

# ABC ME Week 10 Program Guide

**Sunday, 5 March 2023**

6:00am	<b>Dorg Van Dango</b> (CC,Repeat,G)
6:10am	<b>Almost Naked Animals</b> (CC,Repeat,G)
6:25am	<b>Voltron: Legendary Defender</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:45am	<b>The Deep</b> (CC,AD,Repeat,G)
7:10am	<b>The Penguins Of Madagascar</b> (CC,AD,Repeat,G)
7:35am	<b>The Penguins Of Madagascar</b> (CC,AD,Repeat,G)
8:00am	<b>Lost in Oz</b> (CC,AD,Repeat,G)
8:30am	<b>Total DramaRama</b> (CC,Repeat,G)
8:40am	<b>Total DramaRama</b> (CC,Repeat,G)
8:50am	<b>Ted's Top Ten</b> (CC,AD,Repeat,G)
9:15am	<b>The Next Step</b> (CC,G)
9:40am	<b>Mystic</b> (CC,AD,G)
10:10am	<b>Crazy Fun Park</b> (CC,AD,Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
10:35am	<b>School Of Rock</b> (CC,Repeat,G)
11:00am	<b>School Of Rock</b> (CC,Repeat,G)
11:20am	<b>School Of Rock</b> (CC,Repeat,G)
11:45am	<b>Little Lunch</b> (CC,Repeat,G)
12:00pm	<b>Holly Hobbie</b> (Repeat,G)

- 12:25pm Holly Hobbie**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 12:50pm Built To Survive**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,Do not disturb or try to handle wild animals as they can be dangerous.)
- 1:15pm Mythbusters "There's Your Problem!"**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 1:40pm Mythbusters "There's Your Problem!"**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 2:05pm Horrible Histories**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 2:35pm Operation Ouch!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:05pm Operation Ouch!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:35pm Cloudy With A Chance Of Meatballs**  
(Repeat,G)
- 3:55pm The Fairly OddParents**  
(Repeat,G)
- 4:20pm Hanazuki: Full Of Treasures**  
(CC,G)
- 4:30pm The Beachbuds**  
(Repeat,G)
- 4:45pm Lloyd Of The Flies**  
(CC,G)
- 4:55pm Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,G)
- 5:20pm Lagging**  
(CC,G)
- 5:45pm Ultimate Food Fun**  
(Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
- 5:50pm The New Adventures Of Figaro Pho**  
(CC,Repeat,G)
- 6:00pm Crazy Fun Park: Chapter 10: Mirrors**  
(CC,AD,Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)  
Chester, Mapplethorpe and Violetta are all forced to confront the things they most want to forget when Remus puts a dangerous plan into action.

- 6:30pm Mythbusters Junior: Lithium Battery/Arrow**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
The Juniors discover whether a single lithium battery could ignite an entire garbage truck. Meanwhile, the trio enlist an archer to test the truth behind the age-old idiom 'Straight as an Arrow'.
- 7:20pm What It's Like: To Be Adopted**  
(CC,Repeat,G)  
A show for young people in our community whose voices, stories and perspectives aren't often seen or heard. In this episode we hear what it's like to be adopted.
- 7:30pm Shaun The Sheep: The Hang Glider**  
(AD,Repeat,G)  
The Farmer has a thrilling new hobby - however it's not as easy as it looks! When the Farmer gets stuck in a tree Bitzer comes to his rescue, leaving Shaun and the Flock to get to grips with the airborne contraption.
- 7:35pm Slugterra: The Gentleman And The Thief**  
(CC,Repeat,G)  
Using some stolen Shadow Clan tech, Dana Por is able to slip in and out of any cavern in Slugterra - and rob them blind! She makes the mistake of stealing from Dr Blakk, and the only one who can protect her is Eli.
- 8:00pm Space Nova: Star Dust**  
(CC,Repeat,G)  
The Novas, a family of space explorers make an interstellar discovery that will change the course of history when they chance across an alien space craft and its ethereal substance - Star Dust.
- 8:20pm Dragons: Riders Of Berk: Heather Report: Part 1**  
(CC,Repeat,G)  
Hiccup and the gang befriend a beautiful stranger who has a dangerous secret.
- 8:45pm Dodo: Tadpoles**  
(CC,AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Joe Connolly has made a decision - he is going to ask Lily Scott to be his girlfriend.
- 8:55pm Dwight In Shining Armour: Pilot**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Dwight accidentally awakens an entire medieval kingdom all hidden outside his suburban town.

**9:20pm****Silverpoint: Dragonfly**

(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

Four kids at Silverpoint adventure camp stumble upon something strange buried in the woods, which sends their lives and the world around them spiralling out of control.

**10:10pm****rage**

(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)

Wall-to-wall music videos, from new releases to classics and the long-forgotten.

