

06:00	JUNGLE BEAT		Repeat		WS	G		
	Copycat/Nuts/What's Mine is Yours	<u>.</u>						
	Munki playfully teases Trunk by copying everything she does one mango left, who gets the last mango quickly escalates in		k find a tiny nut	; when t	here is (	only		
06:30	GUS, THE ITSY BITSY KNIGHT		Repeat		WS	G		
	What a Team!/The Unicorn							
	Gus and his friends have to play against the Knight-Knights in Kingdom and Merlin asks Gus not to tell anyone.	n a medieval mat	ch; Gus spots a	a unicorn	in Kara	amel		
07:00	EARTH TO LUNA!		Repeat		WS	G		
	City Lights/Dream On							
	Luna, Jupiter, and Clyde wonder why they can see more stars at the ranch than in the city; Luna, Jupiter, and Clyde come up with fun things to do on the farm and explore their dreams.							
07:30	BERRY BEES	Captioned	Repeat		WS	С		
	Mission to Mars/License to Munch							
	The Berry Bees go undercover as a bobsled team in a town in the Swiss Alps, where the soil has suddenly warmed up and the snow is melting.							
08:00	RICKY ZOOM				WS	G		
	A Very Zoomtastic Christmas / Ricky's Fired Up Part 1							
	It's Christmas time in Wheelford and the buddies show the fo Wheelford's spectacular fireworks festival. Fred Whizzbang is heading up the fire patrol.							
08:30	GIGANTOSAURUS		Repeat		WS	G		
	A New Big Guy/Battle of The Titans			•				
	When a new, big dino arrives in Cretacia, Bill's instincts are to out to terrorize.	elling him to stay	away; Spino, th	ne massi	ve villai	n sets		
09:00	BAKUGAN: GEOGAN RISING		Repeat		WS	PG		
	The Mascot Cat!/The AB's Grand Adventure!							
	Lightning meets an old foe at a new sushi restaurant. The Aw Adventure game at the Coliseum.	esome Brawlers	try their luck wi	ith the ne	ew Med	ieval		
	Cons.Advice: Animated Violence, Themes							
09:30	POKEMON ULTIMATE JOURNEYS		Repeat		WS	PG		
	A One-Stick Wonder!							
	Our heroes help a Thwackey with one stick, and Goh learns more about Grookey in the process!							
	Cons.Advice: Animated Violence							
10:00	POKEMON ULTIMATE JOURNEYS		Repeat		WS	PG		
10:00								
	Battling in the Freezing Raid!	•						
	Battling in the Freezing Raid!  As Goh takes on his latest Project Mew trial mission, his fello	w challengers he	lp give him a ne	ew persp	ective!	•		



10:30	MEGA MAN: FULLY CHARGED		Repeat		ws	PG			
	It's Chemistry, Man/Flower Power	•	•						
	Chemistry Man lays siege to Silicon Central when he discovers that his replacement, Miss CHO, has been presented with a teaching award.								
	Cons.Advice: Animated Violence, Themes								
11:00	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G			
	Locket & Key/Real Friends	•		•		•			
	When Andrea's family heirloom goes missing, she realizes that it was actually stolen - and is a clue to the Heart of the Sea.								
11:30	LEGO CITY ADVENTURES		Repeat		WS	PG			
	Small Carol/Last Man Floating								
	Extreme Sports host Dynamo holds a competition to see who will go on the City Mars mission.								
	Cons.Advice: Mild Violence								
12:00	YU-GI-OH! SEVENS				WS	PG			
	I Quit!								
	i wait.	It seems that for acknowledging Rush Duels, Princess G is getting dismissed by her employer, Goha Music When Romin discovers this news, she declares she will quit Rush Dueling, and that Yuga will be the opponent in her last match!							
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12:30	It seems that for acknowledging Rush Duels, Princess G is ge Romin discovers this news, she declares she will quit Rush Dimatch!  Cons.Advice: Animated Violence, Themes  BEYBLADE BURST - QUAD DRIVE	weling, and that welling, and that welling, and that welling and the wel	Yuga will be the  Repeat  all! To defeat twing their oppo	he best, nents, b	WS WS	PG Bladers heir			
12:30	It seems that for acknowledging Rush Duels, Princess G is ge Romin discovers this news, she declares she will quit Rush Dimatch!  Cons.Advice: Animated Violence, Themes  BEYBLADE BURST - QUAD DRIVE  Prince vs Prince! Darkness and Light!  Each Blader has one win apiece and that means that whoeve are going to need to be the best. And that will require not only own Beys. Dark and light, order and chaos, Bel and the High I	weling, and that welling, and that welling, and that welling and the wel	Yuga will be the  Repeat  all! To defeat twing their oppo	he best, nents, b	WS WS	PG Bladers heir			
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14:00	RICH KIDS GO SKINT					ws	PG		
	Callum Ryan								
	Vlogger Callum samples life on the breadli	ne in Deal, Kent.							
15:00	FULL BLOOM		Captioned			WS	PG		
	Room with a Bloom	Room with a Bloom							
	The final florists create celebratory signature bouquets before transforming empty rooms into vibrant, flowerfilled spaces that tell a story stunning enough to snag the life-changing \$100,000 grand prize.								
	Cons.Advice: Mild Coarse Language								
16:00	DANCE MOMS					ws	PG		
	Yolanda's Back								
	Abby assigns the girls a group dance abou back former teammates Yolanda and Ellian				eam wh	en Abby	y brings		
	Cons.Advice: Themes, Mild Coarse Langu	age							
17:00	TRANSFORMERS: CYBERVERSE			Repeat		ws	PG		
	Shadowstriker		-						
	Bumblebee revisits memories of his arch nemesis Shadowstriker and learns there's more to being a hero than just knowing how to fight.								
	Cons.Advice: Animated Violence								
17:15	SMURFS: THE LOST VILLAGE	2017	Captioned	Repeat		WS	G		
	Smurfs: The Lost Village								
	A mysterious map sets Smurfette and her Forbidden Forest, leading to the discovery				ce throu	gh the			
	Starring: Demi Lovato, Rainn Wilson, Joe	Managnialla							



19:00	MR. MAGORIUM'S WONDER EMPORIUM	2007	Captioned	Repeat		WS	G		
	Mr. Magorium's Wonder Emporium								
	Molly Mahoney is the awkward and insecure manager of Mr Magorium's Wonder Emporium, the strangest, most fantastic, most wonderful toy store in the world. But when the 243-year-old Mr. Magorium discovers his health is failing, he turns over his toy store over to Molly.								
	Starring: Natalie Portman, Jason Bateman, Dust	in Hoffman							
20:55	FAST & FURIOUS 7	2015	Captioned	Repeat		ws	М		
	Fast & Furious 7								
	After his terrorist brother is arrested, Deckard Shaw vows revenge on Dom Toretto and his crew. A government agent offers to take care of Shaw in exchange for Dom's help in rescuing a kidnapped computer hacker.								
	Starring: Vin Diesel, Paul Walker, Dwayne Johnson								
	Cons.Advice: Action Violence								
23:40	AMERICAN MADE	2017	Captioned	Repeat		ws	MA		
	American Made		-						
	Barry Seal, a TWA pilot, is recruited by the CIA to Central America and soon finds himself in charg United States. The operation spawns the birth of House.  Starring: Tom Cruise, Domhnall Gleeson, Sarah	e of one of the f the Medellin o	biggest covert	CIA operations	in the h	istory o	f the		
	Cons.Advice: Very Coarse Language, Some Vio	lence, Adult Th	nemes, Sex Sce	enes					
01:50	RICH KIDS GO SKINT			Repeat		ws	PG		
	Callum Ryan								
	Vlogger Callum samples life on the breadline in Deal, Kent.								
02:45	I'VE GOT A TEXT WITH JOSH AND FLEX!					ws	ТВС		
	Join Josh Moss and Flex Mami as they discuss scenes access and all the latest gossip from the			with exclusive	intervie	ws, beh	ind-the-		
03:20	MIKE TYSON MYSTERIES			Repeat		ws	MA		
	Make a Wish and Blow								
	To make a little girl's wish come true, the team must visit the Wishing Well in Fantasy Forest.								
	Cons.Advice: Adult Themes, Frequent Coarse L	anguage, Som	e Violence						
03:30	BEYBLADE BURST - QUAD DRIVE			Repeat		WS	PG		
	Prince vs Prince! Darkness and Light!								
	Each Blader has one win apiece and that means are going to need to be the best. And that will re own Beys. Dark and light, order and chaos, Bel a Blading world.	quire not only	completely know	ving their oppo	nents, b	ut also t	heir		
	Cons.Advice: Mild Violence								



04:00	YU-GI-OH! SEVENS		Repeat		WS	PG		
	I Quit!							
	It seems that for acknowledging Rush Duels, Princess G is getting dismissed by her employer, Goha Music When Romin discovers this news, she declares she will quit Rush Dueling, and that Yuga will be the opponent in her last match!							
	Cons.Advice: Animated Violence, Themes							
04:30	RICKY ZOOM		Repeat		WS	G		
	A Very Zoomtastic Christmas / Ricky's Fired Up Part 1	•						
	It's Christmas time in Wheelford and the buddies show the forest fairy the meaning of Christmas. / It's time for Wheelford's spectacular fireworks festival. Fred Whizzbang is in charge of the fireworks and Hank and Helen are heading up the fire patrol.							
04:50	LEGO CITY ADVENTURES		Repeat		WS	PG		
	Small Carol/Last Man Floating							
	Extreme Sports host Dynamo holds a competition to see who will go on the City Mars mission.							
	Cons.Advice: Mild Violence							
05:10	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G		
	Locket & Key/Real Friends							
	When Andrea's family heirloom goes missing, she realizes that it was actually stolen - and is a clue to the Heart of the Sea.							
05:30	GIGANTOSAURUS		Repeat		WS	G		
	A New Big Guy/Battle of The Titans					-		
	When a new, big dino arrives in Cretacia, Bill's instincts are telling him to stay away; Spino, the massive villain sets out to terrorize.							



