

Sun Feb 28, 2021

06:00	POLLY POCKET				WS	G
	<p><i>Ant Polly/Halloween Queen</i></p> <p>With her shrinking-powered magic locket around her neck and her friends by her side, Polly Pocket proves there's no adventure too big for "tiny power!" Our pint-sized heroes use their unique point-of-view to help the neighbourhood animals, conquer school assignments, and discover a big world full of fun.</p>					
06:30	BARBIE: DREAMHOUSE ADVENTURES		Repeat		WS	G
	<p><i>Close-Knit Friendship</i></p> <p>When Barbie, Teresa and Nikki are asked to write their school song, they learn a lesson in working out creative differences.</p>					
07:00	EARTH TO LUNA!		Repeat		WS	G
	<p><i>Staying Dry/In Your Eyes</i></p> <p>Curious about everything and excited about science, 6-year-old Luna, her brother Jupiter and pet Clyde explore nature to learn about the world.</p>					
07:30	PIRATE EXPRESS	Captioned	Repeat		WS	C
	<p><i>Booty Nights/ Fountain of Misspent Youth</i></p> <p>When Hades, Zeus and Poseidon find they have been burgled all evidence points to the Pirate Express crew and determined to get the smelly Pirates to have a bath, Newt inadvertently leads the Crew to the magical 'Fountain of Youth'.</p>					
08:00	MY LITTLE PONY: FRIENDSHIP IS FOREVER		Repeat		WS	G
	<p><i>Deep Tissue Memories</i></p> <p>After learning that her friends, as well as herself, are the magical Elements of Harmony, studious unicorn Twilight Sparkle is sent by her mentor, Princess Celestia, to Ponyville to study the magic of friendship with help from her friends.</p> <p>Cons.Advice: Themes, Mild Violence</p>					
08:30	TRUE AND THE RAINBOW KINGDOM		Repeat		WS	G
	<p><i>Woo-Woo Sky Blubbs</i></p> <p>A family of flying Sky Blubbs has lost its way. True and Bartleby use the power of the wishes to help them return to the Chilly North.</p>					
09:00	RICKY ZOOM		Repeat		WS	G
	<p><i>Problem at Windshield Point/Two Wheel Justice</i></p> <p>Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.</p>					
09:30	POKEMON: BW ADVENTURES IN UNOVA				WS	G
	<p><i>Ash And N: A Clash Of Ideals!</i></p> <p>Ash and friends unite with Professor Cedric Juniper at the White Ruins, where they learn that the Light Stone, a legendary version of Reshiram, has been found; N tries to take the stone for himself but ends up trapped underground with Ash.</p>					
10:00	THE TOM & JERRY SHOW		Repeat		WS	G
	<p><i>Everyone Into the Pool/ Double Dog Trouble/ Hyde and Shriek</i></p> <p>The iconic cat and mouse rivals are back in THE TOM AND JERRY SHOW, a fresh take on the classic series.</p> <p>Cons.Advice: Animated Violence</p>					

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10:30	BAKUGAN: ARMORED ALLIANCE				WS	PG
	<p><i>The AB Bakugan Battle League! Part 1/The AB Bakugan Battle League! Part 2</i></p> <p>With all the mayhem and destruction Haavik is causing, the Awesome Brawlers decide that a bit of Bakugan brawling is the perfect distraction to take their minds off all.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
11:00	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G
	<p><i>Daddy's Girl/Miarella</i></p> <p>Olive, Andrea, Emma, Mia, and Stephanie are five best friends on a mission, embarking on a series of challenges and adventures in their beautiful Heartlake City.</p>					
11:30	LEGO JURASSIC WORLD - LEGEND OF ISLA NUBLAR		Repeat		WS	PG
	<p><i>Blown Away</i></p> <p>Animal behaviorist Owen Grady and park operations assistant manager Claire Dearing work together in dealing with running Jurassic World.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
12:00	KAIJUDO: RISE OF THE DUEL MASTERS		Repeat		WS	PG
	<p><i>The Deep End - Part 1</i></p> <p>When Ray's memories are stolen by the Choten, the kids travel into the depths of the Water Realm to recover them. With "Reef Prince" Gargle as their guide, all goes as planned until they're charged with stealing a prized artefact.</p> <p>Cons.Advice: Animated Violence, Themes, Scary Scenes</p>					
12:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<p><i>Rebirth! Command Dragon!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
13:00	POWER RANGERS DINO CHARGE		Repeat		WS	PG
	<p><i>Past, Present & Fusion</i></p> <p>A new teen finds his own Energem and joins Tyler and Shelby on their pilgrimage to the Dinosaur Museum; the group must protect the Energems from a fierce bounty hunter named Sledge.</p> <p>Cons.Advice: Stylised Violence</p>					
13:30	CLARENCE		Repeat		WS	PG
	<p><i>Gilben's Different</i></p> <p>Clarence is a boy who sees the best in everything. His unique perspective on life transforms even a mundane situation into a wild one. Epic dirt fights, awkward crushes and secret tree forts are all par for the course for the youngster.</p> <p>Cons.Advice: Themes</p>					
13:40	DANCE MOMS		Repeat		WS	PG
	<p><i>Nia Risks It All</i></p> <p>After Holly and Abby get into an argument, Holly goes behind Abby's back to work with a huge star; Maddie prepares for another Hollywood job; the girls are on edge when Abby announces an open call audition in Los Angeles.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					



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14:40	DANCE MOMS		Repeat		WS	PG
	<p><i>Wild Wild West Coast, Part 1</i></p> <p>The mothers' patience with Abby grows thin during the ALDC's last week in Los Angeles; Abby brings in two swing dancers that threaten the other girls' chances at an audition; Abby's job as a manager is put to the test.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
15:40	BMX BANDITS	1983	Captioned	Repeat	WS	PG
	<p><i>BMX Bandits</i></p> <p>A trio of teen BMX bikers become entangled with a group of bank robbers after discovering their cache of walkie-talkies.</p> <p>Starring: David Argue, Nicole Kidman, John Ley</p> <p>Cons.Advice: Mild Coarse Language</p>					
17:40	ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL	2010	Captioned	Repeat	WS	G
	<p><i>Alvin And The Chipmunks: The Squeakquel</i></p> <p>The world famous singing pre-teen chipmunk trio return to contend with the pressures of school, celebrity, and a rival female music group known as The Chipettes.</p> <p>Starring: Jason Lee, Zachary Levi, David Cross</p>					

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19:30	THE MATRIX RELOADED	2003	Captioned	Repeat		WS	M
	<p><i>The Matrix Reloaded</i></p> <p>In order for Neo to fulfil the Prophecy to end the inevitable war, they return to the Matrix where they discover new, more powerful foes. Agent Smith also returns after escaping deletion.</p> <p>Starring: Keanu Reeves, Laurence Fishburne, Hugo Weaving</p> <p>Cons.Advice: Frequent Violence, A Sex Scene</p>						
22:10	GHOST RIDER	2007		Repeat		WS	M
	<p><i>Ghost Rider</i></p> <p>Nicolas Cage stars as Johnny Blaze, a badass stunt motorcyclist who makes a Faustian bargain with the sinister Mephisto to save a loved one. Years later, the devilish deal maker offers Johnny the chance to reclaim his soul by vanquishing Blackheart, Mephisto's archenemy and son, who's scheming to depose his father.</p> <p>Starring: Nicolas Cage, Peter Fonda, Eva Mendes</p> <p>Cons.Advice: Supernatural Themes, Some Violence</p>						
00:25	LETHAL WEAPON		Captioned	Repeat		WS	MA
	<p><i>Funny Money</i></p> <p>Riggs and Murtaugh are thrown into the world of counterfeit money; a group of teenagers inadvertently get involved, and it strikes a chord with Murtaugh; Riggs decides to visit someone from his past.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>						
01:20	DANCE MOMS			Repeat		WS	PG
	<p><i>Nia Risks It All</i></p> <p>After Holly and Abby get into an argument, Holly goes behind Abby's back to work with a huge star; Maddie prepares for another Hollywood job; the girls are on edge when Abby announces an open call audition in Los Angeles.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>						
02:10	DANCE MOMS			Repeat		WS	PG
	<p><i>Wild Wild West Coast, Part 1</i></p> <p>The mothers' patience with Abby grows thin during the ALDC's last week in Los Angeles; Abby brings in two swing dancers that threaten the other girls' chances at an audition; Abby's job as a manager is put to the test.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>						
03:00	POWER RANGERS DINO CHARGE			Repeat		WS	PG
	<p><i>Past, Present & Fusion</i></p> <p>A new teen finds his own Energem and joins Tyler and Shelby on their pilgrimage to the Dinosaur Museum; the group must protect the Energems from a fierce bounty hunter named Sledge.</p> <p>Cons.Advice: Stylised Violence</p>						