**11:10pm****ABC ME Programs Resume At 6am**

ABC ME programs resume at 6am.

**Monday, 6 March 2023**

6:00am	<b>Dorg Van Dango</b> (CC,Repeat,G)
6:10am	<b>Almost Naked Animals</b> (CC,Repeat,G)
6:25am	<b>Voltron: Legendary Defender</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:45am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
7:10am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
7:30am	<b>Kung Fu Panda: Legends Of Awesomeness</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	<b>Big Blue</b> (Repeat,G)
8:15am	<b>The Unstoppable Yellow Yeti</b> (CC,G)
8:25am	<b>Little Big Awesome</b> (Repeat,G)
8:50am	<b>How To Do Stuff Good</b> (CC,Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
9:05am	<b>Dogstar</b> (CC,Repeat,G)
9:30am	<b>Barney's Barrier Reef</b> (CC,Repeat,G)
10:00am	<b>Alphablocks</b> (G)
10:05am	<b>Numberblocks</b> (CC,Repeat,G)
10:10am	<b>George The Farmer</b> (CC,AD,Repeat,G)
10:20am	<b>Maddie, The Zoo And You</b> (G)
10:40am	<b>Leo's Pollinators</b> (CC,G,Do not disturb or try to handle wild animals as they can be dangerous.)
10:55am	<b>Know It Alls: Science</b> (CC,Repeat,G)
11:00am	<b>Science Max! Experiments At Large</b> (CC,Repeat,G,Some of these experiments can be dangerous. Do not try them without the help of an adult.)

<b>11:25am</b>	<b>Full Proof</b> (CC,Repeat,G,Some of these experiments can be dangerous. Do not try them without the help of an adult.)
<b>11:40am</b>	<b>Physics House</b> (CC,Repeat,G)
<b>11:50am</b>	<b>Ecomaths</b> (CC,Repeat,G)
<b>12:00pm</b>	<b>Dennis And Gnasher Unleashed!</b> (CC,Repeat,G)
<b>12:10pm</b>	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>12:25pm</b>	<b>All-Round Champion</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>1:15pm</b>	<b>The Wonderful World of Puppies</b> (Repeat,G)
<b>1:55pm</b>	<b>Play Your Pets Right</b> (CC,Repeat,G)
<b>2:10pm</b>	<b>Ace My Space</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>2:40pm</b>	<b>Spirit Riding Free</b> (AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>3:00pm</b>	<b>Danger Mouse</b> (Repeat,G)
<b>3:15pm</b>	<b>Supernoobs</b> (CC,Repeat,G)
<b>3:25pm</b>	<b>The Day My Butt Went Psycho!</b> (Repeat,G)
<b>3:35pm</b>	<b>The Deep</b> (CC,Repeat,G)
<b>4:00pm</b>	<b>PJ Masks</b> (CC,Repeat,G)
<b>4:10pm</b>	<b>Shaun The Sheep</b> (Repeat,G)
<b>4:20pm</b>	<b>Hanazuki: Full Of Treasures</b> (CC,G)
<b>4:30pm</b>	<b>Secret Life of Boys</b> (CC,Repeat,G)
<b>4:55pm</b>	<b>FriendZSpace</b> (Repeat,G)
<b>5:05pm</b>	<b>Kuu Kuu Harajuku</b> (Repeat,G)

- 5:25pm**      **Jade Armor**  
(CC,Repeat,G)
- 5:50pm**      **Total DramaRama**  
(CC,Repeat,G)
- 6:00pm**      **100 Things To Do Before High School: Have The Best Halloween School Day Ever!**  
(CC,Repeat,G)  
CJ is determined to fix Principal Hader's Halloween-hate in time to rescue the school's cancelled Halloween festivities, while Crispo and Fenwick deal with costume-related crises.
- 6:25pm**      **BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm**      **Operation Ouch!: What Are Vaccinations For?**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)  
Find out why Dr Chris is giving Dr Xand a vaccination in the lab, it's time to meet our Ouch babies as they're born, and get some mindfulness tips in today's Mindboosters.
- 7:00pm**      **Horrible Histories**  
(CC,Repeat,G)  
Some Bronze Agers argue about building the world's first city; Bob Hale explains the entire history of the Renaissance; Mary Seacole sings about her Crimean hotel; and William Shakespeare gets into a rap battle.
- 7:30pm**      **Shaun The Sheep: The Shadow Play**  
(AD,Repeat,G)  
It's bedtime for Timmy but he's overtired and won't go to sleep. Nothing seems to calm him until Shaun accidentally makes a shadow puppet on the wall. Eureka! They'll put on a puppet show to help Timmy go to sleep!
- 7:35pm**      **Slugterra: No Exit**  
(CC,Repeat,G)  
A swarm of Neurotox ghoulish slugs have created a massive toxic cloud that's attacking the residents. The Shane Gang must brave an inescapable maze to locate Blite, the only man who knows enough to help them stop the cloud.
- 8:00pm**      **Space Nova: Over Being A Nova**  
(CC,Repeat,G)  
Bored with cataloguing rocks, Adelaide accepts a challenge to a "space-race" against Sol. But when Sol gets in trouble, Adelaide and Jet perform a heroic rescue and rediscover what being a Nova is all about.