06:00	RICKY ZOOM		Repeat	WS	G			
	Bunker's Siren / Three Wheeled Pete							
	Bunker is giving a police display in school. The buddies are really excited by his police gadgets. / DJ finds secret symbols on the Wheelford Statue which only he can access.							
06:30	CARE BEARS: UNLOCK THE MAGIC		Repeat	WS	G			
	Some Luck/Out of the Cheer Zone							
	While the Bears are transporting a Whiffle Wizard to a distant His belief in his own bad fortune causes him to lose confidence			ave a run of ba	ad luck.			
07:00	BAKUGAN: GEOGAN RISING		Repeat	WS	PG			
	The Trial of Pyrule/Passing Through Darkness		•					
	Dan and a very weak Drago continue the quest for the final artifact in Pyrule. With his power restored, Drago returns to Darkavia for the next brawl.							
	Cons.Advice: Animated Violence, Themes							
07:30	BEYBLADE BURST RISE		Repeat	WS	PG			
	The Final Stage! Facing Aiger!							
	The race to face-off against world champion Aiger Akabane is drawing to a close as Dante, Arman, and Delta all hurtle towards their final goal.							
	Cons.Advice: Mild Violence							
08:00	SMASHHDOWN!	Captioned	Repeat	WS	С			
	Elimination Quarter Final, Pool D – Mozi vs. Popsicle							
	The final place in Finals Week is on the line! Our players dive into our giant ball-pit, Nick visits some junior athletes and an incredible final obstacle course challenge!							
08:30	RAINBOW RANGERS		Repeat	WS	G			
	Henpecked/Rangers in Space	•		'				
	The Rangers save farm hens from overcrowding; the Rangers go to outer space to stop a malfunctioning space shuttle from harming satellites and hurtling space junk toward Earth.							
	shattle from harming satellites and harting space junk toward	Earth.						
09:00	GIGANTOSAURUS	Earth.	Repeat	WS	G			
09:00	3 31 7	Earth.	Repeat	WS	1			
09:00	GIGANTOSAURUS		· I	l	G			
	GIGANTOSAURUS  Invisi-Bill/Patchy Sees the Light In order for Bill to win a game of hide and seek, his friends pre		· I	l	G			
09:00	GIGANTOSAURUS  Invisi-Bill/Patchy Sees the Light In order for Bill to win a game of hide and seek, his friends pre to help Patchy, who is near-sighted.		le; Mazu invents	a pair of eyeg	G			
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10:30									
-	POKEMON JOURNEYS		Repeat	WS	PG				
	Destination: Coronation!								
	Ash has entered the World Coronation Series so he can have a strong Trainer with a high ranking so he can work his way u			e needs to cha	allenge				
	Cons.Advice: Animated Violence								
11:00	POWER PLAYERS		Repeat	ws	PG				
	What's Wrong With Uncle Andrew?/Go Big Or Go Home								
	Axel and the Power Players are bored and worried that there hasn't been any bad toy attacks for several weeks; they decide to go to Madcap's lair.								
	Cons.Advice: Mild Violence								
11:30	YU-GI-OH! SEVENS		Repeat	ws	PG				
	Helping a Friend				•				
	After Yuga's loss to Nail - Luke, Gavin and Romin risk everything to help Yuga - including their ability to ever duel again!!								
	Cons.Advice: Animated Violence, Themes								
12:00	THE CARRIE DIARIES		Repeat	ws	М				
	The Safety Dance								
	Weaver tries to help Carrie when she struggles with writer's block; Sebastian and Maggie learn shocking news; Samantha and Larissa find common ground.								
	Starrings Annocombic Dobb. Assetin Dutler Ellen Wong								
	Starring: Annasophia Robb, Austin Butler, Ellen Wong								
	Cons.Advice: Sexual References, Themes								
13:00			Repeat	ws	М				
13:00	Cons.Advice: Sexual References, Themes		Repeat	WS	М				
13:00	Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY		crew members,	slobby sound	M				
13:00	Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Queer Eye for our Production Guy: A Lane  Charity begins at home, so this week the Fab Five makeover		crew members,	slobby sound	М				
	Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Queer Eye for our Production Guy: A Lane  Charity begins at home, so this week the Fab Five makeover engineer Andrew, to smarten him up and get him ready for a		crew members,	slobby sound	M				
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14:00	Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Queer Eye for our Production Guy: A Lane  Charity begins at home, so this week the Fab Five makeover engineer Andrew, to smarten him up and get him ready for a Cons.Advice: Sexual References  FULL HOUSE  Lovers And Other Tanners  Danny's reluctance to accept DJ's new boyfriend vanishes as	oig date with his	crew members, on-off girlfriend	slobby sound Diana.	G				
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15:30	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	Be Nice							
	Debra demands to know why Ray is more helpful to other mothers than her.							
	Starring: Ray Romano, Patricia Heaton, Brad Garrett							
16:00	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	Dancing with Debra							
	Ray urges Debra to go swing dancing with Robert.							
	Starring: Ray Romano, Patricia Heaton, Brad Garrett							
16:30	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	Robert Moves Back							
	Robert and Amy are desperate to have some time to themselves.							
	Starring: Ray Romano, Patricia Heaton, Brad Garrett							
17:00	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	How They Met							
	It's a flashback episode as Ray and Debra reminisce about their first meeting.							
	Starring: Ray Romano, Patricia Heaton, Brad Garrett							
17:30	THE NANNY	Captioned	Repeat		WS	PG		
	I've Got a Secret							
	Maxwell refuses to divulge the identity of the celebrity recupera	ating from surge	ry in the Sheffic	elds' hou	ise.			
	Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis							



18:00	3RD ROCK FROM THE SUN		Repeat		WS	PG		
	I Brake For Dick			<u>!</u>		<u>!</u>		
	Dick implements a ban on the use of animal products in the Solomon household after he accidentally injures a chipmunk.							
	Starring: John Lithgow, Jane Curtin, Kristen Johnston							
	Cons.Advice: Mild Coarse Language, Sexual References							
18:30	THAT 70'S SHOW		Repeat		WS	PG		
	The Girl I Love							
	Fez decides to introduce his new girlfriend, Nina, to the gang, and Kitty offers to throw a dinner party for the occasion.							
	Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher							
	Cons.Advice: Some Coarse Language, Sexual References, D	rug References						
19:00	YOUNG SHELDON	Captioned	Repeat		WS	PG		
	A Black Hole	•						
	The Coopers discuss the possibilities of black holes and alternate universes when Dr. Sturgis comes over for dinner.							
	Starring: lain Armitage, Zoe Perry, Lance Barber, Jim Parsons							
	Cons.Advice: Themes, Mild Violence							
19:30	THE WEAKEST LINK USA	Captioned			WS	PG		
	Who Thinks TikTok is a Breath Mint?	•						
	Jane Lynch hosts a suspenseful game of trivia. Eight strangers work together to win as much prize money possible; then they turn on each other to eliminate who they believe is the weakest link.							
20:30	LOVE ISLAND AUSTRALIA	Captioned			WS	MA		
	Returning to the beautiful island of Mallorca, Spain, where our Islanders are hoping to find 'the one', they must couple up and stay together to secure their place in the villa or risk being dumped and sent away, all while surviving the temptations of sexy new bombshells arriving.							
	Cons.Advice: Themes, Frequent Coarse Language, Sexual Re	eferences						
21:30	HORRIBLE BOSSES 2 2014	Captioned	Repeat		WS	MA		
	Horrible Bosses 2							
	Dale, Kurt and Nick decide to start their own business but things don't go as planned because of a slick investor, prompting the trio to pull off a harebrained and misguided kidnapping scheme.							
				e of a slic	k inves	,		
				e of a slic	k inves	,		
	prompting the trio to pull off a harebrained and misguided kidn	apping scheme		e of a slic	k inves	,		
23:40	prompting the trio to pull off a harebrained and misguided kidn Starring: Jason Bateman, Jason Sudeikis, Charlie Day	apping scheme		e of a slic	WS	PG		
23:40	prompting the trio to pull off a harebrained and misguided kidn Starring: Jason Bateman, Jason Sudeikis, Charlie Day Cons.Advice: Strong Sex Scenes, Strong Sex References, Fre	apping scheme.	anguage	e of a slic				
23:40	prompting the trio to pull off a harebrained and misguided kidn Starring: Jason Bateman, Jason Sudeikis, Charlie Day Cons.Advice: Strong Sex Scenes, Strong Sex References, Fre YOUNG SHELDON	apping scheme. equent Coarse L Captioned	anguage Repeat		WS	PG		
23:40	prompting the trio to pull off a harebrained and misguided kidn Starring: Jason Bateman, Jason Sudeikis, Charlie Day Cons.Advice: Strong Sex Scenes, Strong Sex References, Fre YOUNG SHELDON  A Black Hole	equent Coarse L Captioned  ate universes w	anguage Repeat		WS	PG		



00:05	SATISFACTION			WS	MA			
	Through Competition	•	•	•	•			
	Neil makes a deal with Simon, while Grace asks for Stephanie's help to reconnect with her artistic side.							
	Starring: Matt Passmore, Stephanie Szostak, Blair Redford	d						
	Cons.Advice: Strong Adult Themes, Strong Sex Scenes							
01:00	BELOW DECK MEDITERRANEAN		Repeat	WS	М			
	Can I Get Fries With That?		1		1			
	The primary and her guests turn up the heat on the crew; sad about missing her sister's wedding, Brooke tries to remain professional; Brooke develops a crush on Adam; as Conrad gets closer to Hannah, Capt. Sandy begins to notice he's distracted.							
	Cons.Advice: Some Coarse Language, Sexual References	3						
02:00	FULL HOUSE		Repeat	WS	G			
	Lovers And Other Tanners							
	Danny's reluctance to accept DJ's new boyfriend vanishes as he, too, falls in love. Stars Bob Saget, Candace Cameron and Jodie Sweetin.							
02:30	FULL HOUSE		Repeat	ws	G			
	Educating Jesse							
	After Jesse reluctantly admits that he did not finish high sc Stars John Stamos, Lori Loughlin and Bob Saget.	hool, the whole fa	mily tries to convinc	ce him to go b	ack.			
03:00	BAKUGAN: GEOGAN RISING		Repeat	WS	PG			
	The Trial of Pyrule/Passing Through Darkness							
	Dan and a very weak Drago continue the quest for the final artifact in Pyrule. With his power restored, Drago return to Darkavia for the next brawl.							
	Cons.Advice: Animated Violence, Themes							
03:30	NINJAGO		Repeat	WS	PG			
	Corruption/A Fragile Hope							
	The story of Zane's arrival in the Never-Realm and how he fell under the sway of the villainous Vex.							
	Cons.Advice: Themes, Animated Violence							
04:00	TAKE TWO		Repeat	WS	G			
	Home Shopping programme.	•		•				
04:30	TAKE TWO		Repeat	WS	G			
	Home Shopping programme.	•	•	•	•			
05:00	POKEMON JOURNEYS		Repeat	WS	PG			
	Destination: Coronation!	•	•	•	<b></b>			
	Ash has entered the World Coronation Series so he can had a strong Trainer with a high ranking so he can work his wa			needs to cha	allenge			
	Cons.Advice: Animated Violence							



05:30	YU-GI-OH! SEVENS		Repeat		WS	PG
	Maximum Mayhem					
	It's the rematch we've been waiting for - Yuga versus Nail! Can	Yuga max out	his deck and ta	ke Nail	down?	
	Cons.Advice: Animated Violence, Themes					



06:00	RICKY ZOOM		Repeat	WS	G			
	The Goggler / Awesome Don			•				
	Toot wants to be a rescue bike like Ricky but Helen tells her she isn't old enough yet. / When Steel Awesome gets a cold he chooses Don to take over his stunt school for the day.							
06:30	CARE BEARS: UNLOCK THE MAGIC		Repeat	WS	G			
	The Last Laugh/Say What?							
	Disappointed when his friends don't laugh at his jokes, Funshi grants Funshine's wish to make everyone think he's funny.	ne encounters th	ne Laffinpuff, a mag	jical comedi	an who			
07:00	BAKUGAN: GEOGAN RISING		Repeat	WS	PG			
	The Fateful Final Battle!/Invincible Viloch							
	It all comes down to the final brawl of the Battle Judgement to an epic fight to the finish.	urnament, and o	ld rivals Dan and M	lagnus face	off in			
	Cons.Advice: Animated Violence, Themes							
07:30	BEYBLADE BURST RISE		Repeat	WS	PG			
	Shining Bright! Hyper-Flux!		•	•	•			
	Aiger reveals Union Achilles' power mode; Dante masters Hyper-Flux; Arthur Peregrine makes an earth shattering debut.							
	Cons.Advice: Mild Violence							
08:00	SMASHHDOWN!	Captioned	Repeat	WS	С			
	SEMI FINAL 1 – Gigi vs. Active Abby							
	The winners of Pool A and Pool B face off, our sponsor is a weird new diet, Usain Bolt is our half-time entertainmen plus a world record attempt for the most chocolates eaten with chopsticks!							
08:30	RAINBOW RANGERS		Repeat	WS	G			
	What a Gas/Turtle Trek			-				
	The Rangers save the cows that are currently providing power Rangers save a newly hatched baby turtle who struggles to fir		m via their methane	e gas burps	; the			
09:00	GIGANTOSAURUS		Repeat	WS	G			
	Differing Dino Tales/Big Bill							
	When a rogue boulder demolishes Mazu's invention, she sets out to discover what started the boulder rolling; sick o being so little, Bill searches for the secret to growing large.							
09:30	GUS, THE ITSY BITSY KNIGHT		Repeat	WS	G			
	Like Grandfather, like Father, like Son/The Rhinopuff							
	To keep the kingdom safe, Grandpa Merlin and Daddy King perform a ritual to put the spirit to sleep; Gus takes in a injured Rhinopuff and promises to take it back to the marshlands once it is healthy.							
		ids once it is hea	althy.					
10:00		ids once it is hea	althy. Repeat	ws	PG			
10:00	injured Rhinopuff and promises to take it back to the marshlan	ds once it is hea	<del>'                                    </del>		PG			
10:00	injured Rhinopuff and promises to take it back to the marshlan NINJAGO		Repeat	WS	<u> </u>			



