

Program Guide

Sunday, 20 July 2025

4:00am	Silverpoint (CC,AD,Repeat,PG,Parental Guidance Recommended)
4:20am	Malory Towers (CC,AD,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:05am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Star Wars: Young Jedi Adventures (CC,Repeat,G,Do not disturb or try to handle wild animals as they can be dangerous.)
6:25am	Hotel Transylvania: The Series (Repeat,G)
6:35am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:45am	Scooby-Doo and Guess Who? (Repeat,PG,Parental Guidance Recommended)
7:10am	Do Not Watch This Show (CC,AD,Repeat,G)
7:20am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
7:45am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
8:05am	Space Nova (CC,AD,Repeat,G)
8:30am	The Powerpuff Girls Movie (CC,Repeat,PG,Parental Guidance Recommended)
9:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,G)
10:05am	High Hoops (CC,G)
10:35am	The Next Step (CC,G)

- 11:00am Car S.O.S: Triumph TR4**
(CC,Repeat,G)
Tim and Fuzz take on a legendary British sports car - a 1962 Triumph TR4. Having been driven into the ground by its owner, the little two-seater turns out to be one of the worst basket cases they have ever tried to restore.
- 11:45am Not Going Out: The True Meaning of Christmas**
(CC,Repeat,PG)
It's Christmas Eve, and yuletide disaster looms as Lee and Lucy face the ultimate parenting fail when they discover the present they have bought for their kids has already been gifted to them by their grandparents. (Final)
- 12:30pm Movie: The Bucket List**
(CC,2007,M,Adult Themes, Coarse Language)
One man was smart enough to go to college, but worked as a mechanic; the other owns the hospital in which they are both patients. With little time left, they discover that life can be deeply moving and definitely hilarious.
- 2:00pm ER: Canon City**
(CC,Repeat,M,Adult Themes, Medical Procedures)
When Sam's diabetic son runs away without his insulin, she thinks he has gone to find his dad in Colorado and enlists Luka's help to find him. Neela, Ray and Abby struggle with their first shifts in charge of the new interns.
- 2:45pm Doctor Who: Chapter Four: Village of the Angels**
(CC,AD,Repeat,PG,Horror, Scary Scenes, Science Fiction Themes)
Devon, November 1967. A little girl has gone missing and in the village graveyard, there is one gravestone too many. Why is Medderton known as The Cursed Village? And what do the Weeping Angels want?
- 3:45pm Whose Line Is It Anyway?: Greg Proops**
(Repeat,PG)
Aisha Tyler hosts another laughter-filled episode of the legendary improv show featuring regulars Wayne Brady, Ryan Stiles and Colin Mochrie along with guest performer Greg Proops.
- 4:05pm Would I Lie To You?: Steve Davis, Craig Parkinson, Sara Pascoe & Claudia Winkleman**
(CC,Repeat,PG)
Celebrity guests reveal amazing stories, some of which are true. Host Rob Brydon and lightning-quick team captains David Mitchell and Lee Mack are joined by Steve Davis, Craig Parkinson, Sara Pascoe and Claudia Winkleman.

- 4:40pm MythBusters: Trench Torpedo**
(CC,Repeat,PG,Adult Themes)
Can a trench with perfect 90 degree corners absorb an explosion's shockwave inside the trench better than a trench with rounded corners? Can balloons act like an airbag during a car crash and save someone's life?
- 5:30pm Car S.O.S: Toyota Celica**
(CC,Repeat,PG)
Due to a severe spinal condition, car loving Noel has lost his health, his job and his house. The one thing that can't be taken from him is his 1972 Toyota Celica, until Tim and Fuzz sneak it away for a secret restoration.
- 6:15pm Phil Spencer: Secret Agent: Bolton**
(CC,G)
Phil is in Bolton to try to turn around a tatty terrace in need of some serious TLC. Danny Zabhi bought the house in 2005 but after meeting the love of his life Siobhan, they are both keen to move on and buy a place together.
- 7:05pm Claire Hooper's House Of Games**
(CC,Repeat,PG)
Visiting Claire Hooper's House of Games this week, we've got author Benjamin Law, drag queen Courtney Act, journalist Abbey Gelmi, and comedian Anthony Lehmann going head-to-head for the trophy and a miniature blender.
- 7:35pm QI: Quiet**
(CC,Repeat,PG)
Sandi Toksvig calls for a bit of 'Quiet', this time inviting Andrew Maxwell, Sara Pascoe and Jimmy Carr to join regular panellist Alan Davies to face her fiendish posers.
- 8:05pm The Piano UK**
(CC,PG)
A chance to watch the full final concert from the Royal Festival Hall, featuring performances by Lang Lang, Mika and the four finalists. (Final)
- 8:55pm Planet America: Weekend Edition**
(CC,Repeat)
Join John Barron and Chas Licciardello as they take a deeper look at the people, issues and politics driving America this week. Plus longer interviews and in-depth discussions on the second Trump presidency.
- 9:40pm Offsiders**
(CC,Repeat)
Abbey Gelmi and the panel cover the week in sport including the First Test between the Wallabies and the British and Irish Lions, plus the World Swimming Championships in Singapore, AFL, NRL, Super Netball, cricket and more.