- 8:20pm**      **Dragons: Riders Of Berk: Heather Report: Part 2**  
(CC,Repeat,G)  
Hiccup and the gang infiltrate the outsiders in order to free Heather's parents.
- 8:45pm**      **Dodo: Boyfriend**  
(CC,AD,Repeat,G)  
Joe Connolly is Lily Scott's boyfriend and everything is great. When he witnesses John Longmore getting dumped by Eisha Khela, Joe realises he cannot just be a boyfriend, he must be a good boyfriend.
- 8:55pm**      **Dwight In Shining Armour: Flip**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Jacopo the Troubadour entrances citizens of Woodside to aide in his quest to steal Gretta's throne.
- 9:20pm**      **Silverpoint: Fermi's Paradox**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
An abandoned cabin isn't quite what it seems for Bea and Louis, while Meg and Glen discover a new quality to the alien rock in the ground.
- 10:10pm**      **rage**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.



**Tuesday, 7 March 2023**

6:00am	<b>Dorg Van Dango</b> (CC,Repeat,G)
6:10am	<b>Almost Naked Animals</b> (CC,Repeat,G)
6:25am	<b>Voltron: Legendary Defender</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:45am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
7:10am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
7:30am	<b>Kung Fu Panda: Legends Of Awesomeness</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	<b>Big Blue</b> (Repeat,G)
8:05am	<b>Oddbods</b> (Repeat,G)
8:10am	<b>The Unstoppable Yellow Yeti</b> (CC,G)
8:25am	<b>Little Big Awesome</b> (Repeat,G)
8:45am	<b>How To Do Stuff Good</b> (CC,Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
9:05am	<b>Dogstar</b> (CC,Repeat,G)
9:30am	<b>Barney's Barrier Reef</b> (CC,Repeat,G)
10:00am	<b>BTN</b> (CC)
10:25am	<b>Hey You! What If</b> (CC,Repeat,G)
10:30am	<b>Look Kool</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
10:50am	<b>Many Lands, Many Seasons</b> (CC,Repeat,G)
11:00am	<b>Built To Survive</b> (CC,Repeat,G,Do not disturb or try to handle wild animals as they can be dangerous.)
11:25am	<b>Norway: Climate Champions Or Hypocrites?</b> (CC,G)

11:50am	<b>In My Shoes: China</b> (CC,Repeat,G)
12:00pm	<b>Dennis And Gnasher Unleashed!</b> (CC,Repeat,G)
12:10pm	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
12:25pm	<b>All-Round Champion</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:15pm	<b>The Wonderful World of Puppies</b> (Repeat,G,This program contains animal treatment that may concern some viewers)
1:55pm	<b>Play Your Pets Right</b> (CC,Repeat,G)
2:10pm	<b>Fierce Earth</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
2:40pm	<b>Spirit Riding Free</b> (AD,Repeat,G)
3:00pm	<b>Danger Mouse</b> (Repeat,G)
3:15pm	<b>Supernoobs</b> (CC,Repeat,G)
3:25pm	<b>The Day My Butt Went Psycho!</b> (Repeat,G)
3:35pm	<b>The Deep</b> (CC,AD,Repeat,G)
4:00pm	<b>PJ Masks</b> (CC,Repeat,G)
4:10pm	<b>Shaun The Sheep</b> (Repeat,G)
4:20pm	<b>Hanazuki: Full Of Treasures</b> (CC,G)
4:30pm	<b>Secret Life of Boys</b> (CC,Repeat,G)
4:55pm	<b>FriendZSpace</b> (Repeat,G)
5:10pm	<b>Kuu Kuu Harajuku</b> (Repeat,G)
5:25pm	<b>Jade Armor</b> (CC,Repeat,G)
5:50pm	<b>Total DramaRama</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 6:00pm School Of Rock: Come Together**  
(CC,Repeat,G)  
Dewey, a down-on-his-luck musician, poses as a substitute teacher at a prestigious prep school and uniquely inspires his overachieving students to take a risk and create a secret rock band.
- 6:25pm BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm Operation Ouch!: Slime, Snot and Bogies!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)  
Dr Xand's been messing around with Dr Chris' greenhouse and prize winning strawberries to show how your trachea works. The doctors get quizzed in Ouchology and meet three incredible Ouch Awards nominees.
- 7:00pm Horrible Histories**  
(CC,Repeat,G)  
A confused Christopher Columbus declares he has found India; a Georgian woman reveals her Stupid Death; Victoria and Albert attend the Great Exhibition; and Tsar Peter III brings a weird case to the Court of Historical Law.
- 7:30pm Shaun The Sheep: Bull V Wool**  
(AD,Repeat,G)  
It's a beautiful day and Shaun, Bitzer and Timmy are enjoying a picnic, when an unexpected guest arrives and spoils the peace. Forced into hiding, the trio find ways to entertain themselves, until they have to brave up.
- 7:35pm Slugterra: The Hard Part**  
(CC,Repeat,G)  
Eli and Kord have been trying to create a fusion shot: two slugs shot at exactly the same time that can merge their powers! But they'll need to modify Eli's blaster to handle it.
- 8:00pm Space Nova: Black Hamster**  
(CC,Repeat,G)  
When Jet creates a nutrient-dense 'super pickle', it attracts a space hamster whose survival instinct puts the whole port in great danger. Jet will have to free his new friend in order to guarantee Luna Port's safety.
- 8:20pm Dragons: Riders Of Berk: Thawfest**  
(CC,Repeat,G)  
Hiccup tries to best Snotlout during the Thaw Games, the Vikings' annual sports competition.