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03:30	THUNDERBIRDS		Repeat			G
	<i>Atlantic Inferno</i> Follow the adventures of the International Rescue, an organisation created to help those in grave danger in this marionette puppetry classic.					
04:30	POKEMON: BW ADVENTURES IN UNOVA		Repeat		WS	G
	<i>Ash And N: A Clash Of Ideals!</i> Ash and friends unite with Professor Cedric Juniper at the White Ruins, where they learn that the Light Stone, a legendary version of Reshiram, has been found; N tries to take the stone for himself but ends up trapped underground with Ash.					
04:50	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G
	<i>Daddy's Girl/Miarella</i> Olive, Andrea, Emma, Mia, and Stephanie are five best friends on a mission, embarking on a series of challenges and adventures in their beautiful Heartlake City.					
05:10	LEGO JURASSIC WORLD - LEGEND OF ISLA NUBLAR		Repeat		WS	PG
	<i>Blown Away</i> Animal behaviorist Owen Grady and park operations assistant manager Claire Dearing work together in dealing with running Jurassic World. Cons.Advice: Animated Violence, Themes					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<i>Obelisk the Tormentor</i> Yami finds out who he really is by examining a stone tablet in a museum. Cons.Advice: Mild Violence					

Mon Mar 1, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Battle Royale! Beyblade Heroes!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Genesis in Motion!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<i>Fan the Flames</i> Windy thinks taking out Soulburner and Flame will be a breeze, but he's just fanning their flames of victory! Cons.Advice: Animated Violence, Themes					
07:30	BAKUGAN: ARMORED ALLIANCE				WS	PG
	<i>The Awesome Burger Brawl/Master and Apprentice</i> Shun and Masato head to Tokyo's Battle Island to discuss plans for hosting public Bakugan battles. Upon landing, they quickly learn it's a set up! The two are now stranded and face with heaps of brawlers, who are all looking to bring them down! Cons.Advice: Animated Violence, Themes					
08:00	SMASHHDOWN!	Captioned	Repeat		WS	C
	<i>Match Day 4, Pool B – Coops vs. Tornado Cado</i> It's Canadian Day as Nick tries ice-skating, we discover the Annual Canadian Pumpkin Regatta, and our players smash open giant pucks with hockey sticks, then try a dreadful Canadian smoothie!					
08:30	RICKY ZOOM				WS	G
	<i>The Mega-Whirely-Leap/Trike Trials</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	GIGANTOSAURUS				WS	G
	<i>Mazu Takes A Chance/The Lost Egg</i> Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<i>Big Gold Superbloom/Batter Up</i> Wildflowers are being destroyed, causing tomato worms to devour the crops on a nearby farm; the Rangers need to help bats from colliding with wind turbines.					

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10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>The Way Back</i></p> <p>When Nadakhan acquires infinite wishes, Jay only has one.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>A Snow Day for Searching!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS				WS	PG
	<p><i>Winner Takes All</i></p> <p>Abby challenges Daviana and Kalani to a head-to-head solo showdown; two minis rejoin the team; Abby eliminates a member of the super team.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>Rash Talk</i></p> <p>Hank treats best friends who are starting their own business and finds himself in the middle of a neighbours' dispute, tending members of both sides. Evan learns about his father's forthcoming parole hearing and makes plans to attend.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Nurses' Strike</i></p> <p>While Mindy struggles to take care of a sick Leo, Shulman and Associates is rocked by a nurses' strike led by Ben, a handsome male nurse.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>Margaret Thatcher</i></p> <p>The nurses' strike continues, while Mindy finds herself having romantic feelings for the enemy - Ben, the leader of the nurses.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
14:00	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<p><i>Out of Bridal Bounds</i></p> <p>A sports coach's entourage pushes for glam; a bodybuilder bride wants to show off her muscles and look ladylike; a bride purchases a gown in a smaller size and hopes it fits.</p>					

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14:30	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<i>The Bridal Countdown</i> Bride Salina is getting married today and must find the perfect dress; an Army officer and former beauty queen is caught between her past and present styles.					
15:00	SOCIAL FABRIC	Captioned	Repeat		WS	PG
	<i>Leather Jacket</i> Made for bomber pilots, the leather jacket is a beloved style icon all over the world. Kyle Ng gets punk in Tokyo, races around New York and meets the father of the over-the-top 'championship jacket'. Cons.Advice: Some Coarse Language					
15:30	SOCIAL FABRIC	Captioned	Repeat		WS	PG
	<i>Crazy Pants</i> Kyle Ng is out to find the wildest trousers on earth. He visits Jay Kos, a designer taking bottoms to new heights, slips into DIY culture and learns how Japanese workwear is turning into high fashion. Cons.Advice: Some Coarse Language					
16:00	BAYWATCH		Repeat		WS	PG
	<i>The Sky is Falling</i> A plane crash in the ocean turns into real trouble after the rescue, when the contents of a suitcase wash ashore. Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth Cons.Advice: Themes					
17:00	KNIGHT RIDER				WS	PG
	<i>Knight Of A Thousand Devils</i> Michael's CIA pal Lew Jonas gets killed during a raid on crime boss Ronald Becker. Becker plans to get out of the country using the illegal Baja race to Mexico as a cover. Michael vows to catch Becker if it's the last thing he does. Starring: David Hasselhoff, Edward Mulhare, Richard Basehart Cons.Advice: Some Violence					

Mon Mar 1, 2021

18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Malcolm's Girlfriend</i></p> <p>When Malcolm finally finds a girlfriend, he loses focus on his schoolwork, and Dewey makes a new friend - a real one.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Charity</i></p> <p>As Malcolm and his brothers cheekily mine personal profit from church charity work, Francis gets a taste of life in the unlikely setting of an Alaskan logging camp.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>The Fifth Wheel</i></p> <p>Fran decides to stop chasing men and goes on a girls night with Val and Ms Babcock.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
19:30	RBT	Captioned	Repeat		WS	M
	<p><i>V8 Dreaming/Lovely Soul</i></p> <p>Follow the police units for a unique behind-the-scenes look at RBT patrols testing for alcohol and drug affected drivers.</p> <p>Cons.Advice: Some Coarse Language, Drug References</p>					
20:30	AMERICAN MADE	2017	Captioned		WS	MA
	<p><i>American Made</i></p> <p>Barry Seal, a TWA pilot, is recruited by the CIA to provide reconnaissance on the burgeoning communist threat in Central America and soon finds himself in charge of one of the biggest covert CIA operations in the history of the United States. The operation spawns the birth of the Medellin cartel and almost brings down the Reagan White House.</p> <p>Starring: Tom Cruise, Domhnall Gleeson, Sarah Wright</p> <p>Cons.Advice: Very Coarse Language, Some Violence, Adult Themes, Sex Scenes</p>					
22:45	PARANORMAL CAUGHT ON CAMERA	Captioned	Repeat		WS	M
	<p>A panel of experts analyze footage from some of the world's most eye-opening and terrifying paranormal videos. From poltergeist activity to lights in the sky, these firsthand accounts just might turn skeptics into believers.</p> <p>Cons.Advice: Supernatural Themes</p>					
23:45	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>The Fifth Wheel</i></p> <p>Fran decides to stop chasing men and goes on a girls night with Val and Ms Babcock.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					