	POKEMON JOURNEYS		Repeat	WS	PG			
	A Talent for Imitation!	•	•	•				
	Ash and Goh are excited to watch a movie being made! They of performing. Fleeing the movie set, it ends up with Team Ro		stars, a Ditto who's	s developed	a fear			
	Cons.Advice: Animated Violence							
11:00	POWER PLAYERS		Repeat	WS	PG			
	The All-New-All-Different Power Players?!/Ajar		-					
	The Power Players are captured by Ruffin the toy thief; Axel g Players are hoping to carry out their mission.	athers a new tea	am to go and free t	hem; the Po	wer			
	Cons.Advice: Mild Violence							
11:30	YU-GI-OH! SEVENS		Repeat	WS	PG			
	Maximum Mayhem							
	It's the rematch we've been waiting for - Yuga versus Nail! Can Yuga max out his deck and take Nail down?							
	Cons.Advice: Animated Violence, Themes							
12:00	THE CARRIE DIARIES		Repeat	WS	М			
	I Heard a Rumour		-					
	After a nasty rumour about Carrie is published in a gossip rag, Samantha wants to set the record straight; Maggie has a medical emergency.							
	nas a medical emergency.							
	Starring: Annasophia Robb, Austin Butler, Ellen Wong							
	, , , , , , , , , , , , , , , , , , ,							
13:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong	1	Repeat	ws	M			
13:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes		Repeat	WS	M			
13:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes QUEER EYE FOR THE STRAIGHT GUY	John Verdi a mu	·		М			
13:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi	John Verdi a mu	·		М			
13:00 14:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman.	John Verdi a mu	·		M			
	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman Cons.Advice: Sexual References	John Verdi a mu	ch needed, stylish	new look.	1			
	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman Cons.Advice: Sexual References  FULL HOUSE	utest twin" conte	ch needed, stylish  Repeat	new look.	G			
14:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman Cons.Advice: Sexual References  FULL HOUSE  Trouble In Twin Town  When Rebecca's snobbish cousin enters his daughters in a "cons."	utest twin" conte	ch needed, stylish  Repeat	new look.	G			
	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman of Cons.Advice: Sexual References  FULL HOUSE  Trouble In Twin Town  When Rebecca's snobbish cousin enters his daughters in a "chim, and enters Nicky and Alex. Stars John Stamos, Lori Lough	utest twin" conte	ch needed, stylish  Repeat  est, Jesse decides ce Cameron.	ws to compete a	G			
14:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman Cons.Advice: Sexual References  FULL HOUSE  Trouble In Twin Town  When Rebecca's snobbish cousin enters his daughters in a "chim, and enters Nicky and Alex. Stars John Stamos, Lori Lough FULL HOUSE	utest twin" contention and Candar	ch needed, stylish  Repeat  est, Jesse decides ce Cameron.  Repeat	ws to compete a	G against			
14:00 14:30	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman of Cons.Advice: Sexual References  FULL HOUSE  Trouble In Twin Town  When Rebecca's snobbish cousin enters his daughters in a "chim, and enters Nicky and Alex. Stars John Stamos, Lori Loug FULL HOUSE  The Play's The Thing Jesse and Joey agree to direct Michelle's school play, but she	utest twin" contention and Candar	ch needed, stylish  Repeat  est, Jesse decides ce Cameron.  Repeat	ws to compete a	G against G			
14:00	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman of Cons.Advice: Sexual References  FULL HOUSE  Trouble In Twin Town  When Rebecca's snobbish cousin enters his daughters in a "chim, and enters Nicky and Alex. Stars John Stamos, Lori Louge FULL HOUSE  The Play's The Thing  Jesse and Joey agree to direct Michelle's school play, but she someone else. Stars John Stamos, Dave Coulier and Bob Sage	utest twin" contention and Candad 's heartbroken vect.	ch needed, stylish  Repeat  est, Jesse decides ce Cameron.  Repeat	new look.  WS  to compete a  WS  starring role	G against G			
14:00 14:30	Starring: Annasophia Robb, Austin Butler, Ellen Wong Cons.Advice: Sexual References, Themes  QUEER EYE FOR THE STRAIGHT GUY  Law & Disorder: John Verdi  The Fab Five are put to work giving Port Authority policeman of Cons.Advice: Sexual References  FULL HOUSE  Trouble In Twin Town  When Rebecca's snobbish cousin enters his daughters in a "chim, and enters Nicky and Alex. Stars John Stamos, Lori Loug FULL HOUSE  The Play's The Thing Jesse and Joey agree to direct Michelle's school play, but she someone else. Stars John Stamos, Dave Coulier and Bob Sag THE NANNY	utest twin" content of the content o	ch needed, stylish  Repeat  est, Jesse decides ce Cameron.  Repeat  when they give the service and service are serviced as a service are serviced as a servi	ws w	G against G			



15:30	3RD ROCK FROM THE SUN		Repeat		WS	PG			
	I Brake For Dick								
	Dick implements a ban on the use of animal products in the Sc chipmunk.	olomon househo	old after he accid	dentally	injures	а			
	Starring: John Lithgow, Jane Curtin, Kristen Johnston								
	Cons.Advice: Mild Coarse Language, Sexual References								
16:00	THAT 70'S SHOW		Repeat		WS	PG			
	The Girl I Love								
	Fez decides to introduce his new girlfriend, Nina, to the gang, and Kitty offers to throw a dinner party for the occasion.								
	Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher								
	Cons.Advice: Some Coarse Language, Sexual References, Dr	rug References							
16:30	EVERYBODY LOVES RAYMOND		Repeat		WS	PG			
	Boob Job								
	Debra is upset when she sees Ray's reaction to her friend's "new and improved" breasts.								
	Starring: Ray Romano, Patricia Heaton, Brad Garrett								
17:00	EVERYBODY LOVES RAYMOND		Repeat		WS	PG			
	The Can Opener					_			
	Everyone in the family takes sides when Ray and Debra have an argument.								
	Starring: Ray Romano, Patricia Heaton, Brad Garrett								
17:30	THE NANNY	Captioned	Repeat		WS	PG			
	Kindervelt Days								
	Fran has to attend a reunion and the kids surprise Fran when t	hey bring Erik E	Estrada to escor	t Fran.					
	Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane,	Daniel Davis							



40.00								
18:00	3RD ROCK FROM THE SUN			Repeat		WS	PG	
	Dick Behaving Badly							
	Asserting his manhood, Dick joins Harry at a strip	joint; Sally a	nd Tommy duel	in a long-runni	ng Mond	poly ba	ttle.	
	Starring: John Lithgow, Jane Curtin, Kristen Johns	ston						
	Cons.Advice: Mild Coarse Language, Sexual Refe	erences						
18:30	THAT 70'S SHOW			Repeat		WS	PG	
	Misty Mountain Hop							
	Red, Kitty, Eric and Donna help Jackie clean out her parents' mountain cabin.							
	Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher							
	Cons.Advice: Some Coarse Language, Sexual Re	ferences, Dr	ug References					
19:00	YOUNG SHELDON		Captioned	Repeat		WS	PG	
	The Wild and Woolly World of Nonlinear Dynamics							
	Missy's first heartbreak triggers a series of events that lead the Cooper family to the brink.							
	Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons							
	Cons.Advice: Themes							
19:30	BOTCHED		Captioned	Repeat		ws	М	
19:30	4000CC's and Counting							
	4000CC's and Counting							
	Dr. Nassif takes on a man with three eyebrows; Dr. breasts as saggy baggies; a woman wants to pote					to her b	ootched	
	Dr. Nassif takes on a man with three eyebrows; Dr.	ntially downs	size her massive			to her b	ootched	
20:30	Dr. Nassif takes on a man with three eyebrows; Dr. breasts as saggy baggies; a woman wants to pote	ntially downs	size her massive			to her b	ootched MA	
20:30	Dr. Nassif takes on a man with three eyebrows; Dr. breasts as saggy baggies; a woman wants to pote Cons.Advice: Medical Procedures, Nudity, Some Cons.	entially downs Coarse Lang	size her massive uage Captioned Islanders are he	e money maker	e one', th	WS ney mus	MA	
20:30	Dr. Nassif takes on a man with three eyebrows; Dr. Dr. Nassif takes on a man with three eyebrows; Dr.	ntially downs Coarse Lang n, where our n the villa or	size her massive uage Captioned Islanders are he risk being dum	e money maker	e one', th	WS ney mus	MA	
20:30	Dr. Nassif takes on a man with three eyebrows; Dr. breasts as saggy baggies; a woman wants to pote Cons.Advice: Medical Procedures, Nudity, Some Cons.Advice: Medical Procedures, Nudity, Nudity	ntially downs Coarse Lang n, where our n the villa or	size her massive uage Captioned Islanders are he risk being dum	e money maker	e one', th	WS ney mus	MA	
	Dr. Nassif takes on a man with three eyebrows; Dr. Dr. Nassif takes on a man with three eyebrows; Dr.	ntially downs Coarse Lang n, where our n the villa or e, Sexual Re	size her massive uage Captioned Islanders are he risk being dump	pping to find 'the	e one', th	WS ney mus while su	MA st rviving	
	Dr. Nassif takes on a man with three eyebrows; Dr. Dr. Nassif takes on a man with three eyebrows; Dr.	n, where our n the villa or e, Sexual Re	captioned Captioned Islanders are herisk being dumperences Captioned	pping to find 'the bed and sent av	e one', the way, all v	WS ney mus while su WS	MA st rviving	
	Dr. Nassif takes on a man with three eyebrows; Dr. Dr. Nassif takes on a man with three eyebrows; Dr.	n, where our n the villa or e, Sexual Re 2007	captioned Captioned Islanders are herisk being dumperences Captioned	pping to find 'the bed and sent av	e one', the way, all v	WS ney mus while su WS	MA st rviving	