- 8:45pm**      **Dodo: Parents Evening**  
(CC,AD,Repeat,G)  
It's parents evening and Joe's parents can't wait to meet his girlfriend, Lily. Joe cannot let this happen.
- 8:55pm**      **Dwight In Shining Armour: Peanut**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Dwight fosters a dog named Peanut; Gretta and Baldrick swear the puppy is actually a demonic beast.
- 9:20pm**      **Silverpoint: 43 Seconds**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Having recruited Bea's help, things don't go to plan for Dragonfly when Glen attempts to teleport himself through the energy source.
- 9:45pm**      **BTN High**  
BTN High breaks down the week's biggest news stories for Aussie high schoolers.
- 10:10pm**      **rage**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.

**Wednesday, 8 March 2023**

6:00am	<b>Dorg Van Dango</b> (CC,Repeat,G)
6:10am	<b>Almost Naked Animals</b> (CC,Repeat,G)
6:25am	<b>Voltron: Legendary Defender</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:45am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:10am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
7:30am	<b>Kung Fu Panda: Legends Of Awesomeness</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	<b>Big Blue</b> (Repeat,G)
8:05am	<b>Oddbods</b> (Repeat,G)
8:15am	<b>The Unstoppable Yellow Yeti</b> (CC,G)
8:25am	<b>Little Big Awesome</b> (Repeat,G)
8:50am	<b>How To Do Stuff Good</b> (CC,Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
9:10am	<b>Matilda And The Ramsay Bunch</b> (Repeat,G)
9:30am	<b>Barney's Barrier Reef</b> (CC,Repeat,G)
10:00am	<b>199 Little Heroes</b> (CC,Repeat,G)
10:05am	<b>What's For Dinner?</b> (CC,Repeat,G)
10:15am	<b>Know It Alls: History</b> (CC,Repeat,G)
10:20am	<b>What It's Like</b> (CC,Repeat,G)
10:30am	<b>Are You Tougher Than Your Ancestors?</b> (CC,Repeat,G)

<b>10:55am</b>	<b>Back In Time For The Corner Shop: Education Shorts</b> (CC)
<b>11:05am</b>	<b>Kids of Courage</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>11:30am</b>	<b>BTN Specials</b> (CC)
<b>11:45am</b>	<b>Pocket Compass</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>12:00pm</b>	<b>Dennis And Gnasher Unleashed!</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>12:10pm</b>	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>12:25pm</b>	<b>All-Round Champion</b> (CC,Repeat,G)
<b>1:15pm</b>	<b>The Wonderful World of Puppies</b> (Repeat,G)
<b>1:55pm</b>	<b>Play Your Pets Right</b> (CC,Repeat,G)
<b>2:10pm</b>	<b>Fierce Earth</b> (CC,Repeat,G)
<b>2:40pm</b>	<b>Spirit Riding Free</b> (AD,Repeat,G)
<b>3:00pm</b>	<b>Danger Mouse</b> (Repeat,G)
<b>3:15pm</b>	<b>Supernoobs</b> (CC,Repeat,G)
<b>3:25pm</b>	<b>The Day My Butt Went Psycho!</b> (Repeat,G)
<b>3:35pm</b>	<b>The Deep</b> (CC,AD,Repeat,G)
<b>4:00pm</b>	<b>PJ Masks</b> (CC,Repeat,G)
<b>4:10pm</b>	<b>Shaun The Sheep</b> (Repeat,G)
<b>4:20pm</b>	<b>Hanazuki: Full Of Treasures</b> (CC,G)
<b>4:30pm</b>	<b>Secret Life of Boys</b> (CC,Repeat,G)
<b>4:55pm</b>	<b>FriendZSpace</b> (Repeat,G)