10:15pm	Better Date Than Never (CC,AD,Repeat,PG) Shy Kento takes on the roller coaster of dating, while Asher navigates the rulebook of culture and religion to find love. Liv and Ben rekindle affection. And transgender farmer Di returns, hoping to find a life companion.
10:45pm	ER: Nobody's Baby (CC,Repeat,M,Adult Themes, Medical Procedures) An infant's life hangs in the balance when a surrogate mother makes a dramatic decision after being injured in a car accident. Pratt deals with his feelings from the past after he encounters his estranged father, Charlie.
11:30pm	rage (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
12:30am	Dave Hughes: Ridiculous (CC,Repeat,M,Frequent Coarse Language, Sexual References) Dave Hughes went viral during the pandemic and managed to get himself in trouble with pretty much everyone. Luckily, Hughesy is at peace with the chaos he creates, knowing that from great turmoil comes even greater material.
1:35am	Wreck: Showtime! (CC,AD,Repeat,MA,Nudity, Violence) Jamie becomes embroiled with an illicit operation on board in exchange for new information on his sister. Meanwhile, Vivian is charmed by a guest as another crew member vanishes.
2:20am	Wreck: The Sacramentum Slasher (CC,AD,Repeat,M,Adult Themes, Coarse Language, Violence) An unlikely ally reveals new information on Pippa's last days on board; and Jamie and Vivian make a shocking discovery that leads to a dangerous confrontation.
3:10am	ABC News Update (Repeat) The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
3:15am	Not Going Out: The True Meaning of Christmas (CC,Repeat,PG) It's Christmas Eve, and yuletide disaster looms as Lee and Lucy face the ultimate parenting fail when they discover the present they have bought for their kids has already been gifted to them by their grandparents. (Final)

Monday, 21 July 2025

4:00am	Silverpoint (CC,AD,Repeat,PG)
4:20am	Malory Towers (CC,AD,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:00am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Star Wars: Young Jedi Adventures (CC,Repeat,G)
6:25am	The Strange Chores (CC,Repeat,G)
6:35am	The Strange Chores (CC,Repeat,G)
6:45am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:55am	We Bare Bears (Repeat,G)
7:10am	Super Happy Magic Forest (CC,AD,G)
7:20am	My Little Pony: Friendship Is Magic (CC,G)
7:40am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,Parental Guidance Recommended)
8:05am	The Powerpuff Girls (Repeat,PG,Parental Guidance Recommended)
8:15am	Teen Titans Go! (CC,G)
8:25am	Pokemon: Diamond And Pearl (CC,G)
8:45am	Do Not Watch This Show (CC,AD,Repeat,G)
9:00am	Yarrabil: First Nations Songs (Repeat,G)
9:00am	Numberblocks (CC,Repeat,G)
9:05am	Maddie's Do You Know? (CC,Repeat,G)