00:00	SATISFACTION			ws	MA				
	Through Self-Discovery		•	-					
	Neil works on improving his public image while Grace makes	s an impulsive de	cision due to pressu	res at work					
	Starring: Matt Passmore, Stephanie Szostak, Blair Redford								
	Cons.Advice: Strong Adult Themes, Strong Sex Scenes								
01:00	BELOW DECK MEDITERRANEAN		Repeat	WS	М				
	Hasta Barista, Baby!		•	-					
	Hannah's ongoing struggle with her under-performing Third her resume; Capt. Sandy is concerned by Conrad's feelings from Conrad's duties.								
	Cons.Advice: Some Coarse Language, Sexual References								
02:00	FULL HOUSE		Repeat	ws	G				
	Trouble In Twin Town		•	-					
	When Rebecca's snobbish cousin enters his daughters in a "cutest twin" contest, Jesse decides to compete again him, and enters Nicky and Alex. Stars John Stamos, Lori Loughlin and Candace Cameron.								
02:30	FULL HOUSE		Repeat	ws	G				
	The Play's The Thing								
	Jesse and Joey agree to direct Michelle's school play, but sh someone else. Stars John Stamos, Dave Coulier and Bob S		when they give the s	starring role	to				
03:00	BAKUGAN: GEOGAN RISING		Repeat	WS	PG				
	The Fateful Final Battle!/Invincible Viloch								
	It all comes down to the final brawl of the Battle Judgement tournament, and old rivals Dan and Magnus face off in an epic fight to the finish.								
	Cons.Advice: Animated Violence, Themes								
03:30	NINJAGO		Repeat	WS	PG				
	Once and for All/Awakenings								
	Nya, Jay, Cole and Kai face off against the Ice Emperor's dreaded dragon, while Lloyd and his newfound allies, Kataru and Grimfax, confront the Ice Emperor himself								
	Cons.Advice: Themes, Animated Violence								
04:00	TAKE TWO		Repeat	WS	G				
	Home Shopping programme.								
04:30	TAKE TWO		Repeat	ws	G				
	Home Shopping programme.		•		-				
05:00	POKEMON JOURNEYS		Repeat	WS	PG				
	A Talent for Imitation!	•	•	•					
	Ash and Oak are surfied to match a mark being an about The	v most one of the							
	Ash and Goh are excited to watch a movie being made! The of performing. Fleeing the movie set, it ends up with Team R		e stars, a ditto who s	developed	a fear				



05:30	YU-GI-OH! SEVENS		Repeat		WS	PG
	The Final Nail					
	It's Maximum Monster against Maximum Monster as Yuga and	Nail fight for th	e fate of Rush [	Duels!		
	Cons.Advice: Animated Violence, Themes					



06:00	RICKY ZOOM		Repeat	WS	G			
	Ricki's Ski Day / Dasher's Snow Castle							
	The Buddies learn to ski, but Ricky gets frustrated when he ca snowing in Wheelford and the buddies ski in the snow.	ın't immediately	go as fast as he	wants to. / It's	been			
06:30	CARE BEARS: UNLOCK THE MAGIC		Repeat	WS	G			
	The Big Freeze/Return to Care-A-Lot			-	-			
	The Bears investigate the mysterious transformation of a tropi it to its natural state, Funshine must follow Dibble's example a				return			
07:00	BAKUGAN: GEOGAN RISING		Repeat	WS	PG			
	Geo-Forge Drago!/At the End of the Fight							
	Everything's on the line in a colossal showdown between Ultin decide the fate of Earth and Vestroia.	nate Viloch and	Geo-Forge Drago	! The victor w	vill			
	Cons.Advice: Animated Violence, Themes							
07:30	BEYBLADE BURST RISE		Repeat	WS	PG			
	Invasion! The New King!							
	Arthur challenges Aiger to a regular match as he doesn't belie Beyblade King.	ve in the champ	ionship title and p	oroclaims him	self the			
	Cons.Advice: Mild Violence							
08:00	SMASHHDOWN!	Captioned	Repeat	ws	С			
	SEMI FINAL 2 – Mozi vs. Willstar			-				
	The winners of Pool C and Pool D line up, Nick tries curling, w off in a bruising bubble-soccer encounter, before a massive fir			ng, our players	s face			
08:30	RAINBOW RANGERS		Repeat	WS	G			
	Tornado Hunters/The Air Up There			-				
	The Rangers save Patty and Preston from a tornado; the Rangers	gers save the ai	r in a polluted city	<i>'</i> .				
09:00	GIGANTOSAURUS		Repeat	WS	G			
	Talent-O-Saurus/Marsh the Raptor			•				
	Rocky decides not to practice for a talent show, but his partner in the show is Giganto; Marsh is tricked by raptors into playing a game, but they're really trying to sabotage Giganto.							
09:30	GUS, THE ITSY BITSY KNIGHT		Repeat	ws	G			
	You've made your cake, now eat it!/Once a Pest, always a Pe	st?		-				
	Diane and Warticious are finalists in a baking contest. To mak believes he can change Warticious just by being nice to her. S				Gus			
10:00	NINJAGO		Repeat	ws	PG			
	Would You Like to Enter Prime Empire?/Dyer Island							
	While investigating a heist, the ninja discover a legendary unre disappearance to Prime Empire, they set out to Dyer Island to		game; When the	ninja connect	Jay's			
	Cons.Advice: Themes, Animated Violence							



10:30	POKEMON JOURNEYS		Repeat		WS	PG			
	Dreams are Made of These!			•					
	It's time for Professor Cerise's Pokémon Orienteering session Port, and the team that arrives first (while spotting the most Po			l head to	Vermil	ion			
	Cons.Advice: Animated Violence								
11:00	POWER PLAYERS		Repeat		WS	PG			
	A Fistful Of Minergy/Operation: Midnight								
	Madcap finds Joyride and hires him for a special mission, hop take advantage of the cover of night to recover Luka's stolen t		l's Power Band	z; the Po	wer Pla	ayers			
	Cons.Advice: Mild Violence								
11:30	YU-GI-OH! SEVENS		Repeat		WS	PG			
	The Final Nail								
	It's Maximum Monster against Maximum Monster as Yuga and Nail fight for the fate of Rush Duels!								
	Cons.Advice: Animated Violence, Themes								
12:00	THE CARRIE DIARIES		Repeat		WS	М			
	The Second Time Around								
	Carrie learns her interview with the CEO of Bongo Jeans is her last chance to get a piece in the magazine; Mouse gets news that causes problems between her and West; Maggie prepares to tell her father the truth.								
	Starring: Annasophia Robb, Austin Butler, Ellen Wong								
	Cons.Advice: Sexual References, Themes								
13:00	THE CARRIE DIARIES		Repeat		WS	М			
	Under Pressure	•		•		-			
	Carrie receives harsh advice from Larissa; Dorrit hosts an impa fight leads to a hasty decision.	oromptu get-toge	ther when Tom	has to w	ork ov	ernight			
	Starring: Annasophia Robb, Austin Butler, Ellen Wong								
	Cons.Advice: Sexual References, Themes								
14:00	FULL HOUSE		Repeat		WS	G			
	Nice Guys Finish First								
	After promising Michelle that he'll behave nicely, Joey finds th Stars Dave Coulier, Candace Cameron and Jodie Sweetin.	at being nice do	es not necessa	rily help h	nim in I	nockey.			
14:30	FULL HOUSE		Repeat		WS	G			
	I'm Not D.J.	•		•		-			
	Stephanie wants to get her ears pierced so she'll be accepted by the popular girls at school, but Danny won't let her. Stars Bob Saget, Jodie Sweetin and Andrea Barber.								



15:00	THE NANNY	Captioned	Repeat		WS	PG		
	Kindervelt Days							
	Fran has to attend a reunion and the kids surprise Fran when	they bring Erik E	strada to esco	rt Fran.				
	Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane,	Daniel Davis						
15:30	3RD ROCK FROM THE SUN		Repeat		WS	PG		
	Dick Behaving Badly							
	Asserting his manhood, Dick joins Harry at a strip joint; Sally and Tommy duel in a long-running Monopoly battle.							
	Starring: John Lithgow, Jane Curtin, Kristen Johnston							
	Cons.Advice: Mild Coarse Language, Sexual References							
16:00	THAT 70'S SHOW		Repeat		WS	PG		
	Misty Mountain Hop							
	Red, Kitty, Eric and Donna help Jackie clean out her parents' mountain cabin.							
	Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher							
	Cons.Advice: Some Coarse Language, Sexual References, Dr	rug References						
16:30	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	You Bet					•		
	Everyone questions Frank's radical change in behavior.							
	Starring: Ray Romano, Patricia Heaton, Brad Garrett							
17:00	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	Sex Talk	•						
	Ray and Debra are discouraged when they realize their sex life isn't what it used to be.							
	Starring: Ray Romano, Patricia Heaton, Brad Garrett							
17:30	THE NANNY	Captioned	Repeat		WS	PG		
	Canasta Masta							
	Mr Sheffield wants Brighton to play more sports, so Fran takes	s him to play bas	eball in Flushir	ng.				
	Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane,	Daniel Davis						



	3RD ROCK FROM THE SUN		Repeat		WS	PG		
	Dickmalion							
	Mary Albright is irked when she fails to be accepted by the creatut, he discovers the high life is not all it's cracked up to be.	am of Rutherfor	d society, but w	hen Dic	k make:	s the		
	Starring: John Lithgow, Jane Curtin, Kristen Johnston							
	Cons.Advice: Mild Coarse Language, Sexual References							
18:30	THAT 70'S SHOW		Repeat		WS	PG		
	Your Time Is Gonna Come							
	When Annette visits Kelso, Jackie must conceal her jealousy from Hyde.							
	Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher							
	Cons.Advice: Some Coarse Language, Sexual References, Dr	rug References						
19:00	YOUNG SHELDON	Captioned	Repeat		WS	PG		
	One Bad Night and Chaos of Selfish Desires							
	Sheldon and Missy both run away from home, and Mary gets upsetting news about George Sr.							
	Starring: lain Armitage, Zoe Perry, Lance Barber, Jim Parsons							
	Cons.Advice: Themes							
19:30	YOUNG SHELDON	Captioned	Repeat		WS	PG		
	Snoopin' Around and the Wonder Twins of Atheism							
	Sheldon encourages Missy to question the Bible. Also, Meemaw is determined to catch George Sr. in a lie, and Mary helps Pastor Jeff search for a youth pastor.							
		aw is determined	I to catch Geor	ge Sr. in	a lie, a	nd		
			I to catch Geor	ge Sr. in	a lie, a	nd		
	Mary helps Pastor Jeff search for a youth pastor.		I to catch Geor	ge Sr. in	a lie, a	nd		
20:00	Mary helps Pastor Jeff search for a youth pastor.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons		I to catch Geor	ge Sr. in	a lie, a	PG		
20:00	Mary helps Pastor Jeff search for a youth pastor.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons  Cons.Advice: Themes			ge Sr. in		•		
20:00	Mary helps Pastor Jeff search for a youth pastor.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons  Cons.Advice: Themes  YOUNG SHELDON	Captioned	Repeat		WS	PG		
20:00	Mary helps Pastor Jeff search for a youth pastor.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons Cons.Advice: Themes  YOUNG SHELDON  Potential Energy and Hooch on a Park Bench Sheldon tries to convince Dr. Sturgis to return to the university.	Captioned  . Also, Georgie	Repeat		WS	PG		
20:00	Mary helps Pastor Jeff search for a youth pastor.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons Cons.Advice: Themes  YOUNG SHELDON  Potential Energy and Hooch on a Park Bench Sheldon tries to convince Dr. Sturgis to return to the university. life-changing decision.	Captioned  . Also, Georgie	Repeat		WS	PG		
20:00	Mary helps Pastor Jeff search for a youth pastor.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons Cons.Advice: Themes  YOUNG SHELDON  Potential Energy and Hooch on a Park Bench Sheldon tries to convince Dr. Sturgis to return to the university life-changing decision.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons	Captioned  . Also, Georgie	Repeat		WS	PG		
	Mary helps Pastor Jeff search for a youth pastor.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons Cons.Advice: Themes  YOUNG SHELDON  Potential Energy and Hooch on a Park Bench Sheldon tries to convince Dr. Sturgis to return to the university life-changing decision.  Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons Cons.Advice: Themes	Captioned  . Also, Georgie of Captioned Islanders are ho	Repeat upsets the fami	ily when	WS he mak	PG es a		