- 5:10pm**      **Kuu Kuu Harajuku**  
(Repeat,G)
- 5:25pm**      **Jade Armor**  
(CC,Repeat,G)
- 5:50pm**      **Total DramaRama**  
(CC,Repeat,G)
- 6:00pm**      **School Of Rock: Cover Me**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
When Summer asks Tomika for help to become the lead singer, Tomika must choose between helping her friend or going for the role of lead singer herself.
- 6:25pm**      **BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm**      **Operation Ouch!: Flexible Arms and Triple Jumping!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)  
Dr Xand goes head to head with Dougie the dog in today's lab to show how your shoulders work, catch up with our Ouch Babies in their first weeks of life and meet triple jumper Naomi Ogbeta in Brilliant Bodies.
- 7:00pm**      **Horrible Histories**  
(CC,Repeat,G)  
Emperor Napoleon plays in a very unusual chess match, a Victorian inventor builds an anti-seasickness ship with one small design flaw and the British Army hires a dead tramp to defeat the Germans in WWII.
- 7:30pm**      **Shaun The Sheep: Cones**  
(Repeat,G)  
The Flock hear the enticing tunes of an ice cream van approaching and quickly hatch a plan to divert it into their field. While the driver seeks help, the Flock have great fun with an endless supply of ice cream.
- 7:35pm**      **Slugterra: What Lies Beneath**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
When Eli and the Shane Gang find themselves trapped in the Deep Caverns underneath Slugterra they discover a whole new type of danger threatening to escape.

- 8:00pm**      **Space Nova: Escape From TR-227**  
(CC,Repeat,G)  
After crash landing while on a supply run to a research planet, the Novas come face-to-face with green-skinned natives and a deadly gravity storm that threatens not only their lives but some life-saving research!
- 8:20pm**      **Dragons: Riders Of Berk: Twinsanity**  
(CC,Repeat,G)  
Hiccup and the gang struggle to uphold the traditions that keep the peace between Berk and the Berserkers.
- 8:45pm**      **Dodo: Cosmic Frisbo**  
(CC,AD,Repeat,G)  
Today is the Year 7 talent show and Frisbo will perform his greatest ever magic trick with Joe as his stooge.
- 8:55pm**      **Dwight In Shining Armour: Lotions and Potions**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Gretta is kidnapped; Dwight, Baldric, and Chlodwig set out to uncover the identity of the villain.
- 9:20pm**      **Silverpoint: The Man In The Basement**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Louis confesses his real reason for being at the camp to the rest of the group, leading the four a step closer towards unlocking the alien rock's secrets.
- 9:45pm**      **BTN High**  
BTN High breaks down the week's biggest news stories for Aussie high schoolers.
- 10:10pm**      **rage**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.



**Thursday, 9 March 2023**

<b>6:00am</b>	<b>Dorg Van Dango</b> (CC,Repeat,G)
<b>6:10am</b>	<b>Almost Naked Animals</b> (CC,Repeat,G)
<b>6:25am</b>	<b>Voltron: Legendary Defender</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>6:45am</b>	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
<b>7:10am</b>	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>7:30am</b>	<b>Kung Fu Panda: Legends Of Awesomeness</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>7:55am</b>	<b>Big Blue</b> (Repeat,G)
<b>8:15am</b>	<b>The Unstoppable Yellow Yeti</b> (CC,G)
<b>8:25am</b>	<b>The Fairly OddParents</b> (Repeat,G)
<b>8:50am</b>	<b>How To Do Stuff Good</b> (CC,Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
<b>9:10am</b>	<b>The Flamin' Thongs</b> (CC,Repeat,G)
<b>9:20am</b>	<b>Bad Nature</b> (CC,Repeat,G)
<b>9:30am</b>	<b>Barney's Barrier Reef</b> (CC,Repeat,G)
<b>10:00am</b>	<b>Alphablocks</b> (G)
<b>10:05am</b>	<b>Numberblocks</b> (CC,Repeat,G)
<b>10:15am</b>	<b>Same But Different</b> (CC,AD,Repeat,G)
<b>10:25am</b>	<b>What's With The Listies?</b> (CC,Repeat,G)
<b>10:30am</b>	<b>BTN</b> (CC,Repeat)
<b>10:55am</b>	<b>Mikki vs the World</b> (CC,Repeat,G)
<b>11:15am</b>	<b>Let's Dance</b> (Repeat,G)