9:15am	Odd Squad (Repeat,G)
9:25am	Operation Ouch! (CC,Repeat,PG,Parental Guidance Recommended,This program shows medical procedures. In an emergency ring 000 for help)
9:55am	Wow That's Amazing (CC,Repeat,G,Some of these experiments can be dangerous. Do not try them without the help of an adult.)
10:10am	Bitesize Daily (CC,G)
10:30am	Geometry Basics (CC,Repeat,G)
10:30am	Teenage Boss (CC,AD,Repeat,G)
11:05am	Car S.O.S (CC,Repeat,PG)
11:50am	Phil Spencer: Secret Agent (CC,Repeat,G)
12:40pm	Not Going Out (CC,Repeat,PG)
1:10pm	The Piano UK (CC,Repeat,PG)
2:00pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:45pm	Doctor Who (CC,AD,Repeat,PG,Horror, Scary Scenes, Science Fiction Themes)
3:35pm	A Bite To Eat With Alice (CC,Repeat,G)
4:05pm	Would I Lie To You? (CC,Repeat,PG)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,G)
6:15pm	Phil Spencer: Secret Agent: Worthing (CC,G) Secret Agent Phil travels to Worthing, on what could be his toughest mission ever. He's tasked with helping single mum Zoe to tame her house, which has got into a state that's almost unsellable.
7:05pm	Claire Hooper's House Of Games (CC,Repeat,G) Visiting Claire Hooper's House of Games this week, we've got author Benjamin Law, drag queen Courtney Act, journalist Abbey Gelmi, and comedian Anthony Lehmann going head-to-head for the trophy and a miniature blender.

- 7:35pm** **QI: Rogue**
(CC,Repeat,PG)
Bill Bailey, Jack Carroll and Olga Koch join regular panellist Alan Davies as Sandi Toksvig hosts the quiz with a difference, asking questions on the theme of rogue.
- 8:05pm** **Would I Lie To You?: The Unseen Bits**
(CC,Repeat,G)
Rob Brydon, Lee Mack and David Mitchell return for an episode of previously unseen material. Among the guests are Romesh Ranganathan, Frankie Boyle, Gina Yashere and Chris McCausland.
- 8:35pm** **Penn And Teller: Fool Us: Magic is in the Air**
(CC)
Featured magicians include Magic Singh, Nikolai Striebel, Dreygon and Sara Rodriguez.
- 9:20pm** **Whose Line Is It Anyway?: Gary Anthony Williams**
(Repeat,PG)
Aisha Tyler hosts another hilarious episode of the legendary improv show featuring regulars Wayne Brady, Ryan Stiles and Colin Mochrie along with guest performer Gary Anthony Williams.
- 9:40pm** **Spooks**
(CC,AD,Repeat,M,Violence)
French Intelligence wants to work with MI5 to catch an arm expert whom they suspect of trying to sell Eurofighter technology to the highest bidder.
- 10:35pm** **ER: Man With No Name**
(CC,Repeat,M,Adult Themes, Medical Procedures)
New nurse manager Eve Peyton causes a stir in the ER. Sam and Luka find it difficult to work together, while Abby makes a discovery about Dubenko and helps a woman who might have breast cancer to make a difficult decision.
- 11:20pm** **Not Going Out: Home Improvements**
(CC,Repeat,PG)
Lucy's father reluctantly allows Lee to help clear up the builder's mess in their new kitchen extension. Unfortunately, within just minutes, the good deed literally backfires as Lee ruins his in-laws' artificial lawn.
- 11:50pm** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.

- 12:50am** **Louis Theroux: The Ultra Zionists**
(CC,Repeat,M,Coarse Language, Violence)
Louis Theroux spends time with a small and very committed subculture of ultra-nationalist Jewish settlers in the occupied territories in the West Bank and East Jerusalem.
- 1:50am** **Staged: Future**
(CC,Repeat,M,Coarse Language)
With the gang reinvigorated, a plan is suggested which could turn failure into glory. But a dangerous question remains: might they need Simon?
- 2:10am** **Staged: Knock, Knock**
(CC,Repeat,MA,Coarse Language)**Final**
The final send-off is upset by betrayal almost at once. But is there still a way through? And, if so, what's waiting at the other end. (Final)
- 2:35am** **If You're Listening: Why France never trusted Trump**
(CC,Repeat)
France has long been sceptical of how much America can be trusted. Now they may be the only safe refuge for countries looking for new security guarantees. So how did they see this about-face coming and do they have capacity?
- 2:55am** **ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 3:00am** **Tiny Oz: Sydney**
(CC,Repeat,PG)
Hosts Jimmy Rees and JoAnne Bouzianis-Sellick take us back to Sydney in 1914 as hundreds of exotic animals were escorted on foot through the city streets and across the harbour to their brand-new home - Taronga Zoo.