Mon Mar 1, 2021

00:15	LETHAL WEAPON	Captioned	Repeat		WS	MA
	<i>Diggin' Up Dirt</i> When Riggs visits his father-in-law in prison, an old secret about his deceased wife comes to light; Murtaugh tries to impress Capt. Avery; Trish and Leo Getz try to solve a murder on their own. Starring: Clayne Crawford, Damon Wayans, Kevin Rahm Cons.Advice: Strong Violence					
01:10	BROMANS		Repeat		WS	M
	The remaining men compete in the Emperor's Games - the grand final. They and their girlfriends have shed blood, sweat and tears to make it this far, but just one lad will leave Rome a hero and be crowned the Ultimate Broman. Cons.Advice: Some Coarse Language, Nudity					
02:10	DANCE MOMS		Repeat		WS	PG
	<i>Winner Takes All</i> Abby challenges Daviana and Kalani to a head-to-head solo showdown; two minis rejoin the team; Abby eliminates a member of the super team. Cons.Advice: Themes, Mild Coarse Language					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Battle Royale! Beyblade Heroes!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<i>The Way Back</i> When Nadakhan acquires infinite wishes, Jay only has one. Cons.Advice: Animated Violence, Themes					
04:00	POKEMON		Repeat		WS	G
	<i>A Trip Down Memory Train!</i> On the road to Anistar City, Ash and friends fall into a Team Rocket pit trap! Pikachu quickly sends the villains blasting off again. Cons.Advice: Supernatural Themes, Animated Violence					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<i>A Snow Day for Searching!</i> Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region. Cons.Advice: Animated Violence					



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04:50	POWER RANGERS SUPER NINJA STEEL		Repeat		WS	PG
	<p><i>Magic Misfire</i></p> <p>One of Preston's spells accidently causes unintended consequences for one of his favourite teachers which he must now fix.</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					
05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
	<p><i>Girl Power/Return To the Fold</i></p> <p>When Lia battles with China Riot, they eventually come to an understanding as China finally realizes she's been set up by Benton/Tiko.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<p><i>Stalked by the Rare Hunters</i></p> <p>With his most prized card at stake, Joey must defeat a challenger to secure his place in the tournament.</p> <p>Cons.Advice: Mild Violence</p>					

Tue Mar 2, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Lord of Destruction! Dread Phoenix!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Dragon Vs Apocalypse!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<i>For a Friend</i> Blue Maiden and Aqua face their most dangerous duel as they take on a new and improved Bohman! Cons.Advice: Animated Violence, Themes					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<i>Bakugan Uproar/The Fusion Bakugan Sabrus</i> A wealthy man, Mr Gold, has duped Storm and Ajit, and trapped them in his personal prison. but no prison can hold the cunning phantom thief Storm and his former apprentice, Ajit for long. Cons.Advice: Animated Violence, Themes					
08:00	SMASHHDOWN!	Captioned	Repeat		WS	C
	<i>Elimination Quarter Final, Pool B – Active Abby vs. Tornado Cado</i> It's Quarter Final day, so Nick hits the road for some pointers from junior athletes, we discover the science of stretching, and our players dive into our giant ball pit!					
08:30	RICKY ZOOM		Repeat		WS	G
	<i>Flat Out Awesome/Ricky's Rescue Coaching Badge</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	GIGANTOSAURUS				WS	G
	<i>Saving Ayati/The Crevice</i> Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<i>Missed Them by a Hare/Drone Zone</i> Climate change causes snow to melt prematurely, leaving a family of snow hares vulnerable to predators; the Rangers attempt to save a bear cub stuck on the side of a mountain.					

Tue Mar 2, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>The Hands of Time</i></p> <p>Master Wu mistakenly tries to single-handedly complete a battle he began decades ago against Acronix, one of the twin Hands of Time.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>A Chilling Curse!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS				WS	PG
	<p><i>New Kid On The Block</i></p> <p>Abby brings in a new dancer with an eccentric mother; Abby encourages Brynn to lead Kalani and Kendall in their trio; the mothers are nervous when Abby assigns the first hip-hop routine since the elites walked out.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>The Shaw/Hank Redemption</i></p> <p>Hank and Evan travel to Florida to support their father Eddie at his parole hearing, but are shocked by what they discover about their father and his situation. Marisa goes into labour with only Divya to help her.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Mindy Lahiri Is a Misogynist</i></p> <p>As Jeremy recovers from his heart attack, the practice needs another doctor. Jeremy and Jody want to hire a woman, but Mindy isn't sure about sharing the spotlight.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>Leland Breakfast Is the Miracle Worker</i></p> <p>When Mindy discovers that her new boyfriend isn't being exclusive, she goes on a date with a famous actor aka "the bad boy of London theatre."</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					



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14:00	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<p><i>True Colours</i></p> <p>Part bridal story, part fashion makeover and part family therapy session, each episode looks at the personalities and craftsmanship that come into play at one of the busiest bridal salons in America.</p>					
14:30	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<p><i>Eye of the Bridal Storm</i></p> <p>A legally blind bride and her mother argue over finding an age-appropriate dress; a bride's opinionated pro-wrestler fiancé; shopping with 13 bridesmaids.</p>					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Malcolm's Girlfriend</i></p> <p>When Malcolm finally finds a girlfriend, he loses focus on his schoolwork, and Dewey makes a new friend - a real one.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
15:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Charity</i></p> <p>As Malcolm and his brothers cheekily mine personal profit from church charity work, Francis gets a taste of life in the unlikely setting of an Alaskan logging camp.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
16:00	BAYWATCH		Repeat		WS	PG
	<p><i>The Drowning Pool</i></p> <p>Jill loses her first drowning victim; an inept would-be lifeguard blows his chances on the beach.</p> <p>Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth</p> <p>Cons.Advice: Some Violence</p>					
17:00	KNIGHT RIDER				WS	PG
	<p><i>Hills Of Fire</i></p> <p>Michael enters an off-road race in hopes of catching the mobster responsible for the death of a federal agent.</p> <p>Starring: David Hasselhoff, Edward Mulhare, Richard Basehart</p> <p>Cons.Advice: Some Violence</p>					