<b>11:25am</b>	<b>I Can't Go To School Today</b> (CC,Repeat,G)
<b>11:30am</b>	<b>Every Body Curious</b> (CC,PG)
<b>11:40am</b>	<b>Social Media Me</b> (CC,Repeat,G)
<b>11:50am</b>	<b>What's For Dinner?</b> (CC,Repeat,G)
<b>12:00pm</b>	<b>Dennis And Gnasher Unleashed!</b> (CC,Repeat,G)
<b>12:10pm</b>	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>12:20pm</b>	<b>All-Round Champion</b> (CC,Repeat,G)
<b>1:10pm</b>	<b>The Wonderful World of Puppies</b> (Repeat,G)
<b>1:55pm</b>	<b>Play Your Pets Right</b> (CC,Repeat,G)
<b>2:10pm</b>	<b>Fierce Earth</b> (CC,Repeat,G,The action and stunts in this program are performed by professionals. Do not try this at home.)
<b>2:40pm</b>	<b>Spirit Riding Free</b> (AD,Repeat,G)
<b>3:00pm</b>	<b>Danger Mouse</b> (Repeat,G)
<b>3:25pm</b>	<b>The Day My Butt Went Psycho!</b> (Repeat,G)
<b>3:35pm</b>	<b>The Deep</b> (CC,AD,Repeat,G)
<b>4:00pm</b>	<b>PJ Masks</b> (CC,Repeat,G)
<b>4:10pm</b>	<b>Shaun The Sheep</b> (Repeat,G)
<b>4:20pm</b>	<b>Hanazuki: Full Of Treasures</b> (CC,G)
<b>4:30pm</b>	<b>Secret Life of Boys</b> (CC,Repeat,G)
<b>4:55pm</b>	<b>FriendZSpace</b> (Repeat,G)
<b>5:10pm</b>	<b>Kuu Kuu Harajuku</b> (Repeat,G)
<b>5:25pm</b>	<b>Jade Armor</b> (CC,Repeat,G)
<b>5:50pm</b>	<b>Total DramaRama</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 6:00pm School Of Rock: Video Killed The Speed Debate Star**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Principal Mullins installs surveillance cameras in all the classrooms, putting the band's secret in danger.
- 6:25pm BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm Operation Ouch!: Knobbly Knees and What They Are For**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)  
Can you wobble your kneecaps?! Find out why and what you need them for in today's lab. Meet three amazing Big Heart Ouch Award nominees and find out who is Top Doc in Ouchology.
- 7:00pm Horrible Histories**  
(CC,Repeat,G)  
The Saxons exchange disgusting Christmas presents, a caveman goes on a TV cookery show, and we discover the bizarre causes of the First World War.
- 7:30pm Shaun The Sheep: Caught Short Alien**  
(Repeat,G)  
When Shaun's old friend the Alien drops by for a loo break, Shaun is only too happy to let him use the facilities in the farmhouse. While he's going about his business he leaves Shaun in charge of his intriguing new gadget.
- 7:35pm Slugterra: The Return**  
(CC,Repeat,G)  
Armed with his powerful new weapon the Gatling Blaster, Blakk's unstoppable battle train threatens to run roughshod over all of Slugterra - unless Eli can master his new Double Barrel Blaster.
- 8:00pm Space Nova: Seaweed Samba**  
(CC,Repeat,G)  
The Novas travel to a suspected Star Dust Planet, but instead find themselves trapped underwater by a sentient seaweed plant. Meanwhile, Aubrina sends Sol out undercover to learn what the Novas are up to.
- 8:20pm Dragons: Riders Of Berk: When Lightning Strikes**  
(CC,Repeat,G)  
The Vikings of Berk suspect the dragons may be causing lightning storms in the village.

- 8:45pm**      **Dodo: Mickey Page**  
(CC,AD,Repeat,G)  
When Steve Malek steals back Joe's Mickey Page football card from Frisbo, Joe decides Steve will be his new best friend.
- 8:55pm**      **Dwight In Shining Armour: Shackled**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Gretta and Dwight are shackled together by bandits, and in the midst of the Woodside Carnival.
- 9:20pm**      **Silverpoint: Today We Vanish**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
After discovering what he thinks is a portal, Louis must convince the rest of Dragonfly to cross over with him to see what's on the other side. However, Meg has other plans.
- 9:45pm**      **BTN High**  
BTN High breaks down the week's biggest news stories for Aussie high schoolers.
- 10:10pm**      **rage: Guest Programmer**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.

**Friday, 10 March 2023**

6:00am	<b>Dorg Van Dango</b> (CC,Repeat,G)
6:10am	<b>Almost Naked Animals</b> (CC,Repeat,G)
6:25am	<b>The Day My Butt Went Psycho!</b> (CC,Repeat,G)
6:45am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
7:10am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
7:30am	<b>Kung Fu Panda: Legends Of Awesomeness</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	<b>Big Blue</b> (Repeat,G)
8:05am	<b>Oddbods</b> (Repeat,G)
8:15am	<b>The Unstoppable Yellow Yeti</b> (CC,G)
8:25am	<b>The Fairly OddParents</b> (Repeat,G)
8:50am	<b>How To Do Stuff Good</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
9:10am	<b>The Flamin' Thongs</b> (CC,Repeat,G)
9:20am	<b>Bad Nature</b> (CC,Repeat,G)
9:30am	<b>Barney's Barrier Reef</b> (CC,Repeat,G)
10:00am	<b>Rhymes And Songs</b> (CC,Repeat,G)
10:15am	<b>Know It Alls: Visual Art</b> (Repeat,G)
10:30am	<b>Art With Mati And Dada</b> (CC,Repeat,G)
10:40am	<b>Your Paintings</b> (CC,Repeat,G)
10:45am	<b>Ultimate Video Skills</b> (Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
10:50am	<b>Bertram Poppingstock: Problem Solver</b> (CC,Repeat,G)