Tuesday, 22 July 2025

4:00am	Silverpoint (CC,AD,Repeat,PG,Parental Guidance Recommended)
4:20am	Malory Towers (CC,AD,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:00am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,PG,Parental Guidance Recommended)
5:35am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Star Wars: Young Jedi Adventures (CC,Repeat,G)
6:25am	Jade Armor (CC,Repeat,G)
6:45am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:55am	We Bare Bears (Repeat,G)
7:05am	Super Happy Magic Forest (CC,AD,G)
7:20am	My Little Pony: Friendship Is Magic (CC,G)
7:40am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
8:05am	The Powerpuff Girls (Repeat,PG,Parental Guidance Recommended)
8:15am	Teen Titans Go! (CC,G)
8:25am	Pokemon: Diamond And Pearl (CC,G)
8:45am	Do Not Watch This Show (CC,AD,Repeat,G)
9:00am	Yarrabil: First Nations Songs (Repeat,G)
9:00am	Numberblocks (CC,Repeat,G)
9:05am	Maddie's Do You Know? (CC,Repeat,G)
9:15am	Odd Squad (Repeat,G)

9:25am	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
9:55am	BTN (CC,AD)
10:20am	Full Proof (CC,Repeat,G,Some of these experiments can be dangerous. Do not try them without the help of an adult.)
10:30am	Science Max! Experiments At Large (CC,Repeat,PG,Parental Guidance Recommended,For some of these craft projects you need an adult's help. Do not try making them on your own.)
10:55am	BTN Newsbreak (CC,Repeat)
11:00am	Car S.O.S (CC,Repeat,G)
11:45am	Phil Spencer: Secret Agent (CC,Repeat,G)
12:35pm	Not Going Out (CC,Repeat,PG)
1:05pm	Spooks (CC,AD,Repeat,M,Violence)
2:00pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:45pm	Doctor Who (CC,AD,Repeat,PG,Horror, Scary Scenes, Science Fiction Themes)
3:45pm	A Bite To Eat With Alice (CC,Repeat,G)
4:10pm	Would I Lie To You? (CC,Repeat,PG)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,G)
6:15pm	Phil Spencer: Secret Agent: Fixby (CC,G) Phil finds himself on a secret agent mission in Fixby near Huddersfield, West Yorkshire where retiree Jean desperately needs help to shift her home, which has been on the market for thirteen months.
7:05pm	Claire Hooper's House Of Games (CC,Repeat,G) Visiting Claire Hooper's House of Games this week, we've got author Benjamin Law, drag queen Courtney Act, journalist Abbey Gelmi, and comedian Anthony Lehmann going head-to-head for the trophy and a miniature blender.

- 7:35pm** **QI: Ruff and Reddy**
(CC,Repeat,PG)
Sandi Toksvig hosts the high-brow quiz, asking questions about ruffs, red items and other things beginning with the letter R. Trying to come up with the answers are Alan Davies, Tom Allen, Susan Calman and Zoe Lyons.
- 8:05pm** **Would I Lie To You?: Nikki Fox, Miles Jupp, Nish Kumar & Joe Lycett**
(CC,Repeat,PG)
Celebrity guests reveal amazing stories, some of which are true. Host Rob Brydon and lightning-quick team captains David Mitchell and Lee Mack are joined by Nikki Fox, Miles Jupp, Nish Kumar and Joe Lycett.
- 8:35pm** **Upstart Crow: Lord, What Fools These Mortals Be!**
(CC,Repeat,M,Sexual References)
Will is just finishing A Midsummer Night's Dream, a tale of love potions, enchantment and a wood full of fairies. He's pleased with how realistic it is as he based it on his own experience, but is it lacking a little comedy?
- 9:05pm** **Upstart Crow: Wild Laughter In The Throat Of Death**
(CC,Repeat,M,Sexual References)
Greene hits on an ingenious new way to destroy Will's reputation, by excluding him from his high-brow literary set. The players need another box-office smash, and as luck would have it, Will does have an idea for a comedy.
- 9:35pm** **Spooks**
(CC,AD,Repeat,M,Coarse Language, Violence)
Britain is in the midst of a 'winter of discontent' and MI5 have been closely monitoring the re-emergence of union strike action.
- 10:30pm** **ER: Blame It on the Rain**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
Staff treat a mother involved in a car crash with her baby, a man with a satisfaction facilitator, and a patient who suddenly wakes up from a six-year coma. Sam stands up to Eve's authority and Jerry gets struck by lightning.
- 11:15pm** **Friday Night Dinner: Dad's Birthday**
(CC,Repeat,M,Coarse Language)
Dad's gone online and calculated when all the family will die. Horrible Grandma turns up for the world's worst argument and Jim shows off his terrible magic tricks.
- 11:40pm** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.