Tue Mar 2, 2021

18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Health Scare</i></p> <p>Hal is scared when he finds a lump, and feels a new-found love for his family. As Dewey loses the class hamster, Lavernia challenges Francis to a fight. Will he lose to a girl?</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Christmas</i></p> <p>Moving wrapped presents into the garage, Lois threatens to cancel Christmas unless the boys can behave themselves until Dec. 25; Francis is forced to visit his grandmother.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>The Nose Knows</i></p> <p>Fran freaks out on Mr. Sheffield after he brings home a model and makes out with her in the living room.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
19:30	WATERWORLD	1995	Captioned	Repeat	WS	M
	<p><i>Waterworld</i></p> <p>In a future where the polar ice-caps have melted and Earth is almost entirely submerged, a mutated mariner fights starvation and outlaw "smokers", and reluctantly helps a woman and a young girl try to find dry land.</p> <p>Starring: Kevin Costner, Jeanne Tripplehorn, Dennis Hopper</p> <p>Cons.Advice: Some Violence, Some Coarse Language</p>					
22:10	THE BIG HIT	1998	Captioned	Repeat	WS	MA
	<p><i>The Big Hit</i></p> <p>Socially anxious hitman Melvin Smiley, an expert in his lucrative field, goes on a job and falls in love with his kidnapping victim, turning his world upside down.</p> <p>Starring: Mark Wahlberg, Lou Diamond Phillips, Christina Applegate</p> <p>Cons.Advice: Frequent Coarse Language, Strong Violence</p>					
00:00	LETHAL WEAPON		Captioned	Repeat	WS	MA
	<p><i>Better Living Through Chemistry</i></p> <p>An escaped patient of Dr. Cahill's is murdered; Riggs' anger gets the better of him; Avery considers whether he is fit to serve; family tension runs high between Murtaugh and Trish when they have to make big decisions about R.J.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>					
01:00	URBEX: ENTER AT YOUR OWN RISK		Captioned	Repeat	WS	M
	<p><i>Unlimited</i></p> <p>Documentary series about urban explorers who explore areas above, around and below the world's most famous cities.</p> <p>Cons.Advice: Dangerous Behaviour, Some Coarse Language</p>					



Tue Mar 2, 2021

02:00	MIKE TYSON MYSTERIES		Repeat		WS	MA
	<p><i>The Yung and the Restless</i></p> <p>Yung Hee wonders if being on a mystery team is what she wants to do with her life.</p> <p>Cons.Advice: Strong Violence, Adult Themes, Some Coarse Language</p>					
02:10	DANCE MOMS		Repeat		WS	PG
	<p><i>New Kid On The Block</i></p> <p>Abby brings in a new dancer with an eccentric mother; Abby encourages Brynn to lead Kalani and Kendall in their trio; the mothers are nervous when Abby assigns the first hip-hop routine since the elites walked out.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Lord of Destruction! Dread Phoenix!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>The Hands of Time</i></p> <p>Master Wu mistakenly tries to single-handedly complete a battle he began decades ago against Acronix, one of the twin Hands of Time.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
04:00	POKEMON		Repeat		WS	G
	<p><i>A Frolicking Find in the Flowers!</i></p> <p>As our heroes take a break in a beautiful meadow on their way to Anistar City, Serena and Bonnie unexpectedly come across an Eevee, dancing joyfully in the sunlight!</p> <p>Cons.Advice: Supernatural Themes, Animated Violence</p>					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>A Chilling Curse!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
04:50	POWER RANGERS SUPER NINJA STEEL		Repeat		WS	PG
	<p><i>Doom Signal</i></p> <p>Odius has a devious plan to create a massive army to control the world.</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					



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05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
	<p><i>Kazami Family Feud/Greatest of the Kazami</i></p> <p>Masato attacks, but the AO soon realize that Ichiro is keeping a Golden Bakugan captive, forcing them to choose between the lesser of two evils!</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<p><i>Yugi vs The Rare Huner - Part 1: Battle City Begins</i></p> <p>In order to secure Joey's card, Yugi battles the Rare Hunter in the first match of the tournament.</p> <p>Cons.Advice: Mild Violence</p>					

Wed Mar 3, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Turbo Training! Xavier's Kingdom!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Dragon vs Genesis!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<i>The Hunt Is On</i> The Shepherd's out to eliminate the leader of the Ignis - Lightning! Cons.Advice: Animated Violence, Supernatural Themes					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<i>Ancient Golden Bakugan Garillion/The Name of Infinity</i> While the Awesome Brawler's Bakugan squabble about what to watch on TV at Studio D, Haavik unleashes his newly created five-faction fusion Bakugan: Sabrus on the city of Los Volmos. Cons.Advice: Animated Violence, Themes					
08:00	SMASHDOWN!	Captioned	Repeat		WS	C
	<i>Match Day 1, Pool C – Zetta vs. Yoshi</i> Get ready for the big hits, it's all about rugby today! Nick heads to junior training, our sponsor is Corey Oates oats, our players take on bungee-rugby, plus a huge final obstacle course challenge!					
08:30	RICKY ZOOM				WS	G
	<i>Ramp it Up/Toot & the Wheelies</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	GIGANTOSAURUS				WS	G
	<i>The Island/Don't Cave In</i> Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<i>Marshland Chronicles/Otterly Lost</i> A spring morning snowstorm is followed by an abrupt afternoon warm-up, causing a flood of melted snow that threatens the local wildlife; an otter loses her favorite rock.					

Wed Mar 3, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>The Hatching</i></p> <p>The Ninja learn more about the Krux and Acronix - the two fallen Elemental Masters known as the Hands of Time - and are sure that this threat has finally been eliminated.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Kicking It From Here to Tomorrow!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS				WS	PG
	<p><i>No Clowning Around</i></p> <p>Nationals are only six weeks away, but a constantly changing team have the moms worried. Nia gets her first solo in a year and Abby gives two of her new dancers a chance to shine on stage. Meanwhile, the veteran moms go on the attack after one of the new moms puts down their kids.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>A Man Called Grandpa</i></p> <p>Evan tries to bond with Grandpa Ted not only to convince him to stand up for Eddie but also to repair the family rift.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Concord</i></p> <p>Mindy escapes to her childhood home in Massachusetts and discovers that her mom is using dubious methods to further her acting career in local theatre.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>Revenge of the Nurse</i></p> <p>Mindy is afraid that she and Ben don't have similar desires for their futures; a former fling of Mindy's returns with an interesting new job.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					



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14:00	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<p><i>Gold Medal Gown</i></p> <p>An Olympic bobsledder bride and her mother argue over the length of her reception dress; a bride questions her ball gown decision.</p>					
14:30	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<p><i>The Ties That Bind</i></p> <p>A second-time bride hopes dress shopping with her mother will convince her to attend the wedding; a low budget; second thoughts at a gown fitting.</p>					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Health Scare</i></p> <p>Hal is scared when he finds a lump, and feels a new-found love for his family. As Dewey loses the class hamster, Lavernia challenges Francis to a fight. Will he lose to a girl?</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
15:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Christmas</i></p> <p>Moving wrapped presents into the garage, Lois threatens to cancel Christmas unless the boys can behave themselves until Dec. 25; Francis is forced to visit his grandmother.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
16:00	BAYWATCH		Repeat		WS	PG
	<p><i>Rookie School</i></p> <p>Eddie's life is endangered when he befriends a young woman who is being pursued by a pair of killers.</p> <p>Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth</p> <p>Cons.Advice: Some Violence, Drug References</p>					
17:00	KNIGHT RIDER				WS	PG
	<p><i>Knight Flight To Freedom</i></p> <p>Michael and RC arrive in San Duarte just in time to see Mount Duarte erupt for the first time since 1874. With the lava flow blocking the way in and out of the country, Colonel Perata stages a coup and holds American advisor Harrison and his wife hostage. Michael joins local news reporter and guerrilla leader Lisa Corrales in her fight to reinstate democratic President Sosa.</p> <p>Starring: David Hasselhoff, Edward Mulhare, Richard Basehart</p> <p>Cons.Advice: Some Violence</p>					



