	Five Minutes More (CC,Repeat,G)
12:50pm	Clangers (Repeat,G)
1:00pm	Twirlywoos (Repeat,G)
1:10pm	Baby Jake (CC,Repeat,G)
1:25pm	Sarah And Duck (Repeat,G)
1:35pm	Mister Maker (CC,Repeat,G)
1:55pm	Ready, Jet, Go! (CC,Repeat,G)
2:05pm	Dinosaur Train (CC,Repeat,G)
2:20pm	dirtgirlworld (CC,Repeat,G)
2:30pm	Book Hungry Bears (Repeat,G)
2:45pm	Dot. (CC,Repeat,G)

2:55pm	Numberblocks (CC,Repeat,G)
3:00pm	Molly Of Denali (CC,Repeat,G)
3:30pm	Play School: A Very Silly Special (CC,Repeat,G)
4:15pm	The Wiggles World (Repeat,G)
4:25pm	Go Jettys (CC,Repeat,G)
4:35pm	Kiddets (CC,Repeat,G)
4:45pm	Big Words Small Stories
4:55pm	Play School Story Time (CC,Repeat,G)
5:05pm	PJ Masks (CC,Repeat,G)
5:15pm	Kiri and Lou (CC,Repeat,G)
5:25pm	Fireman Sam (CC,Repeat,G)
5:35pm	The Wonder Gang (CC,Repeat,G)
5:50pm	Peppa Pig (CC,Repeat,G)
5:55pm	Remy & Boo (CC,AD,Repeat,G)
6:10pm	Love Monster: Show And Tell Day (Repeat,G) Love Monster worries about showing people his favourite shell at a unicorn-themed show and tell day.
6:20pm	Bluey: Bike (CC,AD,Repeat,G) At the park, Bluey is struggling to learn how to ride her bike. But as she and Dad watch her friends' determination with their own tasks, Bluey is inspired to give it another try.
6:25pm	Peter Rabbit: The Tale Of The Fierce Bad Rabbit (CC,AD,Repeat,G) Peter and his friends set out to taste the sweetest dandelions in the world, only to find that they're protected by the meanest character in the entire valley!

- 6:45pm** **Andy's Safari Adventures: Andy And The Coati**
(CC,Repeat,G)
Andy heads to the Amazon rainforest in search of a coati he needs a picture of. Along the way, he meets a family of giant otters, comes face to face with a jaguar and is chased down by a Savannah hawk.
- 7:00pm** **Grace's Amazing Machines**
Motorbike rider Grace is in the driving seat as she introduces the pre-school audience to some of the biggest, fastest and most amazing machines in the world.
- 7:15pm** **Odd Squad: No ifs, Ands Or Robots**
(Repeat,G)
Chaos ensues when one of Oscar's Oscarbots malfunctions.
- 7:30pm** **Spicks And Specks: Gina Jeffreys, Juanita Stein, Anh Do & Frank Woodley**
(CC,Repeat,PG)
Joining Adam, Myf and Alan tonight are Gina Jeffreys, Juanita Stein, Anh Do and Frank Woodley.
- 8:00pm** **Hard Quiz**
(CC,Repeat,PG)
Tom Gleeson's Big Brass Mug is up for grabs again! Alan, Liz, Michael and Kim go head-to-head-to-head-to-head-to-head on their expert topics: Meryl Streep, the AFLW, the Khmer Empire and My Little Pony.
- 8:30pm** **Movie: Control**
(CC,Repeat,2007,MA,Coarse Language)
A portrait of Ian Curtis, the enigmatic singer of Joy Division whose troubled life ultimately led him to suicide. Based on the memoirs of Deborah Curtis.
- 10:30pm** **Doctor Who: The Ghost Monument**
(CC,Repeat,PG)
Still reeling from their first encounter, can the Doctor and her new friends stay alive long enough, in a hostile alien environment, to solve the mystery of Desolation? And just who are Angstrom and Epzo?
- 11:20pm** **Art Works**
(CC,Repeat)
Art Works is dedicated to exploring the full spectrum of the arts in Australia. Hosted by arts broadcaster Namila Benson, Art Works will reset the national artistic conversation featuring a palette of ideas for everyone.