- 12:40am Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language)
When the body of a young man is discovered in a derelict building, DCI Cassie Stuart - one of the Met's smartest detectives - is called in to investigate with her partner DI Sunil Khan.
- 1:25am Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References)
Having identified the body in the cellar as homeless boy Jimmy Sullivan, the search for his murderer begins. Cassie and Sunny investigate, starting with identifying the names featured in Jimmy's diary.
- 2:10am Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language)
Cassie and Sunny visit a priest who remembers Jimmy fondly, but unfortunately Father Robert Greaves is unable to identify 'Jo-Jo', the mysterious person who gave Jimmy the diary.
- 2:55am ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 3:00am Doctor Who: Chapter Six: The Vanquishers**
(CC,AD,Repeat,PG,Horror, Scary Scenes, Science Fiction Themes)
In the final epic chapter in the story of The Flux, all hope is lost and the forces of darkness are in control. But when the monsters have won, who can you count upon to save the universe? (Final)

Wednesday, 23 July 2025

4:00am	Silverpoint (CC,AD,Repeat,PG,Parental Guidance Recommended)
4:20am	Malory Towers (CC,AD,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:00am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,PG,Parental Guidance Recommended)
5:35am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
6:10am	Star Wars: Young Jedi Adventures (CC,Repeat,G)
6:25am	Jade Armor (CC,Repeat,G)
6:45am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:55am	We Bare Bears (Repeat,G)
7:05am	Super Happy Magic Forest (CC,AD,G)
7:20am	My Little Pony: Friendship Is Magic (CC,G)
7:40am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,Parental Guidance Recommended)
8:05am	The Powerpuff Girls (Repeat,G)
8:15am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:25am	Pokemon: Diamond And Pearl (CC,G)
8:45am	Do Not Watch This Show (CC,AD,Repeat,G)
9:00am	Yarrabil: First Nations Songs (Repeat,G)
9:00am	Numberblocks (CC,Repeat,G)
9:05am	Maddie's Do You Know? (CC,Repeat,G)
9:15am	Odd Squad (Repeat,G)

9:25am	Operation Ouch! (CC,Repeat,PG,Parental Guidance Recommended,This program shows medical procedures. In an emergency ring 000 for help)
9:55am	Bitesize Daily (CC,G)
10:15am	Secrets Of The Forest (CC,Repeat)
10:25am	TBA
10:55am	BTN Newsbreak (CC,Repeat)
11:00am	Car S.O.S (CC,Repeat,G)
11:45am	Phil Spencer: Secret Agent (CC,Repeat,G)
12:35pm	Not Going Out (CC,Repeat,M,Sexual References)
1:05pm	Spooks (CC,AD,Repeat,M,Coarse Language, Violence)
1:55pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:40pm	Doctor Who: Eve of the Daleks (CC,AD,Repeat,PG)
3:40pm	A Bite To Eat With Alice (CC,Repeat,G)
4:10pm	Would I Lie To You? (CC,Repeat,PG)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,PG)
6:15pm	Phil Spencer: Secret Agent: East Grinstead (CC,G) After 15 viewings and not a hint of an offer on their home in West Sussex, retirees Tim and Gina want to upsize. Can Phil help turn their dark and cluttered 1950s house into an up-to-date, desirable residence?
7:05pm	Claire Hooper's House Of Games (CC,Repeat,PG) Visiting Claire Hooper's House of Games this week, we've got author Benjamin Law, drag queen Courtney Act, journalist Abbey Gelmi, and comedian Anthony Lehmann going head-to-head for the trophy and a miniature blender.