Wed Mar 3, 2021

18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Poker</i></p> <p>Hal accuses Abe of cheating him at poker, Francis gets cabin fever after being trapped in a storm, and Reese and Lois strut their stuff at a dance class.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Resse's Job</i></p> <p>Reese is accused of stealing at his new job, Dewey tries to convince his parents he can keep a goldfish alive, and Malcolm chafes when a super-genius joins his class.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>The Bank Robbery</i></p> <p>Yetta's got a new boyfriend, who's much younger than her and already proposed. However Sylvia is afraid he's after Yetta's money.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
19:30	PARANORMAL CAUGHT ON CAMERA	Captioned			WS	TBC
	<p>A panel of experts analyze footage from some of the world's most eye-opening and terrifying paranormal videos. From poltergeist activity to lights in the sky, these firsthand accounts just might turn skeptics into believers.</p>					
20:30	INDIANA JONES AND THE LAST CRUSADE	1989	Captioned	Repeat	WS	PG
	<p><i>Indiana Jones And The Last Crusade</i></p> <p>In 1938, after his father Professor Henry Jones, Sr. goes missing while pursuing the Holy Grail, Professor Henry "Indiana" Jones, Jr. finds himself up against Adolf Hitler's Nazis again to stop them from obtaining its powers.</p> <p>Starring: Harrison Ford, Sean Connery, Alison Doody</p> <p>Cons.Advice: Some Violence</p>					
23:00	POLICE TEN 7	Captioned			WS	M
	<p>Join Rob Lemoto for a closer look at crime in New Zealand and the Kiwis who end up on the wrong side of the law.</p> <p>Cons.Advice: Some Coarse Language</p>					
23:30	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>The Bank Robbery</i></p> <p>Yetta's got a new boyfriend, who's much younger than her and already proposed. However Sylvia is afraid he's after Yetta's money.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
00:00	LETHAL WEAPON	Captioned	Repeat		WS	MA
	<p><i>Double Shot of Baileys</i></p> <p>Detective Bailey's sister runs into trouble with the law, and she must decide how far she'll go to protect her family; Murtaugh must help Riana navigate boy problems; Riggs deals with the fallout of a night of heavy drinking.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>					

Wed Mar 3, 2021

01:00	THE HORN	Captioned	Repeat		WS	M
	<i>The Longest Day</i> Following the perilous work of Air Zermatt, an alpine search and rescue team that operates on the peaks of Switzerland's Matterhorn mountain. Cons.Advice: Themes, Medical Procedures, Some Coarse Language					
02:00	MIKE TYSON MYSTERIES		Repeat		WS	MA
	<i>The Christmas Episode</i> The team attempts to bring holiday cheer to someone who has given up on life. Cons.Advice: Strong Violence, Adult Themes, Some Coarse Language					
02:10	DANCE MOMS		Repeat		WS	PG
	<i>No Clowning Around</i> Nationals are only six weeks away, but a constantly changing team have the moms worried. Nia gets her first solo in a year and Abby gives two of her new dancers a chance to shine on stage. Meanwhile, the veteran moms go on the attack after one of the new moms puts down their kids. Cons.Advice: Themes, Mild Coarse Language					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Turbo Training! Xavier's Kingdom!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<i>The Hatching</i> The Ninja learn more about the Krux and Acronix - the two fallen Elemental Masters known as the Hands of Time - and are sure that this threat has finally been eliminated. Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow Cons.Advice: Animated Violence, Themes					
04:00	POKEMON		Repeat		WS	G
	<i>Lights! Camera! Pika!</i> During their journey across the Kalos region, our heroes are surprised to come across the largest group of Pikachu they've ever seen! Cons.Advice: Supernatural Themes, Animated Violence					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<i>Kicking It From Here to Tomorrow!</i> Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region. Cons.Advice: Animated Violence					



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04:50	POWER RANGERS SUPER NINJA STEEL		Repeat		WS	PG
	<p><i>Reaching the Nexus</i></p> <p>The Rangers must figure out how to save the citizens of Summer Cove and stop Odius once and for all!</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					
05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
	<p><i>Our Ugly Selves/Trhyno Lives!</i></p> <p>Abandoned in the Vestroia Labyrinth, the AO must deal with their personal losses and, worse, the Bakuzoned Awful Ones!</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<p><i>Yugi vs The Rare Hunter - Part 2: Up against Exodia</i></p> <p>Yugi finally figures out the Rare Hunter's strategy but still has difficulty stopping Exodia.</p> <p>Cons.Advice: Mild Violence</p>					



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06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Turbo Training! Survival on the Savanna!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<p><i>Rebirth! Master Devolos!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<p><i>Lighting Strikes</i></p> <p>The Shepherd has the upper hand in his duel with Lightning, but Lightning's ready to strike!</p> <p>Cons.Advice: Animated Violence, Supernatural Themes</p>					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<p><i>In the Darkness/Indecisive Emily</i></p> <p>Haavik and his five-faction fusion Bakugan Sabrus take their rampage to AAAnimus' headquarters. The Awesome Brawlers quickly track down the rampaging duo and face off!</p> <p>Cons.Advice: Animated Violence, Themes</p>					
08:00	SMASHDOWN!	Captioned	Repeat		WS	C
	<p><i>Match Day 2, Pool C – Willstar vs. Midi</i></p> <p>Lace up the spikes, it's athletics day! Nick heads to Little Athletics, we discover the science of sprinting, before our players long-jump into our giant ball pit, plus an epic final obstacle course!</p>					
08:30	RICKY ZOOM		Repeat		WS	G
	<p><i>The Most Amazing Thing Put in a Box Ever/The New Rescue Tool</i></p> <p>Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.</p>					
09:00	GIGANTOSAURUS				WS	G
	<p><i>Because Triceratops!/Rock Out</i></p> <p>Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.</p>					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<p><i>Tigertastic/Seal Gone Wild</i></p> <p>Preston destroys mangrove forests in India to create profitable shrimp farms, exposing the area and its wildlife to storms; the Rangers have to get a lost seal back home after it wreaks havoc on a city.</p>					

Thu Mar 4, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>A Time of Traitors</i></p> <p>Kai's investigation of a Vermillion Warrior Helmet leads him to discover that Krux is alive and well in Ninjago, living under an assumed identity.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Destination: Coronation!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS				WS	PG
	<p><i>The Fresno Curse</i></p> <p>Abby and the ALDC try to break a long-standing losing streak in Fresno, Calif.; Holly's nerves fray when Abby announces the theme for a controversial group dance; Elliana and Maesi's duet brings out the worst in their mothers.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>An Apple a Day</i></p> <p>Hank grows concerned about Elyse's health when her blood fails to clot after she cuts her arm, and he spots bruising on her legs.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Hot Mess Time Machine</i></p> <p>Still reeling from her breakup with Ben, Mindy finds herself living the same day over and over again, and realizes that the only way to break the spell is to make things right with Ben.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>Bat Mitzvah</i></p> <p>Mindy panics when her new hot boyfriend Ben doesn't invite her to his daughter's bat-mitzvah. Meanwhile, Jody, claiming he's over his heartache, dates Mindy's doppelgänger.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					

Thu Mar 4, 2021

14:00	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<i>Good Things Come to Those Who Wait</i> An indecisive bride looks for a gown three months before her wedding; a selfless bride looks for a dress that will put her in the spotlight					
14:30	SAY YES TO THE DRESS ATLANTA		Repeat		WS	PG
	<i>Curves and Curveballs</i> A bride who got engaged over the phone and has not seen her fiancé in 12 years; bride Emma lost 50 pounds and debates buying a smaller gown and losing more weight before her wedding.					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Poker</i> Hal accuses Abe of cheating him at poker, Francis gets cabin fever after being trapped in a storm, and Reese and Lois strut their stuff at a dance class. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
15:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Resse's Job</i> Reese is accused of stealing at his new job, Dewey tries to convince his parents he can keep a goldfish alive, and Malcolm chafes when a super-genius joins his class. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
16:00	BAYWATCH		Repeat		WS	PG
	<i>Cruise Ship</i> Shauni's boyfriend is a thorn in Eddie's side; a tour-boat operator creates havoc offshore. Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth Cons.Advice: Themes, Some Violence					
17:00	KNIGHT RIDER				WS	PG
	<i>Fright Knight</i> Michael faces a firing squad when he attempts to rescue a Foundation contact arrested in a military coup. Starring: David Hasselhoff, Edward Mulhare, Richard Basehart Cons.Advice: Some Violence					