- 11:50pm** **Anh's Brush With Fame: Adam Goodes**
(CC,Repeat,PG)
AFL Legend Adam Goodes shares the personal experiences that shaped his very public stand against racism in the final years of his career, and the emotional toll it took. How will Anh capture his strength and his purpose?
- 12:20am** **QI: Monster Mash**
(CC,Repeat,M,Coarse Language, Sexual References)
Stephen Fry hosts a version of the quiz with a difference, with comedians Phill Jupitus, Josh Widdicombe and Sara Pascoe joining regular panellist Alan Davies to answer questions on the topic of monsters.
- 12:50am** **30 Rock: The Ones**
(Repeat,PG)
Jack decides his commitment to Elisa is serious enough to go shopping for an engagement ring with Liz. Tracy, ironically, is the one Jack turns to for advice on how to deal with the pressures of married life.
- 1:10am** **The Catherine Tate Show**
(CC,Repeat,M,Adult Themes, Coarse Language)
Sandra Graham has managed to successfully combine her high-powered job in the City with her love of the childrens' playground game, Last Hit. Aga Saga Woman Helen is devastated when her husband fails to find Brie in France.
- 1:40am** **Chandon Pictures: Run B*tch Run**
(CC,Repeat,M,Coarse Language, Sexual References)
Lucy is haunted by her past when her father turns up to sell his greyhound farm and asks the team to make the TV ad. Hoping to uncover tricks to greyhound training, they uncover a few of Lucy's secrets instead.
- 2:10am** **Small Tales And True: Connexions**
(CC,Repeat,M,Coarse Language)
Dave, Gavin, Rory, Astrid, Jacqui and Kath head to a local singles night, confident that they will find love. Or at least sex.
- 2:35am** **Great News**
(CC,Repeat,M,Sexual References)
Carol and Chuck don't think they should have to attend Sensitivity Training and decide to teach the rest of the "snowflakes in the office" a lesson.
- 2:55am** **ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.

3:00am**ABC TV Plus Programs Resume At 7.30pm**

ABC TV Plus programs resume at 7.30pm, offering an unrivalled mix of scripted and non-scripted comedy and entertainment shows every night. (Soundtrack provided by ABC Jazz. Playlist details at abc.net.au/jazz).

Saturday, 24 July 2021

5:05am	Miffy's Adventures Big and Small (CC,Repeat,G)
5:15am	The Furchester Hotel (Repeat,G)
5:25am	Hoot Hoot Go! (CC,Repeat,G)
5:30am	Wallykazam! (Repeat,G)
5:55am	Jemima's Big Adventure (CC,Repeat,G)
6:00am	Sesame Street (CC,Repeat,G)
6:25am	Digby Dragon (Repeat,G)
6:40am	The Hive (Repeat,G)
6:45am	Rusty Rivets (CC,Repeat,G)
7:00am	Thomas And Friends: Big World! Big Adventures! (CC,Repeat,G)
7:10am	Hey Duggee (CC,Repeat,G)
7:20am	Ben And Holly's Little Kingdom (CC,Repeat,G)
7:35am	Dog Loves Books (CC,Repeat,G)
7:40am	Floogals (Repeat,G)
7:55am	Peppa Pig (CC,Repeat,G)
8:00am	Bluey (CC,AD,Repeat,G)
8:10am	The Adventures Of Paddington (CC,AD,Repeat,G)
8:20am	Nella the Princess Knight (CC,Repeat,G)
8:35am	Brave Bunnies (CC,Repeat,G)
8:40am	Olobob Top (CC,Repeat,G)
8:45am	Bananas In Pyjamas (CC,Repeat,G)