7:35pm	QI: Very Varied (CC,Repeat,PG,Sexual References) Join Sandi Toksvig for a Very Varied episode of QI with Ross Noble, Sara Pascoe, Sally Phillips, and Alan Davies.
8:05pm	Would I Lie To You?: Rhod Gilbert, Miranda Hart, Hugh Fearnley-Whittingstall & Rufus Hound (CC,Repeat,G) Rob Brydon and team captains David Mitchell and Lee Mack are joined by Rhod Gilbert and Miranda Hart, Hugh Fearnley-Whittingstall and Rufus Hound.
8:35pm	Unforgotten (CC,AD,Repeat,M,Adult Themes, Coarse Language) A corpse is discovered in a huge scrap yard. With Cassie and Sunny on the case, four murder suspects quickly emerge. The suspects have just one thing in common: they've all got connections with the law.
9:25pm	Spooks (CC,AD,Repeat,M,Adult Themes, Violence) Eight Customs and Excise officers are killed while on a surveillance operation monitoring the Chala Cartel - Colombia's biggest drug traffickers.
10:20pm	ER: Wake Up (CC,Repeat,M,Adult Themes, Medical Procedures) The new attending physician poses as a patient to test the doctors in the ER, Luka considers bending the rules for his former coma patient, and Pratt's father tries to convince him that he has become a responsible family man.
11:05pm	Friday Night Dinner: The Cage (CC,Repeat,M,Coarse Language, Sexual References) Aunty Val causes havoc when she comes for dinner, and Jim builds a metal cage for his dog.
11:30pm	rage (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
12:30am	Unforgotten (CC,Repeat,M,Adult Themes, Coarse Language, Violence) Cassie and Sunny question Sir Phillip to find out exactly what his involvement was with a prominent East End crime family. Eric and Claire's anniversary party gets underway.

- 1:15am Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language, Violence)
Sir Phillip Cross makes a hard decision in order to protect his family & salvage what's left of his reputation. Ray returns home to find Lizzie gone & a note that reads 'I'm sorry' & Father Robert comes clean to the police.
- 2:05am Unforgotten**
(CC,Repeat,M,Adult Themes, Sex Scenes)
Father Robert's revelations have lasting repercussions; things get more difficult when Caroline goes into premature labor. Bella & Josh deliberate over how to deal with their father & the search for Lizzie continues. (Final)
- 2:50am ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 2:55am Doctor Who: Eve of the Daleks**
(CC,AD,Repeat,PG)
On New Year's Eve, the appearance of an Executioner Dalek means Sarah and Nick's countdown to midnight will be the strangest and deadliest they have ever known. Can the Doctor, Yaz and Dan save them?

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8:15am	Teen Titans Go! (CC,G)
8:25am	Pokemon: Diamond And Pearl (CC,G)
8:45am	Do Not Watch This Show (CC,AD,Repeat,G)
9:00am	Yarrabil: First Nations Songs (Repeat,G)
9:00am	Numberblocks (CC,Repeat,G)
9:05am	Maddie's Do You Know? (CC,Repeat,G)
9:15am	Wordsville (Repeat,G)
9:20am	Horrible Histories (CC)

9:45am	History Hunters (CC,Repeat,G)
10:10am	Australia's Extinct Megafauna (CC,Repeat,G)
10:20am	Bushrangers (CC,Repeat,G,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
10:25am	BTN (CC,AD,Repeat)
10:50am	The Ancient To Modern World (Repeat,G)
10:55am	BTN Newsbreak (CC,Repeat)
11:00am	Car S.O.S (CC,Repeat,PG)
11:50am	Phil Spencer: Secret Agent (CC,Repeat,G)
12:35pm	Not Going Out (CC,Repeat,M,Sexual References)
1:05pm	Spooks (CC,AD,Repeat,M,Adult Themes, Violence)
2:00pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:45pm	Doctor Who: Legend Of The Sea Devils (CC,AD,Repeat,PG,Horror, Scary Scenes, Science Fiction Themes)
3:35pm	A Bite To Eat With Alice (CC,Repeat,G)
4:05pm	QI (CC,Repeat,PG)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,PG)
6:15pm	Phil Spencer: Secret Agent: Warrington (CC,G) Phil travels to Grappnehall in Warrington to help Colin Brunold sell his four-bed detached house. Colin bought the house with his family 18 years ago, but now the kids are grown up and Colin's remarried, it's time to sell.
7:05pm	Claire Hooper's House Of Games (CC,Repeat,PG) Popping round to Claire Hooper's House of Games this week, we've got journalist Marc Fennell, TV cook Julie Goodwin, and comedians Nina Oyama and Charlie Pickering tussling for the trophy and a pretty good bucket hat.