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18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Lois Makeover</i></p> <p>Lois gets a trashy makeover that gets her new-found attention from men, especially Hal. Meanwhile, Hal plays dirty in a game of basketball with the boys and Francis becomes a master rat catcher.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Company Picnic - Part 1</i></p> <p>At the company picnic, Hal avoids his new boss and Malcolm is smitten with a girl who hates him.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>Samson, He Denied Her</i></p> <p>Mr. Sheffield calls from the limo saying he has to repair a mistake he made to Fran 6 months ago.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
19:30	YOUNG SHELDON	Captioned			WS	PG
	<p><i>Body Glitter and a Mall Safety Kit</i></p> <p>Sheldon learns to listen when an emotional Paige struggles with her parents' divorce; George Sr. is furious when Georgie tries to buy his way out of chores.</p> <p>Starring: Iain Armitage, Jim Parsons, Zoe Perry</p>					
20:00	YOUNG SHELDON	Captioned			WS	PG
	<p><i>Contracts, Rules and a Little Bit of Pig Brain</i></p> <p>George Sr. and Georgie go camping with Meemaw's new boyfriend, but things get complicated when her ex-boyfriend tags along; Sheldon and Missy invent a game.</p> <p>Starring: Iain Armitage, Jim Parsons, Zoe Perry</p>					
20:30	INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL	2008	Captioned	Repeat	WS	M
	<p><i>Indiana Jones and the Kingdom of the Crystal Skull</i></p> <p>In 1957, archaeologist and adventurer Dr. Henry "Indiana" Jones, Jr. is called back into action and becomes entangled in a Soviet plot to uncover the secret behind mysterious artifacts known as the Crystal Skulls.</p> <p>Starring: Harrison Ford, Cate Blanchett, Shia Labeouf</p> <p>Cons.Advice: Action Violence</p>					
23:00	YOUNG SHELDON	Captioned			WS	PG
	<p><i>Body Glitter and a Mall Safety Kit</i></p> <p>Sheldon learns to listen when an emotional Paige struggles with her parents' divorce; George Sr. is furious when Georgie tries to buy his way out of chores.</p> <p>Starring: Iain Armitage, Jim Parsons, Zoe Perry</p>					

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23:30	YOUNG SHELDON	Captioned			WS	PG
	<i>Contracts, Rules and a Little Bit of Pig Brain</i> George Sr. and Georgie go camping with Meemaw's new boyfriend, but things get complicated when her ex-boyfriend tags along; Sheldon and Missy invent a game. Starring: Iain Armitage, Jim Parsons, Zoe Perry					
00:00	LETHAL WEAPON	Captioned	Repeat		WS	MA
	<i>An Inconvenient Ruth</i> Murtaugh and Riggs search for the culprit of a local jewellery heist; Murtaugh gets called "grandpa" by another parent while at the playground with Harper; Riggs deals with withdrawal from drinking. Starring: Clayne Crawford, Damon Wayans, Kevin Rahm Cons.Advice: Strong Violence					
01:00	THE XTREME COLLXTION	Captioned	Repeat		WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					
01:30	THE XTREME COLLXTION	Captioned	Repeat		WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					
02:00	MIKE TYSON MYSTERIES		Repeat		WS	MA
	<i>Landon's End</i> A grieving father tries to help his beautiful boy. Cons.Advice: Drug References, Adult Themes, Some Coarse Language					
02:10	DANCE MOMS		Repeat		WS	PG
	<i>The Fresno Curse</i> Abby and the ALDC try to break a long-standing losing streak in Fresno, Calif.; Holly's nerves fray when Abby announces the theme for a controversial group dance; Elliana and Maesi's duet brings out the worst in their mothers. Cons.Advice: Themes, Mild Coarse Language					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Turbo Training! Survival on the Savanna!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<i>A Time of Traitors</i> Kai's investigation of a Vermillion Warrior Helmet leads him to discover that Krux is alive and well in Ninjago, living under an assumed identity. Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow Cons.Advice: Animated Violence, Themes					



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04:00	POKEMON		Repeat		WS	G
	<p><i>Tag Team Battle Inspiration!</i></p> <p>In Anistar City, where Serena is rehearsing for the next Pokémon Showcase, our heroes get a nice surprise when their friends Tierno and Shauna arrive with newly evolved Pokémon!</p> <p>Cons.Advice: Supernatural Themes, Animated Violence</p>					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Destination: Coronation!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
04:50	POWER RANGERS BEAST MORPHERS		Repeat		WS	PG
	<p><i>Beasts Unleashed</i></p> <p>Scientists tap into the Morphin Grid, but an evil virus corrupts the technology and a new team of Power Rangers is formed to defend the Grid from evil.</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					
05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
	<p><i>The Healing Challenge/The Golden Drome</i></p> <p>As the AO struggle to hold together, a discovery is made involving the Golden Bakugan, a Golden Drome, and curing of a Bakuzoned Gorthion.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<p><i>The ESP Duelist - Part 1</i></p> <p>Joey challenges a duelist with psychic powers.</p> <p>Cons.Advice: Mild Violence</p>					

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06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Take Flight! Aerial Showdown!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Ultimate Creation! Eclipse Genesis!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<i>Heart of Darkness</i> Playmaker and Ai detect a mysterious message from... the Earth Ignis? How is this possible when Earth was defeated and deleted by Gore? Cons.Advice: Animated Violence, Supernatural Themes					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<i>The Eclipse/Follow Haavik!</i> An encounter with Storm and his trick rose leaves Magnus temporarily blinded and unable to brawl. With the help of an unlikely partner, Magnus pursues Storm in an attempt to defeat him and restore his vision. Cons.Advice: Animated Violence, Themes					
08:00	SMASHHDOWN!	Captioned	Repeat		WS	C
	<i>Match Day 3, Pool C – Midi vs. Zetta</i> Chalk up your hands, it's all about Gymnastics and Dance today! Nick gets some tips from junior experts, we discover the official rules of gymnastics, and our players smash open giant disco balls!					
08:30	RICKY ZOOM				WS	G
	<i>Family Sports Day/Trading Places</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	GIGANTOSAURUS				WS	G
	<i>Air Archie/The Imitator</i> Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<i>Flyaway/Safari Soulmates</i> The Praxtons use helium balloons to try and set a world record; in Africa, the symbiotic relationship between ostriches and zebras is threatened when Preston rounds up ostriches for his own profit.					

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10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Scavengers</i></p> <p>In the midst of an epidemic of mysterious metal thefts by the Vermillion Warriors, Lloyd realizes that stepping up and taking over for the ailing Master Wu is not an easy task.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>A Talent for Imitation!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS				WS	PG
	<p><i>ALDC Ain't Dead Yet</i></p> <p>Abby brings the girls to a cemetery to get them in the spirit for a graveyard-inspired routine, the mothers are frustrated when Brynn is given a special part, and Elliana and Lilliana are given head-to-head solos for the first time.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>Ta Da For</i></p> <p>A popular illusionist seeks help because he keeps freezing up during his performances, leading Hank to reveal he has medical issues that are affecting his routines.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Take My Ex-Wife Please</i></p> <p>Mindy acts out after learning that Ben's super-hot ex-wife is in town visiting him. Anna, having trouble at home, begrudgingly asks her coworkers for help.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Royal Special</i></p> <p>Tonight it's a Royal Special as POD meets a council estate Princess, a King of Fakery and a genuine blue blood – Lady Victoria Hervey. Can she cover her baps and still get papped?</p> <p>Cons.Advice: Sexual References</p>					
14:00	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>The Twins</i></p> <p>In tonight's programme we meet Essex girl twins who have twice the tan. An accountancy student who gets her tan from the Costa del Garage and a neon nightmare who thinks brown is a dirty word.</p> <p>Cons.Advice: Sexual References</p>					