9:00am	Play School (CC,AD,Repeat,G)
9:30am	Sesame Street (CC,G)
10:00am	Lah-Lah's Adventures (Repeat,G)
10:05am	Andy's Wild Workouts (CC,Repeat,G)
10:15am	Waffle The Wonder Dog (CC,Repeat,G)
10:30am	Charlie And Lola (CC,Repeat,G)
10:45am	hoopla doopla! (CC,Repeat,G)
10:55am	Daniel Tiger's Neighbourhood (Repeat,G)
11:10am	Bing (CC,Repeat,G)
11:20am	Guess How Much I Love You (CC,Repeat,G)
11:30am	This Is Scarlett And Isaiah (CC,Repeat,G)
11:40am	Sally & Possum (CC,Repeat,G)
12:00pm	Teletubbies (Repeat,G)
12:15pm	In The Night Garden (CC,Repeat,G)
12:40pm	Five Minutes More (CC,Repeat,G)
12:50pm	Clangers (Repeat,G)
1:00pm	Twirlywoos (Repeat,G)
1:10pm	Baby Jake (CC,Repeat,G)
1:25pm	Sarah And Duck (CC,Repeat,G)
1:35pm	Pablo (Repeat,G)
1:55pm	Ready, Jet, Go! (CC,Repeat,G)
2:05pm	Dinosaur Train (CC,Repeat,G)
2:20pm	Get Grubby TV (CC,Repeat,G)

2:30pm	Book Hungry Bears (Repeat,G)
2:45pm	Dot. (CC,Repeat,G)
2:55pm	Numberblocks (CC,Repeat,G)
3:05pm	Curious George (Repeat,G)
3:30pm	Play School (CC,AD,Repeat,G)
4:00pm	Bananas In Pyjamas (CC,Repeat,G)
4:10pm	Ready, Steady, Wiggle! (CC,Repeat,G)
4:25pm	Go Jettors (CC,Repeat,G)
4:35pm	Kiddets (CC,Repeat,G)
4:45pm	Big Words Small Stories
4:55pm	Play School Science Time (CC,AD,Repeat,G)
5:05pm	PJ Masks (CC,Repeat,G)
5:15pm	Kiri and Lou (CC,Repeat,G)
5:25pm	Fireman Sam (CC,Repeat,G)
5:35pm	The Wonder Gang (CC,Repeat,G)
5:50pm	Peppa Pig (CC,Repeat,G)
5:55pm	Remy & Boo (CC,AD,Repeat,G)
6:10pm	Love Monster: Perfect Pineapple Party Day (Repeat,G) Love Monster's pineapple costume makes it difficult for him to join in with any of the party events.
6:20pm	Bluey: Bob Bilby (CC,AD,Repeat,G) When it's Bingo's turn to bring her Kindy's Bob Bilby puppet home and record their weekend in the scrapbook, the family resolve to put down their screens and show him a good time.

- 6:30pm** **Stick Man**
(CC,Repeat,G)
Stick Man lives in the family tree with his Stick Lady Love & their stick children three but it's dangerous being a Stick Man as a dog wants to play with him. Join Stick Man on his troublesome journey back to the family tree.
- 7:05pm** **Dino Dana: The Dino Days Of Summer**
(CC,Repeat,G)
Wearing the frilliest dress ever on the hottest day of the year, Dana wants to find out how dinosaurs face the heat.
- 7:15pm** **Sir Mouse: Wishing Well**
(CC,AD,Repeat,G)
Mouse's wish to be like Sir Knight comes true. But now that she can do anything, she thinks she is no longer in need of Dragon's help and company.
- 7:30pm** **Spicks And Specks: Donna Simpson, Denis Walter, Colin Lane & Scott Edgar**
(CC,Repeat,PG)
Adam, Myf and Alan are joined by Donna Simpson, Denis Walter, Colin Lane and Scott Edgar.
- 8:00pm** **QI: Over And Ova**
(CC,Repeat,M,Sexual References)
Bill Bailey, Jan Ravens and Grayson Perry join regular panellist Alan Davies and host Sandi Toksvig for an unconventional look at the theme 'Over and Ova'.
- 8:30pm** **Live At The Apollo: Greg Davies, Hal Cruttenden & Simon Evans**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References)
Tonight's episode from the world famous Hammersmith Apollo features the brilliant Greg Davies as host. Greg introduces the fabulous Hal Cruttenden and the always urbane Simon Evans to the stage.
- 9:20pm** **Black Mirror: Metalhead**
New Episode
(CC,MA,Coarse Language, Violence)
When scavengers Anthony, Clarke and Bella break into an abandoned cash and carry, they stumble across a device that'll drive them to the very edge of survival.
- 10:00pm** **Sammy J**
(CC,Repeat,PG)
Biting, bite-sized comedy as Sammy J and his team of troublemakers tackle the news of the week.