21:40	BAD NEIGHBOURS 2	2016	Captioned	Repeat	ws	MA		
	Bad Neighbours 2				'			
	When their new next-door neighbors turn our living there, Mac and Kelly team with their fo				fraternity pre	vious		
	Starring: Zac Efron, Seth Rogen, Rose Byrne	е						
	Cons.Advice: Strong Sex References, Sex S	cenes, Some Coa	rse Language,	Drug Use, Nudity				
3:30	YOUNG SHELDON		Captioned	Repeat	ws	PG		
	One Bad Night and Chaos of Selfish Desires	3		-	-			
	Sheldon and Missy both run away from home, and Mary gets upsetting news about George Sr.							
	Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons							
	Cons.Advice: Themes							
00:00	SATISFACTION				WS	MA		
	Through Partnership			•	•			
	Neil learns surprising information after a security breach; Grace's design work gets exposure.							
	Starring: Matt Passmore, Stephanie Szostak, Blair Redford							
	Cons.Advice: Strong Adult Themes, Strong Sex Scenes							
1:00	BELOW DECK MEDITERRANEAN			Repeat	ws	М		
	Walking On Broken Glass							
	Joao continues to send mixed messages to both Brooke and Kasey, which prompts them to confront him; a night out at a Michelin-starred restaurant inspires Adam to step up his culinary game for the rest of the season.							
	Cons.Advice: Some Coarse Language, Sexu	ual References						
2:00	FULL HOUSE			Repeat	ws	G		
	Nice Guys Finish First							
	After promising Michelle that he'll behave nic Stars Dave Coulier, Candace Cameron and		t being nice doe	es not necessarily	help him in h	nocke		
2:30	FULL HOUSE			Repeat	WS	G		
	I'm Not D.J.				·			
	Stephanie wants to get her ears pierced so s Stars Bob Saget, Jodie Sweetin and Andrea		by the popular o	girls at school, but	Danny won't	let he		
3:00	BAKUGAN: GEOGAN RISING			Repeat	WS	PG		
	Geo-Forge Drago!/At the End of the Fight							
	Everything's on the line in a colossal showdown between Ultimate Viloch and Geo-Forge Drago! The victor will							
		own between Ultim	ate Viloch and	Geo-Forge Drago!	The victor w	rill		



03:30	NINJAGO		Repeat	W	/S	PG						
	Would You Like to Enter Prime Empire?/Dyer Island			•								
	While investigating a heist, the ninja discover a legendary unreleased arcade game; When the ninja connect Jay's disappearance to Prime Empire, they set out to Dyer Island to seek answers.											
	Cons.Advice: Themes, Animated Violence											
04:00	TV SHOP - HOME SHOPPING			W	'S	G						
	Home shopping programme.											
04:30	TV SHOP - HOME SHOPPING			W	/S	G						
	Home shopping programme.											
05:00	POKEMON JOURNEYS		Repeat	V	'S	PG						
	Dreams are Made of These!  It's time for Professor Cerise's Pokémon Orienteering session!  Port, and the team that arrives first (while spotting the most Po			head to Ve	rmili	on						
05:30	YU-GI-OH! SEVENS		Repeat	W	'S	PG						
	Luke Club	•		•								
	Luke starts his own club at school, but he finds out that getting been in!	students to joir	n is harder than a	any duel he	s e\	⁄er						
	Cons.Advice: Animated Violence, Themes											



06:00	KINDIKIDS		Repeat	WS	G			
	First Day, Feast Of Fancy, Dancing Disaster, Special Day			•				
	Come inside Rainbow Kindi, a place where every day is about life!	playing and ma	king friends, as the	Kindi come	s to			
06:30	MY LITTLE PONY: PONY LIFE		Repeat	WS	G			
	Cute Impact/The Crystal Capturing Contraption/The Comet Section/Cotton Candy-Colored Glasses							
	Twilight Sparkle makes a startling discovery and decides this i Equestria's newest reporter, Fluttershy interviews the rest of the	s one problem s ne Mane 6 abou	he must solve alon the coming Cotton	e/Hoping to Candy Cor	be net.			
	Cons.Advice: Themes							
7:00	BAKUGAN: EVOLUTIONS		Repeat	WS	PG			
	Bakugan Academy!/Roommates							
	The Awesome Brawlers are invited to teach at a Bakugan Academy which specializes in Elemental Brawling.							
	Cons.Advice: Animated Violence, Themes							
07:30	BEYBLADE BURST RISE		Repeat	WS	PG			
	Rebirth! Command Dragon!	•	•					
	After the destruction of Ace Dragon, Dante evolves it into Command Dragon, which has the capabilities of Ace, Glyph and Rock Dragon.							
	Cons.Advice: Mild Violence							
8:00	SMASHHDOWN!	Captioned	Repeat	WS	С			
	SEMI FINAL 3 – Willstar vs. Gigi							
	Our players take on an epic challenge inside the SMASHHDOWN wind chamber, we discover the top three sports you didn't know were sports, then it's time for bungee-basketball, before our obstacle course finale!							
08:30	RAINBOW RANGERS		Repeat	ws	G			
	Dust in the Wind/Catch a Tiger							
	The Rangers save a family of javelinas from an intense desert dust storm; the Rangers help save a tiger thought to be extinct.							
		dust storm; the	Rangers help save	a tiger thou	ight to			
9:00		dust storm; the	Rangers help save	a tiger thou	ight to			
09:00	be extinct.	dust storm; the	· · ·		_			
99:00	be extinct.  GIGANTOSAURUS	Cror by some ta	Repeat	WS	G			
	be extinct.  GIGANTOSAURUS  A Very Sticky Problem/Forward Marsh  Mazu sees life through a raptor's eyes when she gets stuck to	Cror by some ta	Repeat	WS	G			
09:00	be extinct.  GIGANTOSAURUS  A Very Sticky Problem/Forward Marsh  Mazu sees life through a raptor's eyes when she gets stuck to viewing spot to watch the winter lights dance across the night	Cror by some ta	Repeat ar; Rocky hopes to	WS get the best	G			
	be extinct.  GIGANTOSAURUS  A Very Sticky Problem/Forward Marsh  Mazu sees life through a raptor's eyes when she gets stuck to viewing spot to watch the winter lights dance across the night  GUS, THE ITSY BITSY KNIGHT	Cror by some to sky.	Repeat ar; Rocky hopes to	WS get the best	G			
9:30	be extinct.  GIGANTOSAURUS  A Very Sticky Problem/Forward Marsh  Mazu sees life through a raptor's eyes when she gets stuck to viewing spot to watch the winter lights dance across the night  GUS, THE ITSY BITSY KNIGHT  The Cup-and-Ball Knight/Cleaning is King!  Gus would do anything to be a part of the same prestigious clu	Cror by some to sky.	Repeat ar; Rocky hopes to	WS get the best	G			
	be extinct.  GIGANTOSAURUS  A Very Sticky Problem/Forward Marsh  Mazu sees life through a raptor's eyes when she gets stuck to viewing spot to watch the winter lights dance across the night  GUS, THE ITSY BITSY KNIGHT  The Cup-and-Ball Knight/Cleaning is King!  Gus would do anything to be a part of the same prestigious clutouching some magic powder.	Cror by some to sky.	Repeat  Ar; Rocky hopes to Repeat  Gus forgets to was	WS get the best WS h his hands	G G after			
9:30	be extinct.  GIGANTOSAURUS  A Very Sticky Problem/Forward Marsh  Mazu sees life through a raptor's eyes when she gets stuck to viewing spot to watch the winter lights dance across the night  GUS, THE ITSY BITSY KNIGHT  The Cup-and-Ball Knight/Cleaning is King!  Gus would do anything to be a part of the same prestigious clutouching some magic powder.  NINJAGO	Cror by some to sky.  Lub as his father;	Repeat  Repeat  Repeat  Gus forgets to was  Repeat	WS  get the best  WS  h his hands	G G after			



10:30	POKEMON JOURNEYS		Repeat		WS	PG		
	Caring For A Mystery!	•		•				
	As Professor Cerise discusses Pokémon Eggs, Goh reveals h find one!	e's never seen o	one before, so h	ne and A	sh set o	off to		
	Cons.Advice: Animated Violence							
11:00	POWER PLAYERS		Repeat		WS	PG		
	Pyrant Park/That's The Spirit!	•		•				
	The Pyrant pyramid is determined to no longer control the min Axel that he will give him a toy if he helps him at a charity sale		at of humans; l	Jncle An	drew p	romises		
	Cons.Advice: Mild Violence							
11:30	YU-GI-OH! SEVENS		Repeat		WS	PG		
	Luke Club	•				•		
	Luke starts his own club at school, but he finds out that getting students to join is harder than any duel he's ever been in!							
	Cons.Advice: Animated Violence, Themes							
12:00	THE CARRIE DIARIES		Repeat		WS	М		
	Date Expectations							
	Devastating news changes Bennet's and Walt's lives; an exciting opportunity causes Sebastian to bail on Carrie on Valentine's Day; Tom tries to help Dorrit start dating again.							
	Starring: Annasophia Robb, Austin Butler, Ellen Wong							
	Cons.Advice: Sexual References, Themes							
13:00	THE CARRIE DIARIES		Repeat		WS	М		
	Hungry Like a Wolf	•						
	Carrie tries to cover for Bennet's slacking at work; Samantha makes a decision about her latest fling; Tom is tricked while negotiating a deal with another beautiful lawyer.							
	Starring: Annasophia Robb, Austin Butler, Ellen Wong							
	Cons.Advice: Sexual References, Themes							
14:00	FULL HOUSE		Repeat		WS	G		
	Designing Mothers							
	When Vicky's mother comes to visit, she interferes with Danny and Vicky's relationship by insisting that they marry. Stars Bob Saget, John Stamos and Lori Loughlin.							
14:30	FULL HOUSE		Repeat		WS	G		
	A Very Tanner Christmas	•		•				
	The Tanner household is in turmoil as Rebecca suffers from a bout of nostalgia, Danny misses his girlfriend and DJ is miserable after fighting with her boyfriend. Stars Bob Saget, Lori Loughlin and Canda Cameron.							