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14:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Lois Makeover</i></p> <p>Lois gets a trashy makeover that gets her new-found attention from men, especially Hal. Meanwhile, Hal plays dirty in a game of basketball with the boys and Francis becomes a master rat catcher.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Company Picnic - Part 1</i></p> <p>At the company picnic, Hal avoids his new boss and Malcolm is smitten with a girl who hates him.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
15:30	BAYWATCH		Repeat		WS	PG
	<p><i>The Cretin of the Shallows</i></p> <p>Mitch and Craig confront a killer when they volunteer to help Garner investigate a series of murders.</p> <p>Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth</p> <p>Cons.Advice: Some Violence</p>					
16:30	KNIGHT RIDER				WS	PG
	<p><i>Knight Of The Rising Sun</i></p> <p>Michael and RC are meeting with Nick O'Brien, an old friend of Devon, with whom he served in Korea. They end up protecting Nick's adopted son Coy from Ninja leader Taneka, who is convinced the boy is the rightful heir to his clan.</p> <p>Starring: David Hasselhoff, Edward Mulhare, Richard Basehart</p> <p>Cons.Advice: Some Violence</p>					
17:30	KUBO AND THE TWO STRINGS	2016	Captioned	Repeat	WS	PG
	<p><i>Kubo and the Two Strings</i></p> <p>A young boy named Kubo must locate a magical suit of armour worn by his late father in order to defeat a vengeful spirit from the past.</p> <p>Starring: Charlize Theron, Art Parkinson, Matthew McConaughey</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					



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19:30	THE GREAT WALL	2016	Captioned	Repeat		WS	M
	<p><i>The Great Wall</i></p> <p>In ancient China, a group of European mercenaries encounters a secret army that maintains and defends the Great Wall of China against a horde of monstrous creatures.</p> <p>Starring: Matt Damon, Tian Jing, Willem Dafoe</p> <p>Cons.Advice: Some Violence, Supernatural Themes</p>						
21:30	THE MUMMY	2017	Captioned	Repeat		WS	M
	<p><i>The Mummy</i></p> <p>An ancient Egyptian princess is awakened from her crypt beneath the desert, bringing with her malevolence grown over millennia, and terrors that defy human comprehension.</p> <p>Starring: Tom Cruise, Sofia Boutella, Annabelle Wallis</p> <p>Cons.Advice: Supernatural Themes, Some Violence, Frightening Scenes</p>						
23:35	BIG HEADS					WS	PG
	<p>Contestants play physical games, while wearing giant celebrity polystyrene heads. The most successful player each week goes on to a cash bonus round, and returns for the series final. Hosted by comedian Jason Manford.</p>						
00:35	LETHAL WEAPON		Captioned	Repeat		WS	MA
	<p><i>Ruthless</i></p> <p>After the city's gun buy-back program is robbed, the team hunts for those responsible; Murtaugh walks on thin ice with Trish; Riggs finds an unlikely friend; Captain Avery is reunited with a college frenemy who has key info about the case.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>						
01:30	RIVALS		Captioned	Repeat		WS	PG
	<p><i>Rivals Winners Revealed</i></p> <p>After hundreds of heats over years of competition, intense rivalries are formed. These guys have won pretty much everything with world titles, pipe masters, triple crowns & almost every event on the world tour circuit. Surfing Australia Studios and mySURFtv have used testing times in 2020 to create a way of reigniting the competitive fire still burning within the eleven former World Tour surfers in their new series 'RIVALS'.</p> <p>Cons.Advice: Some Coarse Language</p>						
02:00	MIKE TYSON MYSTERIES			Repeat		WS	MA
	<p><i>The Stein Way</i></p> <p>Mike's attorney needs Mike's help.</p> <p>Cons.Advice: Strong Violence, Sexual References, Some Coarse Language</p>						
02:10	DANCE MOMS			Repeat		WS	PG
	<p><i>ALDC Ain't Dead Yet</i></p> <p>Abby brings the girls to a cemetery to get them in the spirit for a graveyard-inspired routine, the mothers are frustrated when Brynn is given a special part, and Elliana and Lilliana are given head-to-head solos for the first time.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>						



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03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Take Flight! Aerial Showdown!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Scavengers</i></p> <p>In the midst of an epidemic of mysterious metal thefts by the Vermillion Warriors, Lloyd realizes that stepping up and taking over for the ailing Master Wu is not an easy task.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
04:00	POKEMON		Repeat		WS	G
	<p><i>A Performance Pop Quiz!</i></p> <p>Serena joins her friends Shauna and Nini in the Anistar City Pokémon Showcase! The Theme Performance is a Pokémon quiz, which knocks Nini out of contention.</p> <p>Cons.Advice: Supernatural Themes, Animated Violence</p>					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>A Talent for Imitation!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
04:50	POWER RANGERS BEAST MORPHERS		Repeat		WS	PG
	<p><i>Evox's Revenge</i></p> <p>When Grid Battleforce's Commander needs to select a leader for the team, the Power Rangers are at odds over who should get the job.</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					
05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
	<p><i>The Golden Forge/A Deep Hibernation</i></p> <p>As Dan and Drago battle to free Trhyno from Tiko's infection, they learn the history of Vestroia and the nature of Golden Bakugan.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat			PG
	<p><i>The ESP Duelist - Part 2</i></p> <p>At the hospital, Tristan tells Serenity that Joey is winning the duel.</p> <p>Cons.Advice: Mild Violence</p>					



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06:00	POLLY POCKET				WS	G
	<i>A Very Moving Story/Pinata Problems</i> With her shrinking-powered magic locket around her neck and her friends by her side, Polly Pocket proves there's no adventure too big for "tiny power!" Our pint-sized heroes use their unique point-of-view to help the neighbourhood animals, conquer school assignments, and discover a big world full of fun.					
06:30	EARTH TO LUNA!		Repeat		WS	G
	<i>Northern Lights/Dolphin Talk</i> Curious about everything and excited about science, 6-year-old Luna, her brother Jupiter and pet Clyde explore nature to learn about the world.					
07:00	CARE BEARS: UNLOCK THE MAGIC		Repeat		WS	G
	<i>Unlock the Magic: The Beginning</i> The discovery of an ancient, lost gateway leads the Care Bears to begin an extended mission the Silver Lining, a realm of natural wonders and comical creatures in the clouds beyond the borders of Care-A-Lot.					
07:30	THE GAMERS 2037	Captioned			WS	C
	<i>The Racer - Trust Me</i> Virtual and Augmented Reality Gaming was the next generation of gaming and a technological marvel... until it started digitising and absorbing players. XEON and GALAHAD must beat the game to not only save themselves, but the many absorbed players.					
08:00	MY LITTLE PONY: FRIENDSHIP IS FOREVER		Repeat		WS	G
	<i>Harvesting Memories</i> After learning that her friends, as well as herself, are the magical Elements of Harmony, studious unicorn Twilight Sparkle is sent by her mentor, Princess Celestia, to Ponyville to study the magic of friendship with help from her friends. Cons.Advice: Themes, Mild Violence					
08:30	RICKY ZOOM		Repeat		WS	G
	<i>The Mega-Whirely-Leap/Trike Trials</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	TRANSFORMERS: RESCUE BOTS ACADEMY		Repeat		WS	G
	<i>Recruits Part 1/ Recruits Part 2</i> Optimus Prime builds a new team of young Cybertronians to train as first responders at the Rescue Bots Academy. / Hotshot learns to find his place on the Rescue Bot Recruits team with the help of the Mul-T-Cog and his friends					
09:30	TRUE AND THE RAINBOW KINGDOM		Repeat		WS	G
	<i>Wish Gone Wild</i> Zee loses control over GoWay, the eraser wish. It's up to True and Bartleby to bring it back to the Wishing Tree before it's too late.					
10:00	NEXO KNIGHTS		Repeat		WS	PG
	<i>Storm Over Rock Wood</i> The Nexu Knights have their powerful shields stolen by Robot Hoodlum and his Merry Mechs; something is coming to life in the petrified forest and it doesn't like knights. Cons.Advice: Animated Violence					