- 10:05pm** **Would I Lie To You?**
(CC,Repeat,PG)
This week the guests joining Lee Mack and David Mitchell are TV presenter Rylan Clark-Neal, comedian Sara Pascoe, fashion broadcaster Mary Portas and quiz master Paul Sinha.
- 10:35pm** **Fleabag**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References, Sex Scenes)
Fleabag takes a date to her Godmother's Sex-hibition to discover a few shocks are in store for her there, including a declaration of love, a familiar piece of work, and an entire wall of surprises. But where is Claire?
- 11:05pm** **The Moaning Of Life: The Body**
(CC,Repeat,M,Adult Themes, Coarse Language)
Karl looks at how we should treat our bodies and finds out how people keep healthy. He meets 'The Ice Man' who believes we should train our bodies in freezing temperatures, and a man in Calcutta dedicated to Urine Therapy.
- 11:50pm** **Arj Barker: Get In My Head**
(CC,Repeat,M,Coarse Language, Sexual References)
Take a peek into Arj Barker's head as he contemplates everything from the theory of social evolution to fondue.
- 12:50am** **Would I Lie To You?: Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards**
(CC,Repeat,PG)
Rob Brydon hosts the award-winning comedy panel show with David Mitchell and Lee Mack as the lightning-quick team captains. Tonight's guests are Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards.
- 1:20am** **Escape From The City: Port Douglas QLD: The Grays**
(CC,AD,Repeat,G)
With a sizeable budget in play, Phil and Lara are hoping to find not only their next family home, but an investment property too. Finance expert Del Irani is on hand to dish out plenty of helpful advice during the search.
- 2:15am** **Please Like Me: Babaganoush**
(CC,Repeat,M,Coarse Language, Sexual References, Sex Scenes)
A threesome goes wrong, teddy bears' lives are threatened, a lovers' tiff makes a family barbecue awkward, and a revelation over a chocolate quinoa slice makes Josh realise he's had it up to here with things.

- 2:40am** **Please Like Me: Porridge**
(CC,Repeat,M,Coarse Language, Sexual References, Sex Scenes)
A camping trip to celebrate Hannah's birthday goes pear-shaped. Josh and his friends face stormy weather, dampened spirits, a treasure hunt, a dead body and fireworks - both in the sky and in their tent.
- 3:05am** **Please Like Me: Beluga Caviar**
(CC,Repeat,M,Adult Themes, Coarse Language, Drug Use, Sex Scenes)
Josh is single and ready to mingle, but a string of dating disasters has him wondering if it's all worth it. Meanwhile, Hannah has taken up boxing, while Mum seems to have taken up fighting - with anyone about anything.
- 3:30am** **Please Like Me: Degustation**
(CC,Repeat,M,Coarse Language)
Josh takes his divorced Mum & Dad to a cutting edge degustation dinner. As they work their way through fifteen delicious & intimidating courses, wine is consumed, emotions run high & secrets are spilled. (Series 4 Ep 4)
- 4:00am** **ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 4:05am** **ABC TV Plus Programs Resume At 7.30pm**
(Repeat)
ABC TV Plus programs resume at 7.30pm, offering an unrivalled mix of scripted and non-scripted comedy and entertainment shows every night. (Soundtrack provided by ABC Jazz. Playlist details at abc.net.au/jazz).