- 7:35pm** **QI: Organisms**
(CC,Repeat,M,Sexual References)
Nish Kumar, Holly Walsh and Cariad Lloyd join panellist Alan Davies and host Sandi Toksvig for an unconventional look at multiple organisms, with questions touching on the world's deadliest hunter and a juggling otter.
- 8:05pm** **Would I Lie To You?: The Best Bits**
(CC,Repeat,G)
Rob Brydon, Lee Mack and David Mitchell return in an episode packed with the best bits from the season featuring a stellar cast of celebrity guests. (Final)
- 8:35pm** **Hard Quiz**
(CC,Repeat,PG)
Tom Gleeson is back with four new experts vying to be the Hard Quiz Champion. Tonight's topics are the Barbie film, the Mona Lisa, baseball team the New York Yankees and sunscreen!
- 9:05pm** **Gruen**
(CC,Repeat,PG)
Nintendo Switches at birth, Brita drip feeds a new product, and eHarmony bursts a love bubble. Plus a pitch to kick parents off Facebook. Wil is joined by Todd Sampson, Christina Aventi, Camey O'Keefe, and Russel Howcroft.
- 9:45pm** **Planet America**
(CC,Repeat)
As Donald Trump and his team 'flood the zone' with multiple messages and announcements every day its hard to keep up with what's going on in America. Chas and John break down the key moments and explain what you need to know.
- 10:15pm** **Shaun Micallef's Eve of Destruction: Peter Helliard and Usman Khawaja**
(CC,Repeat,PG)
Shaun Micallef is joined by comedian Peter Helliard and cricketer Usman Khawaja in an entertaining discussion about possessions they can't live without.
- 10:55pm** **ER: Dream House**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
While a recovering Dubenko trails the staff via a robotic TV camera from his home, doctors secretly care for an injured chimpanzee. Meanwhile, Pratt's half-brother tries to get him to make amends with his estranged father.
- 11:40pm** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.

- 12:40am Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language)
Nicola Walker and Sanjeev Bhaskar return as detectives Cassie and Sunny, who find themselves thrown into another historic murder case. This time it's the perfectly preserved remains of a middle-aged man found in a suitcase.
- 1:30am Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language)
With their victim identified, Cassie & Sunny begin to find out more about David Walker by talking to his ex-wife, DI Tessa Nixon. A search through the original investigation files helps lead them to a few potential suspects.
- 2:15am Kevin Can F*** Himself: New Tricks**
(CC,AD,Repeat,M,Adult Themes, Sexual References)
Allison witnesses an overdose and has an idea. It's Belichick hoodie day and Kevin feuds with the neighbours over a stolen package. Following a mysterious business card, Allison is led to Patty's Salon in town.
- 3:00am ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 3:05am Doctor Who: Legend Of The Sea Devils**
(CC,AD,Repeat,PG,Horror, Scary Scenes, Science Fiction Themes)
In a swashbuckling special adventure, the Doctor, Yaz and Dan arrive in 1807 China where they encounter pirate captain Madam Ching, and come face to face with one of the Doctor's oldest adversaries: the Sea Devils.

Friday, 25 July 2025

4:00am	Silverpoint (CC,AD,Repeat,PG,Parental Guidance Recommended)
4:20am	Malory Towers (CC,AD,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:00am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,PG,Parental Guidance Recommended)
5:35am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
6:25am	Jade Armor (CC,Repeat,G)
6:45am	Cloudy With A Chance Of Meatballs (Repeat,PG,Parental Guidance Recommended)
6:55am	We Bare Bears (Repeat,G)
7:05am	Super Happy Magic Forest (CC,AD,G)
7:20am	My Little Pony: Friendship Is Magic (CC,G)
7:40am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,Parental Guidance Recommended)
8:05am	The Powerpuff Girls (Repeat,PG,Parental Guidance Recommended)
8:15am	Teen Titans Go! (CC,G)
8:25am	Pokemon: Diamond And Pearl (CC,G)
8:45am	Do Not Watch This Show (CC,AD,Repeat,G)
9:00am	Yarrabil: First Nations Songs (Repeat,G)
9:00am	Numberblocks (CC,Repeat,G)
9:05am	Maddie's Do You Know? (CC,Repeat,G)
9:15am	Wordsville (Repeat,G)
9:25am	The Pen Licence (Repeat,G)
9:30am	Art Blast (CC,Repeat,G)