THE NANNY	Captioned	Repeat		ws	PG		
Canasta Masta							
Mr Sheffield wants Brighton to play more sports, so Fran takes	him to play bas	eball in Flushir	ng.				
Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane,	Daniel Davis						
3RD ROCK FROM THE SUN		Repeat		WS	PG		
Dickmalion							
Mary Albright is irked when she fails to be accepted by the cream of Rutherford society, but when Dick makes the cut, he discovers the high life is not all it's cracked up to be.							
Starring: John Lithgow, Jane Curtin, Kristen Johnston							
Cons.Advice: Mild Coarse Language, Sexual References							
THAT 70'S SHOW		Repeat		ws	PG		
Your Time Is Gonna Come							
When Annette visits Kelso, Jackie must conceal her jealousy from Hyde.							
Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher							
Cons.Advice: Some Coarse Language, Sexual References, Drug References							
EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
The Will							
Ray and Debra must decide who would make the best guardians for their children.							
Starring: Ray Romano, Patricia Heaton, Brad Garrett							
EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
The Sister							
Debra is upset when her sister decides to becomea sister.							
Starring: Ray Romano, Patricia Heaton, Brad Garrett							
THE NANNY	Captioned	Repeat		WS	PG		
The Will	•		•	•	•		
Mr Sheffield is preparing his will and wants to include Fran in it							
Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane,	Daniel Davis						
	Canasta Masta  Mr Sheffield wants Brighton to play more sports, so Fran takes Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, 3RD ROCK FROM THE SUN  Dickmalion  Mary Albright is irked when she fails to be accepted by the crecut, he discovers the high life is not all it's cracked up to be. Starring: John Lithgow, Jane Curtin, Kristen Johnston  Cons.Advice: Mild Coarse Language, Sexual References  THAT 70'S SHOW  Your Time Is Gonna Come  When Annette visits Kelso, Jackie must conceal her jealousy from Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutthe Cons.Advice: Some Coarse Language, Sexual References, Drece EVERYBODY LOVES RAYMOND  The Will  Ray and Debra must decide who would make the best guardial Starring: Ray Romano, Patricia Heaton, Brad Garrett  EVERYBODY LOVES RAYMOND  The Sister  Debra is upset when her sister decides to becomea sister.  Starring: Ray Romano, Patricia Heaton, Brad Garrett  THE NANNY  The Will  Mr Sheffield is preparing his will and wants to include Fran in its	Canasta Masta  Mr Sheffield wants Brighton to play more sports, so Fran takes him to play bas Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis  3RD ROCK FROM THE SUN  Dickmalion  Mary Albright is irked when she fails to be accepted by the cream of Rutherforcut, he discovers the high life is not all it's cracked up to be.  Starring: John Lithgow, Jane Curtin, Kristen Johnston  Cons.Advice: Mild Coarse Language, Sexual References  THAT 70'S SHOW  Your Time Is Gonna Come  When Annette visits Kelso, Jackie must conceal her jealousy from Hyde.  Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher  Cons.Advice: Some Coarse Language, Sexual References, Drug References  EVERYBODY LOVES RAYMOND  The Will  Ray and Debra must decide who would make the best guardians for their child  Starring: Ray Romano, Patricia Heaton, Brad Garrett  EVERYBODY LOVES RAYMOND  The Sister  Debra is upset when her sister decides to becomea sister.  Starring: Ray Romano, Patricia Heaton, Brad Garrett  THE NANNY  Captioned	Canasta Masta  Mr Sheffield wants Brighton to play more sports, so Fran takes him to play baseball in Flushir Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis  3RD ROCK FROM THE SUN  Mary Albright is irked when she fails to be accepted by the cream of Rutherford society, but we cut, he discovers the high life is not all it's cracked up to be.  Starring: John Lithgow, Jane Curtin, Kristen Johnston  Cons.Advice: Mild Coarse Language, Sexual References  THAT 70'S SHOW  Repeat  Your Time Is Gonna Come  When Annette visits Kelso, Jackie must conceal her jealousy from Hyde.  Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher  Cons.Advice: Some Coarse Language, Sexual References, Drug References  EVERYBODY LOVES RAYMOND  Repeat  The Will  Ray and Debra must decide who would make the best guardians for their children.  Starring: Ray Romano, Patricia Heaton, Brad Garrett  EVERYBODY LOVES RAYMOND  Repeat  The Sister  Debra is upset when her sister decides to becomea sister.  Starring: Ray Romano, Patricia Heaton, Brad Garrett  THE NANNY  Captioned  Repeat  THE NANNY  Captioned  Repeat	Canasta Masta  Mr Sheffield wants Brighton to play more sports, so Fran takes him to play baseball in Flushing.  Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis  3RD ROCK FROM THE SUN Repeat  Dickmalion  Mary Albright is irked when she fails to be accepted by the cream of Rutherford society, but when Diccut, he discovers the high life is not all it's cracked up to be.  Starring: John Lithgow, Jane Curtin, Kristen Johnston  Cons.Advice: Mild Coarse Language, Sexual References  THAT 70'S SHOW Repeat  Your Time Is Gonna Come  When Annette visits Kelso, Jackie must conceal her jealousy from Hyde.  Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher  Cons.Advice: Some Coarse Language, Sexual References, Drug References  EVERYBODY LOVES RAYMOND Repeat  The Will  Ray and Debra must decide who would make the best guardians for their children.  Starring: Ray Romano, Patricia Heaton, Brad Garrett  EVERYBODY LOVES RAYMOND Repeat  The Sister  Debra is upset when her sister decides to becomea sister.  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18:00	3RD ROCK FROM THE SUN		Repeat	WS	PG				
	Sensitive Dick	•		•					
	Dick becomes politically correct with special training under Professor Suter but prefers to tell it like it is.								
	Starring: John Lithgow, Jane Curtin, Kristen Johnston								
	Cons.Advice: Mild Coarse Language, Sexual References								
18:30	THAT 70'S SHOW		Repeat	WS	PG				
	Babe, I'm Gonna Leave You								
	Hyde breaks up with Jackie when he realizes she still has feelings for Kelso.								
	Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher								
	Cons.Advice: Some Coarse Language, Sexual References, Drug References								
19:00	YOUNG SHELDON	Captioned	Repeat	WS	PG				
	Pish Posh and a Secret Back Room	•			•				
	Sheldon, Missy and Georgie adapt to new living arrangements. Also, Meemaw opens a gambling room.								
	Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Parsons								
	Cons.Advice: Themes								
19:30	SURVIVOR			WS	PG				
	A group of 20 contestants are brought to a deserted island and divided into different tribes as they face a series of physical and mental challenges against the other contestants in the hopes of winning the title of "Sole Survivor."								
20:30	LOVE ISLAND AUSTRALIA	Captioned		WS	MA				
	Returning to the beautiful island of Mallorca, Spain, where our Islanders are hoping to find 'the one', they must couple up and stay together to secure their place in the villa or risk being dumped and sent away, all while surviving the temptations of sexy new bombshells arriving.								
	Cons.Advice: Themes, Frequent Coarse Language, Sexual Re	eferences							
21:30	NAKED ATTRACTION			WS	MA				
	lain P & Leon								
	Wrestler lain is looking for the perfect partner to pin him down for good, and bi-curious graphic designer Leon wants to share his new body with a special someone.								
	Cons.Advice: Nudity, Adult Themes, Sexual References								
22:30	DATING NO FILTER			WS	М				
	Tased and Confused								
	Military veteran Callahan, who is obsessed with the colour blue hedgehog owner with a big heart; model Shane, and Alaia a taglamorous day on a yacht at sea.				ie				
	Cons.Advice: Some Coarse Language, Sexual References, Dr	ug References							



23:00	DATING NO FILTER			WS	MA			
	Spank You Later							
	Multi-dimensional spiritual dominatrix Jewel and innocent A things get physical. Meanwhile, Kourbine and native Austra each other's hearts.							
	Cons.Advice: Sexual References, Some Coarse Language							
23:30	YOUNG SHELDON	Captioned	Repeat	WS	PG			
	Pish Posh and a Secret Back Room	-	-	-				
	Sheldon, Missy and Georgie adapt to new living arrangements. Also, Meemaw opens a gambling room.							
	Starring: Iain Armitage, Zoe Perry, Lance Barber, Jim Pars	ons						
	Cons.Advice: Themes							
00:00	DASH DOLLS		Repeat	ws	М			
	Little Pink Lies	•						
	The Kardashians help Malika and Khadijah cope with the aftermath of their nude shoot fallout; Durrani gets a car for her birthday; the dolls try to set up Stephanie while her boyfriend is in rehab.							
	Cons.Advice: Some Coarse Language, Sexual References							
01:00	BELOW DECK MEDITERRANEAN		Repeat	WS	М			
	Bizarre Love Triangle							
	While the crew works hard to pull off a magical picnic for th Captain Sandy for putting out all the water toys as the solo party.							
	Cons.Advice: Some Coarse Language, Sexual References							
02:00	FULL HOUSE		Repeat	WS	G			
	Designing Mothers	•	•	•				
	When Vicky's mother comes to visit, she interferes with Danny and Vicky's relationship by insisting that they marry. Stars Bob Saget, John Stamos and Lori Loughlin.							
	Stars Bob Saget, John Stamos and Lori Loughlin.	mily and vicky 3 rela	ationship by insistin	ng that they	marry.			
02:30	FULL HOUSE	and vicky 3 rele	Repeat	mg that they WS	marry.			
02:30		and vicky s rele	· ·		<u> </u>			
02:30	FULL HOUSE	n a bout of nostalgi	Repeat  a, Danny misses h	WS is girlfriend	G			
	FULL HOUSE  A Very Tanner Christmas  The Tanner household is in turmoil as Rebecca suffers from	n a bout of nostalgi	Repeat  a, Danny misses h	WS is girlfriend	G			
	FULL HOUSE  A Very Tanner Christmas  The Tanner household is in turmoil as Rebecca suffers from is miserable after fighting with her boyfriend. Stars Bob Sag	n a bout of nostalgi	Repeat  a, Danny misses h	WS is girlfriend an.	G and DJ			
	FULL HOUSE  A Very Tanner Christmas  The Tanner household is in turmoil as Rebecca suffers from is miserable after fighting with her boyfriend. Stars Bob Sage BAKUGAN: EVOLUTIONS	n a bout of nostalgi get, Lori Loughlin ar	Repeat  a, Danny misses h nd Canda Cameror Repeat	WS is girlfriend and w	G and DJ PG			
	FULL HOUSE  A Very Tanner Christmas  The Tanner household is in turmoil as Rebecca suffers fror is miserable after fighting with her boyfriend. Stars Bob Sag BAKUGAN: EVOLUTIONS  Bakugan Academy!/Roommates	n a bout of nostalgi get, Lori Loughlin ar	Repeat  a, Danny misses h nd Canda Cameror Repeat	WS is girlfriend and w	G and DJ PG			
03:00	FULL HOUSE  A Very Tanner Christmas  The Tanner household is in turmoil as Rebecca suffers fror is miserable after fighting with her boyfriend. Stars Bob Sag BAKUGAN: EVOLUTIONS  Bakugan Academy!/Roommates  The Awesome Brawlers are invited to teach at a Bakugan Academy.	n a bout of nostalgi get, Lori Loughlin ar	Repeat  a, Danny misses h nd Canda Cameror Repeat	WS is girlfriend and w	G and DJ PG			
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04:00	TV SHOP - HOME SHOPPING		Repeat		ws	G		
	Home shopping programme.							
04:30	TV SHOP - HOME SHOPPING		Repeat		ws	G		
	Home shopping programme.							
05:00	POKEMON JOURNEYS		Repeat		WS	PG		
	Caring For A Mystery!							
	As Professor Cerise discusses Pokémon Eggs, Goh reveals he find one!	e's never seen o	one before, so h	ne and A	sh set o	off to		
	Cons.Advice: Animated Violence							
05:30	YU-GI-OH! SEVENS		Repeat		ws	PG		
	Training Camp							
	After receiving an invitation to a Rush Duel Tournament, it's off to training camp for Yuga and his friends!							
	Cons.Advice: Animated Violence, Themes							