<b>11:05am</b>	<b>Shakespeare Uncovered</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>12:00pm</b>	<b>Dennis And Gnasher Unleashed!</b> (CC,Repeat,G)
<b>12:10pm</b>	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>12:25pm</b>	<b>All-Round Champion</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>1:15pm</b>	<b>The Wonderful World of Puppies</b> (Repeat,G)
<b>1:55pm</b>	<b>Play Your Pets Right</b> (CC,Repeat,G)
<b>2:10pm</b>	<b>Fierce Earth</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>2:40pm</b>	<b>Spirit Riding Free</b> (AD,Repeat,G)
<b>3:00pm</b>	<b>Danger Mouse</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>3:15pm</b>	<b>Supernoobs</b> (CC,Repeat,G)
<b>3:25pm</b>	<b>I, Elvis Riboldi</b> (Repeat,G)
<b>3:35pm</b>	<b>The Deep</b> (CC,AD,Repeat,G)
<b>4:00pm</b>	<b>PJ Masks</b> (CC,Repeat,G)
<b>4:10pm</b>	<b>Shaun The Sheep</b> (Repeat,G)
<b>4:20pm</b>	<b>Hanazuki: Full Of Treasures</b> (CC,G)
<b>4:30pm</b>	<b>Secret Life of Boys</b> (CC,Repeat,G)
<b>4:55pm</b>	<b>FriendZSpace</b> (Repeat,G)
<b>5:05pm</b>	<b>Kuu Kuu Harajuku</b> (CC,Repeat,G)
<b>5:25pm</b>	<b>Jade Armor</b> (CC,Repeat,G)
<b>5:50pm</b>	<b>Total DramaRama</b> (CC,Repeat,G)

- 6:00pm School Of Rock: The Story Of Us (But More About Me)**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
While searching to find her role in the band, Summer sets out to become the band's songwriter, but has difficulty finding any true inspiration.
- 6:25pm BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm Operation Ouch!: Your Brilliant Brain and Sparky Signals**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,This program shows medical procedures. In an emergency ring 000 for help)  
Dr Xand gets stuck to a wall in an experiment showing how your brain tells your muscles to move! Dr Ronx and Dr Chris are changing nappies in Ouch Baby and there are more medical questions on the wards in Ouch and About.
- 7:00pm Horrible Histories**  
(CC,Repeat,G)  
A Victorian inspector checks that a school is suitably cruel, HHTV news reports live from the Great Plague, and Thumbelina drowns in poo.
- 7:30pm Shaun The Sheep: Happy Birthday Timmy**  
(CC,Repeat,G)  
It's Timmy's birthday and the Flock have thrown a party for him. At first he's delighted by all the attention; but when the Flock become distracted and he's left with no-one to play with, he decides to entertain himself.
- 7:35pm Slugterra: Slugball**  
(CC,Repeat,G)  
The Shane Gang find themselves competing in the Slugball Championship - a rough and tumble cross between hockey, slugslinging and rugby - with deadly random obstacles thrown in for fun!
- 8:00pm Space Nova: Steel Comet**  
(CC,Repeat,G)  
When a large comet appears on a collision course with Luna Port, the Novas take a huge risk to divert it, only to realise it's no comet at all, but rather a frozen spaceship presumed lost for nearly 100 years!
- 8:20pm Dragons: Riders Of Berk: What Flies Beneath**  
(CC,Repeat,G)  
Toothless encounters a rival from his past.

- 8:45pm**      **Voltron: Legendary Defender: The Journey Within**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
The depleted team flies through space and enters a region of pure darkness, with no sign of life and seemingly no way out.
- 9:10pm**      **Dragon Ball Super: Bergamo the Crusher vs. Goku! Whose Strength Reaches the Wild Blue Yonder?!**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
The 9th Universe's third combatant tries to talk Zeno out of erasing losing universes. Zeno agrees on one condition - the 9th Universe must win the exhibition match. If Goku throws the fight, all universes will suffer!
- 9:30pm**      **Sailor Moon Crystal: Act 38: Infinity 12 Infinite Journey**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
With Super Sailor Moon gone, the remaining Sailor Guardians must helplessly watch as Sailor Saturn brings an end to the world with her Silence Glaive.
- 9:55pm**      **Fruits Basket: You Look Well...**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Tohru comes down with a cold, and the Somas help her while she recovers.
- 10:20pm**      **Fruits Basket: Let's Go Home**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Kazuma Soma's visit to the house is more than a casual visit, especially for Kyo. Will we finally find out Kyo's secret?
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.