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10:30	NINJAGO		Repeat		WS	PG
	<p><i>Once and for All/Awakenings</i></p> <p>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...</p> <p>Cons.Advice: Themes, Animated Violence</p>					
11:00	SKINNER BOYS	Captioned	Repeat		WS	C
	<p><i>SOS Nessie</i></p> <p>When an oil drilling ship blocks the entrance to an undersea tunnel, the Loch Ness Monster becomes trapped in the North Sea. Without access to a special seaweed that only grows in Loch Ness, Nessie soon becomes sick. The Skinners try to use the Eye Of The Squid to turn Tara into a mermaid again, so she can help Nessie, but instead they unleash their old adversaries Squidface, Piranhaman, Sharkman and Inky</p>					
11:30	THE TOM & JERRY SHOW		Repeat		WS	G
	<p><i>Frenemies/ Cat Cop/ Hockey Jockeys</i></p> <p>The iconic cat and mouse rivals are back in THE TOM AND JERRY SHOW, a fresh take on the classic series.</p> <p>Cons.Advice: Animated Violence</p>					
12:00	BAKUGAN: ARMORED ALLIANCE				WS	PG
	<p><i>Haavik's Challenge/Storm Haavik's Tower</i></p> <p>Haavik has crashed the Awesome Brawlers Bakugan League, and challenges the Awesome Brawlers in a battle league of his own!</p> <p>Cons.Advice: Animated Violence, Themes</p>					
12:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<p><i>Genesis in Motion!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
13:00	POWER RANGERS DINO CHARGE		Repeat		WS	PG
	<p><i>A Fool's Hour</i></p> <p>After Sledge arrives on Earth, the newly formed Ranger team is compromised when Tyler goes out on his own, against the wishes of the other Rangers.</p> <p>Cons.Advice: Stylised Violence</p>					
13:30	THE XTREME COLLXTION	Captioned			WS	PG
	<p>This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.</p>					
14:00	THE XTREME COLLXTION	Captioned			WS	PG
	<p>This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.</p>					

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14:30	LIQUID SCIENCE	Captioned	Repeat		WS	PG
	<i>Music's Future</i> Host GZA investigates the future of musical instrument technology at mi.mu and the Berklee College of Music, and freestyles with the future of music at Georgia Tech, United States.					
15:00	LIQUID SCIENCE	Captioned	Repeat		WS	PG
	<i>Transportation</i> To understand the future of transportation, host GZA looks at self-driving cars, pays a visit to the inventor of a personalised solar-powered rapid transit system, and rides a magnetic hover board.					
15:30	POKEMON: LUCARIO AND THE MYSTERY OF MEW	2005		Repeat	WS	G
	<i>Pokemon: Lucario and the Mystery of Mew</i> When Pikachu is taken to the Tree of Beginnings by the playful Mew, Ash Ketchum and friends are guided to the tree by Lucario, a time-displaced Pokémon who seeks answers regarding the betrayal of his master. Starring: Veronica Taylor, Eric Stuart, Amy Birnbaum					
17:30	STUART LITTLE 2	2002	Captioned	Repeat	WS	G
	<i>Stuart Little 2</i> Pint-sized hero Stuart Little must journey through the city to rescue a new friend, Margalo, from a villainous Falcon. Starring: Michael J Fox, Geena Davis, Hugh Laurie					

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19:00	DESPICABLE ME 2	2013	Captioned	Repeat		WS	PG
	<p><i>Despicable Me 2</i></p> <p>When Gru, the world's most super-bad turned super-dad has been recruited by a team of officials to stop lethal muscle and a host of Gru's own, He has to fight back with new gadgetry, cars, and more minion madness.</p> <p>Starring: Steve Carell, Kristen Wiig, Benjamin Bratt</p> <p>Cons.Advice: Animated Violence</p>						
21:00	ANCHORMAN 2: THE LEGEND CONTINUES	2013	Captioned	Repeat		WS	M
	<p><i>Anchorman 2: The Legend Continues</i></p> <p>With the 1970s behind him, San Diego's top-rated newsman, Ron Burgundy, returns to take New York City's first twenty-four-hour news channel by storm.</p> <p>Starring: Will Ferrell, Steve Carell, Christina Applegate, Harrison Ford, Paul Rudd</p> <p>Cons.Advice: Sexual References, Drug Use, Some Coarse Language, Some Violence</p>						
23:30	BIG HEADS					WS	PG
	<p>Contestants play physical games, while wearing giant celebrity polystyrene heads. The most successful player each week goes on to a cash bonus round, and returns for the series final. Hosted by comedian Jason Manford.</p>						
00:30	LETHAL WEAPON		Captioned	Repeat		WS	MA
	<p><i>The Odd Couple</i></p> <p>After an argument on a construction site reaches a fatal end, the squad works to untangle facts about the incident; Riggs struggles to rekindle his relationship with Molly; Trish tries to close a big deal at work.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>						
01:30	SURFING AUSTRALIA TV		Captioned	Repeat		WS	PG
	<p>Showcases Surfing Australia's programs from junior development through to the elite athletes in surfing.</p> <p>Cons.Advice: Mild Coarse Language</p>						
02:00	THE XTREME COLLXTION		Captioned	Repeat		WS	PG
	<p>This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.</p>						
02:30	THE XTREME COLLXTION		Captioned	Repeat		WS	PG
	<p>This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.</p>						
03:00	POWER RANGERS DINO CHARGE			Repeat		WS	PG
	<p><i>A Fool's Hour</i></p> <p>After Sledge arrives on Earth, the newly formed Ranger team is compromised when Tyler goes out on his own, against the wishes of the other Rangers.</p> <p>Cons.Advice: Stylised Violence</p>						

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03:30	THUNDERBIRDS		Repeat		WS	G
	<i>Danger At Ocean Deep</i> Follow the adventures of the International Rescue, an organisation created to help those in grave danger in this marionette puppetry classic.					
04:30	TRANSFORMERS: RESCUE BOTS ACADEMY		Repeat		WS	G
	<i>Recruits Part 1/ Recruits Part 2</i> Optimus Prime builds a new team of young Cybertronians to train as first responders at the Rescue Bots Academy. / Hotshot learns to find his place on the Rescue Bot Recruits team with the help of the Mul-T-Cog and his friends					
04:50	NEXO KNIGHTS		Repeat		WS	PG
	<i>Storm Over Rock Wood</i> The Nexu Knights have their powerful shields stolen by Robot Hoodlum and his Merry Mechs; something is coming to life in the petrified forest and it doesn't like knights. Cons.Advice: Animated Violence					
05:10	KAIJUDO: RISE OF THE DUEL MASTERS		Repeat		WS	PG
	<i>The Deep End - Part 1</i> When Ray's memories are stolen by the Choten, the kids travel into the depths of the Water Realm to recover them. With "Reef Prince" Gargle as their guide, all goes as planned until they're charged with stealing a prized artefact. Cons.Advice: Animated Violence, Themes, Scary Scenes					
05:30	YU-GI-OH! CLASSIC		Repeat			PG
	<i>The Master Magicians - Part 1</i> Giant monsters! Powerful magic! Ancient Egyptian legends! Yu-Gi-Oh! is one action-packed adventure series that holds all the cards! It's your move! Cons.Advice: Mild Violence					