06:00	POLLY POCKET		Repeat	ws	G			
	Big Ideas/The Locket-Ness Monster	-		-				
	When Big ruins her and Polly's geography project, the last hall monitor to make it to class; Polly and her friends discovered			must evade	the			
06:30	MY LITTLE PONY: PONY LIFE		Repeat	ws	G			
	Close Encounters of the Balloon Kind/The Tiara of Truth/To	errorarium/Bubble T	rouble					
	When a mysterious giant balloon lands in town, the Mane S friends arrive late to a special cupcake tasting, she learns tunconventional way.				Pie's			
	Cons.Advice: Themes							
07:00	BAKUGAN: EVOLUTIONS		Repeat	WS	PG			
	Lia and Riot!/Lightning's Place							
	Lia finds sharing a dorm room with China Riot a nightmare; when school pressures trigger a feud with Chet Chipman, Lia is exposed to a different side of Riot; Lia calls a truce and teams up with Riot.							
	Cons.Advice: Animated Violence, Themes							
07:30	BEYBLADE BURST RISE		Repeat	WS	PG			
	Genesis in Motion!							
	In a battle against Joe, Gwyn accesses a powerful state called Superior Flux; Delta and Arthur's battle leads to Erase Devolos' destruction.							
	Cons.Advice: Mild Violence							
08:00	SMASHHDOWN!	Captioned	Repeat	WS	С			
	PRELIM FINAL – Active Abby vs. Mozi							
	The final place in tomorrow's grand final is on the line as or science of sports drinks, and Nick takes on a beachside ob		sumo-soccer skills	, we discove	er the			
08:30			sumo-soccer skills Repeat	, we discove	er the			
08:30	science of sports drinks, and Nick takes on a beachside ob							
08:30	science of sports drinks, and Nick takes on a beachside ob RAINBOW RANGERS	stacle course!	Repeat	WS				
	science of sports drinks, and Nick takes on a beachside ob RAINBOW RANGERS  A Hot Topic/Giant Catfish	stacle course!	Repeat	WS				
08:30 09:00	science of sports drinks, and Nick takes on a beachside ob RAINBOW RANGERS  A Hot Topic/Giant Catfish  The Rangers help to save the unique animals at a hydrothe	stacle course!	Repeat	WS t catfish.	G			
	science of sports drinks, and Nick takes on a beachside ob RAINBOW RANGERS  A Hot Topic/Giant Catfish  The Rangers help to save the unique animals at a hydrothe GIGANTOSAURUS	ermal vent; the Rang	Repeat gers rescue a gian Repeat	t catfish.	G			
09:00	science of sports drinks, and Nick takes on a beachside ob RAINBOW RANGERS  A Hot Topic/Giant Catfish  The Rangers help to save the unique animals at a hydrothe GIGANTOSAURUS  The Best Crest/The Drought Rocky has to get nectar from a special flower to get his Gig	ermal vent; the Rang	Repeat gers rescue a gian Repeat	t catfish.	G			
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10:30	POKEMON JOURNEYS		Repeat		WS	PG		
	Goodbye, Friend!			•				
	Our heroes are in Hoenn to research the migration of Beautifly north wind appears, Ash and Goh must be ready!	,—the window o	f time to do this	is small	, so wh	en a		
	Cons.Advice: Animated Violence							
11:00	POWER PLAYERS		Repeat		WS	PG		
	Jungle Boogie/Take Cherge		-					
	Axel finds missing Bearbarian in the backyard, but his compar the wicked toys to go and throw a very heavy box into the city		with Orangutan	k; Sarge	Charge	orders		
	Cons.Advice: Mild Violence							
11:30	YU-GI-OH! SEVENS		Repeat		WS	PG		
	Training Camp							
	After receiving an invitation to a Rush Duel Tournament, it's off to training camp for Yuga and his friends!							
	Cons.Advice: Animated Violence, Themes							
12:00	THE CARRIE DIARIES		Repeat		WS	М		
	This is the Time							
	Carrie and the gang get ready for their senior prom; Larissa presents Carrie with an opportunity; Mouse uncovers a secret about Donna.							
	Starring: Annasophia Robb, Austin Butler, Ellen Wong							
	Cons.Advice: Sexual References, Themes							
13:00	THE CARRIE DIARIES		Repeat		WS	М		
	Run to You	•		•				
	The tension grows between Carrie and Tom; Larissa drops an unexpected bomb on Carrie and Sebastian decides he, too, needs to come clean about something.							
	Starring: Annasophia Robb, Austin Butler, Ellen Wong							
	Cons.Advice: Sexual References, Themes							
14:00	FULL HOUSE		Repeat		WS	G		
	The Dating Game			•				
	Both Joey and Stephanie try to turn friendly dinners into romal Jodie Sweetin.	ntic first dates. S	Stars John Stam	nos, Dav	e Couli	er and		
14:30	FULL HOUSE		Repeat		WS	G		
	Birthday Blues							
	DJ forgets Kimmy's 16th birthday until the very last minute, leaving her only 15 minutes to organise a party. Stars Candace Cameron, Andrea Barber and Lori Loughlin.							



15:00	THE NANNY	Captioned	Repeat		WS	PG		
	The Will	•						
	Mr Sheffield is preparing his will and wants to include Fran in	it.						
	Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane	, Daniel Davis						
15:30	3RD ROCK FROM THE SUN		Repeat		WS	PG		
	Sensitive Dick	•						
	Dick becomes politically correct with special training under Professor Suter but prefers to tell it like it is.							
	Starring: John Lithgow, Jane Curtin, Kristen Johnston							
	Cons.Advice: Mild Coarse Language, Sexual References							
16:00	THAT 70'S SHOW		Repeat		WS	PG		
	Babe, I'm Gonna Leave You							
	Hyde breaks up with Jackie when he realizes she still has feelings for Kelso.							
	Starring: Topher Grace, Laura Prepon, Mila Kunis, Ashton Kutcher							
	Cons.Advice: Some Coarse Language, Sexual References, [	rug References						
16:30	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	Cousin Gerard							
	Debra points out how alike Ray and his annoying cousin are.							
	Starring: Ray Romano, Patricia Heaton, Brad Garrett							
17:00	EVERYBODY LOVES RAYMOND		Repeat		WS	PG		
	Debra's Workout		'					
	Ray is bewildered when Debra starts initiating sex more.							
17.00	Starring: Ray Romano, Patricia Heaton, Brad Garrett		Demont		14/0	Tp0		
17:30	TRANSFORMERS: CYBERVERSE		Repeat		WS	PG		
	MacCadam's  Pumblabas remembers MacCadam's his favourite bangaut on Cubaniarse, at three different points in its storied							
	Bumblebee remembers MacCadam's, his favourite hangout on Cyberverse, at three different points in its storied history.							
	Cons.Advice: Animated Violence							
17:45	KUNG FU PANDA 3 2016	Captioned	Repeat		WS	PG		
	Kung Fu Panda 3							
	Continuing his "legendary adventures of awesomeness", Po	nust face two hug	gely epic, but d	ifferent th	reats:	one		
	supernatural and the other a little closer to home.							
	supernatural and the other a little closer to home.  Starring: Jack Black, Bryan Cranston, Dustin Hoffman							



	THE GREAT WALL	2016	Captioned	Repeat	WS	М		
	The Great Wall							
	In ancient China, a group of European mero Wall of China against a horde of monstrous		s a secret army	that maintains	and defends th	e Grea		
	Starring: Matt Damon, Tian Jing, Willem Da	foe						
	Cons.Advice: Some Violence, Supernatural	Themes						
21:30	MORTAL ENGINES	2019	Captioned	Repeat	WS	М		
	Mortal Engines							
	In a post-apocalyptic world where cities ride on wheels and consume each other to survive, two people meet in London and try to stop a conspiracy.							
	Starring: Hugo Weaving, Hera Hilmar, Robe	ert Sheehan						
	Cons.Advice: Sci-fi Violence, Themes							
00:00	THE EMILY ATACK SHOW				WS	М		
	The Body					•		
	Emily ends the second series with a look at the body: how we feel about it, how we look after it, and how we dress it. There's the need to disguise periods, a look at "Clothed Attraction", and the unrelaxing power of a bath.							
	Starring: Emily Atack, Cole Anderson-James, Amy Gledhill							
	Cons.Advice: Some Coarse Language, The	emes						
00:40	QUEER EYE FOR THE STRAIGHT GUY				WS	М		
	Tall, Dark & Dancin: Josh Diaz							
	The Fab Five make over data-entry technic	an Josh Diaz, who	has recently los	t 100 pounds,	and help him d	ance s		
	he can impress his girlfriend.					31100 3		
						arioc 3		
)1:35	he can impress his girlfriend.			Repeat	ws	М		
01:35	he can impress his girlfriend.  Cons.Advice: Sexual References			Repeat	WS			
01:35	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN			d by Brooke wh	en she pursue	M s a		
01:35	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN  Panic At The Deck-O  Joao solidifies the love triangle, leaving Kas relationship with Joao, and Adam goes fora	ging for food. Later		d by Brooke wh	en she pursue	M s a		
	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN  Panic At The Deck-O  Joao solidifies the love triangle, leaving Kas relationship with Joao, and Adam goes fora her stricken with anxiety.	ging for food. Later		d by Brooke wh	en she pursue	M s a		
01:35 02:30	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN  Panic At The Deck-O  Joao solidifies the love triangle, leaving Kas relationship with Joao, and Adam goes fora her stricken with anxiety.  Cons.Advice: Some Coarse Language, Sex	ging for food. Later		d by Brooke wh	en she pursue d by Conrad, le	M s a eaving		
	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN  Panic At The Deck-O  Joao solidifies the love triangle, leaving Kas relationship with Joao, and Adam goes for a her stricken with anxiety.  Cons.Advice: Some Coarse Language, Sex FULL HOUSE	ging for food. Later	, Hannah doesn	d by Brooke wh 't feel supporte Repeat	en she pursue: d by Conrad, le	M as a eaving		
02:30	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN  Panic At The Deck-O  Joao solidifies the love triangle, leaving Kas relationship with Joao, and Adam goes fora her stricken with anxiety.  Cons.Advice: Some Coarse Language, Sex  FULL HOUSE  The Dating Game  Both Joey and Stephanie try to turn friendly	ging for food. Later	, Hannah doesn	d by Brooke wh 't feel supporte Repeat	en she pursue: d by Conrad, le	M as a eaving		
	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN  Panic At The Deck-O  Joao solidifies the love triangle, leaving Kas relationship with Joao, and Adam goes fora her stricken with anxiety.  Cons.Advice: Some Coarse Language, Sex FULL HOUSE  The Dating Game  Both Joey and Stephanie try to turn friendly Jodie Sweetin.	ging for food. Later	, Hannah doesn	d by Brooke wh 't feel supporte Repeat tars John Stam	en she pursue: d by Conrad, le  WS  nos, Dave Couli	M s a eaving G		
02:30	he can impress his girlfriend.  Cons.Advice: Sexual References  BELOW DECK MEDITERRANEAN  Panic At The Deck-O  Joao solidifies the love triangle, leaving Kas relationship with Joao, and Adam goes fora her stricken with anxiety.  Cons.Advice: Some Coarse Language, Sex FULL HOUSE  The Dating Game  Both Joey and Stephanie try to turn friendly Jodie Sweetin.  BAKUGAN: EVOLUTIONS	ging for food. Later rual References dinners into roman iot a nightmare; wh	tic first dates. S	d by Brooke who the supported Repeat tars John Stam Repeat ures trigger a f	en she pursue: d by Conrad, le WS os, Dave Coul	M s a eaving G		



03:30	NINJAGO		Repeat		WS	PG		
	I Am Okino/The Glitch							
	Inside one of the game zones, a Samurai named Okino faces a series of Masters to victory; In order to stop Unagami, the ninja			edly fails	to lead	а		
	Cons.Advice: Themes, Animated Violence							
04:00	TV SHOP - HOME SHOPPING		Repeat		WS	G		
	Home shopping programme.							
04:30	TV SHOP - HOME SHOPPING		Repeat		WS	G		
	Home shopping programme.							
05:00	POKEMON JOURNEYS		Repeat		WS	PG		
	Goodbye, Friend!							
	Our heroes are in Hoenn to research the migration of Beautifly—the window of time to do this is small, so when a north wind appears, Ash and Goh must be ready!							
	Cons.Advice: Animated Violence							
05:30	YU-GI-OH! SEVENS		Repeat		WS	PG		
	Heavy Duty Duel	-						
	It's Rayne to the rescue as she looks to free her friends from the	ne Heavy Caval	ry Duel Club!					
	Cons.Advice: Animated Violence, Themes							