**Saturday, 11 March 2023**

6:00am	<b>Dorg Van Dango</b> (CC,Repeat,G)
6:10am	<b>Almost Naked Animals</b> (CC,Repeat,G)
6:25am	<b>The Day My Butt Went Psycho!</b> (CC,Repeat,G)
6:45am	<b>The Deep</b> (CC,AD,Repeat,G)
7:10am	<b>The Penguins Of Madagascar</b> (CC,AD,Repeat,G)
7:35am	<b>The Penguins Of Madagascar</b> (CC,AD,Repeat,G)
8:00am	<b>Lost in Oz</b> (CC,AD,Repeat,G)
8:25am	<b>The Drawing Show</b> (Repeat,G)
8:30am	<b>Total DramaRama</b> (CC,Repeat,G)
8:45am	<b>Total DramaRama</b> (CC,Repeat,G)
8:55am	<b>Roald Dahl's Revolting Rhymes</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
9:25am	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
9:50am	<b>Teenage Mutant Ninja Turtles</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:10am	<b>Slugterra</b> (CC,Repeat,G)
10:35am	<b>The Legend Of Korra</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:00am	<b>Dragon Ball Super</b> (PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:25am	<b>Dragon Ball Super</b> (PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:45am	<b>Radiant</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 12:10pm Early Man**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 1:35pm Step Up To The Plate**  
(CC,Repeat,G)
- 2:05pm Horrible Histories**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 2:35pm Operation Ouch!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:05pm Operation Ouch!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:35pm Cloudy With A Chance Of Meatballs**  
(Repeat,G)
- 3:55pm The Fairly OddParents**  
(Repeat,G)
- 4:20pm Hanazuki: Full Of Treasures**  
(CC,G)
- 4:30pm The Beachbuds**  
(Repeat,G)
- 4:45pm Lloyd Of The Flies**  
(CC,G)
- 4:55pm Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,G)
- 5:20pm Lagging**  
(CC,G)
- 5:45pm The Inbestigators**  
(CC,Repeat,G)
- 6:00pm The New Adventures Of Figaro Pho: Gumball Boogie**  
(CC,Repeat,G)  
When Figaro is in Dotty's store, he discovers a magic gumball machine. But when he tries to buy some gumballs, the old shopkeeper refuses to sell them to him. These sweets are highly dangerous!
- 6:10pm The PM's Daughter: You Shall Not Pass**  
(CC,Repeat,G)  
Cat must unite opposing forces to bring down the insider and save Isabel's career, while her relationships with Isabel and Ollie hang in the balance.

- 6:40pm Mythbusters Junior: Domino/Jenga**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
The team tackles two tall tales of tabletop gaming; can you really pull off the impossible Jenga move and can the domino effect lead to a car crushing catastrophe?
- 7:30pm Shaun The Sheep: The Genie**  
(Repeat,G)  
Shaun dreams of a life in the fast lane. When Shirley lands upon something that could make his wish come true he can't believe his luck. The only obstacle that stands in his way is the rest of the Flock.
- 7:35pm Slugterra: King Of The Sling**  
(CC,Repeat,G)  
Locke and Lode have run roughshod over a cavern and The Shane Gang aim to kick them out. But the townspeople have their own hero to clean up the town - none other than the King of Sling!
- 8:00pm Space Nova: Friends In Dark Places**  
(CC,Repeat,G)  
Continuing their search for Star Dust aliens, the Novas discover an uninhabited planet - but when they fall through quicksand to the caverns beneath, they soon discover it isn't uninhabited at all!
- 8:20pm Dragons: Riders Of Berk: Defiant One**  
(CC,Repeat,G)  
Hiccup and Snotlout struggle to find their way back from Outcast Island.
- 8:45pm Dodo: Bad Sport**  
(CC,AD,Repeat,G)  
Joe Connolly is on a losing streak. With Sports Day fast approaching, he needs to avoid losing again at all costs.
- 8:55pm Dwight In Shining Armour: Lessons One Through Four**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Dwight and Gretta track a fairy-possessed Baldric, as he tries to open a portal to the fairy realm.
- 9:20pm Silverpoint: Here There Be Monsters - Part 1**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Feeling the pressure to find their missing friend, Kaz tasks Louis with getting Meg back. Meanwhile, something monstrous is lurking in the woods.

**11:15pm**

**ABC ME Programs Resume At 6am**

ABC ME programs resume at 6am.