06:00	JUNGLE BEAT		Repeat	WS	G			
	Munki's Trunk/Robbert's Secret/Banana Noir							
	Munki tries to make a trunk of his very own. / What can Ribbert the Frog do? / Munki and Trunk awaken to discover that all the bananas have disappeared.							
06:30	GUS, THE ITSY BITSY KNIGHT		Repeat	WS	G			
	Out of Tune/Back to the Middle Ages							
	Rosie auditions to accompany Arthur at the Queen's Karamel and the castle's devices stop working.	Festival, but she sings ho	rribly out of tune; a	storm hits				
07:00	EARTH TO LUNA!		Repeat	WS	G			
	Nighty Night Horseys/A Dog's World							
	Luna, Jupiter, and Clyde investigate why horses sleet learn more about a dog's special senses.	ep standing up; Luna, Jupi	ter, and Clyde pret	end to be d	ogs to			
07:30	DUMBOTZ	Captioned	Repeat	ws	С			
	Sea Cucumber Blunder/Thunderjacked							
	L-VIZ's pet sea cucumber keeps growing until it can' to find it a new home.	t fit inside the Dumbotz HO	Q, so Houston and	Thunderbot	need			
08:00	RICKY ZOOM			ws	G			
	Ricky's Fired Up Part 2 / Officer Bunker is Not Himself							
	Ricky and the buddies track the Big Kabooma to Ma has an accident with a motoball.	xwell's garage. / Officer Bu	unker becomes ver	y different a	ifter he			
08:30	SPIDEY AND HIS AMAZING FRIENDS			ws	G			
	Electro's Gotta Glow/ Black Cat Chaos							
	When Electro steals the city's electricity, Team Spide Tony's Iron Man suit, Tony needs Spidey's help to go		stop her; after Bla	ck Cat stea	ls			
09:00	BAKUGAN: GEOGAN RISING		Repeat	ws	PG			
	The Taste of Memories/Virtual Battle	•	•					
	The Awesome Brawlers battle Crystal Blue over the last bag of lentils. Benton Dusk brings his virtual reality simulator to help train the Brawlers.							
	Cons.Advice: Animated Violence, Themes							
09:30	MEGA MAN: FULLY CHARGED		Repeat	WS	PG			
	Enemy Of My Enemy/Old School							
	When a grudge match between Fire Man and Nama and ultimately choose a side to prevent collateral da	gem threatens to level Silimage.	con City, Mega Ma	n must inter	vene			
	Cons.Advice: Animated Violence, Themes							
10:00	NINJAGO: CRYSTALIZED			WS	PG			
	Crystastrophe/Christofern	•	•	•	•			
	The Ninja fight back the Crystal King's army as Lloyd Master Wu listen to Garmadon's recent journey of se							
	Crystal King.							



10:30	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G		
	Tunnel of Darkness/Heartmore							
	When City Hall gets shut down for renovations, the girls discover a secret a side to Heartlake they never knew existed.							
11:00	SPACE NOVA	Captioned	Repeat		WS	С		
	The Jump							
	The Novas expose Aubrina's wrongdoing and the Star Dust Cr Dust 'jump' and explore unknown parts of space, but Aubrina e					irst Star		
11:30	POWER PLAYERS		Repeat		WS	PG		
	Opposites Attract/The Thing In The Wall							
	Claiming he's good at heart, Dynamo convinces Axel and the traccuse Galileo of stealing their possessions.	eam to help him	power his cen	trifuge; t	he tean	า		
	Cons.Advice: Mild Violence							
12:00	YU-GI-OH! SEVENS				WS	PG		
	Student Council Crisis							
	Rayne suddenly requests to leave the Student Council and the Sogetsu Style. In response to the unexpected action the bewildered Gavin tells her that she has to defeat him in a Rush Duel as condition.							
	Cons.Advice: Animated Violence, Themes							
12:30	BEYBLADE BURST SURGE		Repeat		WS	PG		
	The Blading Revolution!							
	The Hizashi brothers, Hyuga and Hikaru, are surging onto the scene, and they are ready to join a new Blading revolution!							
	Cons.Advice: Mild Violence							
13:00	POWER RANGERS DINO FURY		Repeat		WS	PG		
	Secret Santa							
	While the Rangers fight to get Santa's magic sketchbook back from the villains, Javi and Solon are caught in a trap!							
	Cons.Advice: Mild Violence, Themes							
13:30	TRANSFORMERS: CYBERVERSE		Repeat		WS	PG		
	Sabotage							
	Bumblebee is trapped in a false memory created by Shockwav	e as a trap to co	onvince him tha	t he's a	Decept	icon.		
	Cons.Advice: Animated Violence							
13:40	THE COOLANGATTA GOLD 2022	Captioned	Repeat		WS	NA		
	The Coolangatta Gold 2022					•		
	A documentary-style broadcast featuring the 2022 Shaw and Partners Financial Services Coolangatta Gold Long Course, one of the most challenging endurance races in surf sports.							



14:40	INSIDE PHUKET AIRPORT		Captioned	Repeat		ws	PG		
	Love is in the Air								
	The customer service trainees put on a special performance for passengers on Valentine's Day. Lise and Peter reunite after two months of separation, and Patrick and Kunghee prepare for the wedding of a lifetime.								
	Cons.Advice: Themes, Mild Coarse Language								
15:40	INSIDE PHUKET AIRPORT		Captioned			ws	PG		
	Mangoes and Medical Dogs								
	Customs officer Pui has a hard time explaining the prohibited goods rule, Andy tries to ship his prized paintings back to Manchester, and Dollar is a dog with some very special gifts.								
	Cons.Advice: Mild Coarse Language								
16:40	ABOUT A BOY					WS	PG		
	About a Girl								
	Marcus is in love with his lab partner and seeks help from Will on how to go about it and get invited to her birthday party. Will tries to get back with Dakota, who's still upset with being lied to.								
	Starring: David Walton, Benjamin Stockham, Minnie Driver								
	Cons.Advice: Themes, Sexual References, Mild Coarse Language								
17:10	THE BOSS BABY 2	2017	Captioned	Repeat		ws	G		
	The Boss Baby								
	A suit-wearing, briefcase-carrying baby pairs up with his 7-year old brother to stop the dastardly plot of the CEO of Puppy Co.								
	* * * *								



19:00	SHREK 2	2004	Captioned	Repeat	ws	PG				
	Shrek 2					•				
	Shrek faces his greatest challenge: the in-laws! Shrek and Princess Fiona return from their honeymoon to find an invitation to visit Fiona's parents, the King and Queen of Far, Far Away. Nothing could have prepared her parents for the sight of Fiona's new prince not to mention how much their little girl has changed.  Starring: Mike Myers, Cameron Diaz, Julie Andrews, Eddie Murphy									
	Cons.Advice: Adult Themes									
21:00	THE MUMMY RETURNS	2001	Captioned	Repeat	ws	М				
	The Mummy Returns				-					
	The mummified body of Imhotep is shipped to a museum in London, where he once again wakes and begins his campaign of rage and terror.									
	Starring: Brendan Fraser, Rachel Weisz, John Hannah									
	Cons.Advice: Supernatural Themes, Some Vi	olence								
23:30	PARANORMAL CAUGHT ON CAMERA		Captioned	Repeat	ws	М				
	Bigfoot Stalks a Father and Son, & More									
	A man and his son are stalked by a mysterious creature, bone-chilling shrieks strike fear into residents of a Colombian town, and Navy radar locks onto an unidentified aircraft.									
	Cons.Advice: Supernatural Themes, Some Co	oarse Language								
00:30	MANIFEST		Captioned	Repeat	ws	М				
	Turbulence									
	Ben and Michaela investigate a shocking murder in fear that it's connected to Flight 828; Olive and Cal realize that being twins after five and a half years apart is harder than they thought.									
	Starring: Melissa Roxburgh, Josh Dallas, Athena Karkanis									
	Cons.Advice: Some Violence									
01:30	MANIFEST		Captioned	Repeat	WS	М				
01:30	MANIFEST  Unclaimed Baggage		Captioned	Repeat	WS	М				
01:30			ome trial, error a	nd teamwork to	heed the call	<u> </u>				
01:30	Unclaimed Baggage  Michaela and Saanvi have a similar vision, bu	Ben comes face-t	ome trial, error a	nd teamwork to	heed the call	<u> </u>				
01:30	Unclaimed Baggage  Michaela and Saanvi have a similar vision, butakes the fall for Michaela's misstep at work; E	Ben comes face-t	ome trial, error a	nd teamwork to	heed the call	<u> </u>				
01:30	Unclaimed Baggage  Michaela and Saanvi have a similar vision, butakes the fall for Michaela's misstep at work; E  Starring: Melissa Roxburgh, Josh Dallas, Athe	Ben comes face-t	ome trial, error a	nd teamwork to	heed the call	<u> </u>				
	Unclaimed Baggage  Michaela and Saanvi have a similar vision, bu takes the fall for Michaela's misstep at work; E Starring: Melissa Roxburgh, Josh Dallas, Athe Cons.Advice: Some Violence	Ben comes face-t	ome trial, error a	nd teamwork to nan who replac	o heed the call ced him.	Jared				
	Unclaimed Baggage  Michaela and Saanvi have a similar vision, butakes the fall for Michaela's misstep at work; Estarring: Melissa Roxburgh, Josh Dallas, Athe Cons.Advice: Some Violence  MIKE TYSON MYSTERIES	Ben comes face-t	ome trial, error a	nd teamwork to nan who replac	o heed the call ced him.	Jared				



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02:30	TRANSFORMERS: BUMBLEBEE CYBERVERSE ADVENTURES		Repeat		WS	PG			
	The Perfect Deception - Part 1								
	The peace treaty between the Autobots and Decepticons is put to the test when a new threat arrives, bringing a war from another reality.								
	Cons.Advice: Animated Violence, Themes								
03:00	POWER RANGERS DINO FURY		Repeat		WS	PG			
	Secret Santa								
	While the Rangers fight to get Santa's magic sketchbook back from the villains, Javi and Solon are caught in a trap!								
	Cons.Advice: Mild Violence, Themes								
03:30	BEYBLADE BURST SURGE		Repeat		WS	PG			
	The Blading Revolution!	•							
	The Hizashi brothers, Hyuga and Hikaru, are surging onto the scene, and they are ready to join a new Blading revolution!								
	Cons.Advice: Mild Violence								
04:00	YU-GI-OH! SEVENS		Repeat		WS	PG			
	Student Council Crisis								
	Rayne suddenly requests to leave the Student Council and the Sogetsu Style. In response to the unexpected action the bewildered Gavin tells her that she has to defeat him in a Rush Duel as condition.								
	Cons.Advice: Animated Violence, Themes								
04:30	RICKY ZOOM		Repeat		WS	G			
	Ricky's Fired Up Part 2 / Officer Bunker is Not Himself								
	Ricky and the buddies track the Big Kabooma to Maxwell's garage. / Officer Bunker becomes very different after he has an accident with a motoball.								
04:50	NINJAGO: CRYSTALIZED		Repeat		WS	PG			
	Crystastrophe/Christofern	•	•						
	The Ninja fight back the Crystal King's army as Lloyd and Master Wu trace a clue back to an unlikely ally. Lloyd and Master Wu listen to Garmadon's recent journey of self-improvement and find the clue they need to fight against the Crystal King.								
	Cons.Advice: Themes, Animated Violence								
05:10	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G			
	Tunnel of Darkness/Heartmore								
	When City Hall gets shut down for renovations, the girls discover a secret a side to Heartlake they never knew existed.								
05:30	GIGANTOSAURUS		Repeat		WS	G			
	Mazu Takes A Chance/The Lost Egg								
	Mazu must do the impossible to protect a helpless dragonfly from raptors; Rocky suppresses his tough dino side and learns to be gentle with an egg he's found.								