9:35am	Let's Sing! (CC,G)
9:45am	Bitesize Daily (CC,Repeat,G)
10:05am	Elements Of Art (CC,Repeat,G)
10:10am	Move It Mob Style (CC,Repeat,G)
10:35am	What's Your Problem? (CC,Repeat,G)
10:45am	Bistro Escargot (CC,Repeat,G)
10:55am	BTN Newsbreak (CC,Repeat)
11:00am	Car S.O.S (CC,Repeat,PG)
11:45am	Phil Spencer: Secret Agent (CC,Repeat,G)
12:35pm	Not Going Out (CC,Repeat,PG)
1:05pm	Upstart Crow (CC,Repeat,M,Sexual References)
1:35pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:20pm	Doctor Who: The Power Of The Doctor (CC,AD,Repeat,PG,This program is rated PG and includes science fiction themes. Parental guidance is recommended for younger viewers.) Final
3:50pm	You Can't Ask That (CC,Repeat,PG)
4:05pm	Would I Lie To You? (CC,Repeat,G)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,PG)
6:15pm	Phil Spencer: Secret Agent: Rawdon (CC,G) Phil heads to West Yorkshire to help Alan, Wendy and their teenage daughters sell their family home of eight years. Phil tries to work out why this three-bed semi has been on the market without an offer for over two years.
7:05pm	Claire Hooper's House Of Games (CC,Repeat,PG) Popping round to Claire Hooper's House of Games this week, we've got journalist Marc Fennell, TV cook Julie Goodwin, and comedians Nina Oyama and Charlie Pickering tussling for the trophy and a pretty good bucket hat.

- 7:35pm** **QI: 'T' Animals**
(CC,Repeat,M,Sexual References)
Sandi Toksvig takes a look at animals that begin with the letter 'T' with Hannah Waddingham, Desiree Burch, Jason Manford, and Alan Davies.
- 8:05pm** **Would I Lie To You?: Mark Bonnar, Sheila Hancock, Stephen Mangan & Anita Rani**
(CC,Repeat,PG)
Celebrity guests reveal amazing stories, some of which are true. Host Rob Brydon and lightning-quick team captains David Mitchell and Lee Mack are joined by Mark Bonnar, Sheila Hancock, Stephen Mangan and Anita Rani.
- 8:35pm** **Movie: Tammy**
(CC,2014,M,Coarse Language)
Tammy is having a bad day. She's totalled her car, gotten fired from her job at a greasy burger joint, and instead of finding comfort at home, she finds her husband getting comfortable with the neighbour in her own house.
- 10:10pm** **ER: The Human Shield**
(CC,Repeat,M,Adult Themes, Medical Procedures)
A young girl is used as a human shield by her kidnapper, before both are wounded during a police shoot-out. Neela is dismayed when Gallant's homecoming from Iraq is delayed, and Ray gets his comeuppance from Zoe's father.
- 10:55pm** **rage**
(CC,MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
- 12:00am** **Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language, Violence)
Sunny makes further investigations into David Walker's life that suggest he was a troubled man. Marion has a chat with Cassie about her past and the inquiry reveals her close relationship with an IRA activist.
- 12:45am** **Unforgotten**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References, Violence)
Marion jeopardises her marriage by refusing to open up about the past to her husband, Colin is blackmailed even further and the secrets of Sara's past push her family to breaking point.

1:30am

Unforgotten

(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References)

Cassie turns her attention to Brentford house and the theory that one or more of the suspects may have been abused there. Marion is questioned again after Sinead's allegation that David could have been an IRA target.

2:20am

ABC News Update

(Repeat)

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

2:25am

Doctor Who: The Power Of The Doctor

(CC,AD,Repeat,PG,This program is rated PG and includes science fiction themes. Parental guidance is recommended for younger viewers.)**Final**

The Doctor enlists the help of her old friends Tegan and Ace, plus her previous incarnations as she faces multiple threats from Daleks, Cybermen and her arch-nesis, the Master, in a fight that will seal her very existence.

Saturday, 26 July 2025

4:00am	Detention Adventure (CC,Repeat,G)
4:10am	Detention Adventure (CC,Repeat,G)
4:20am	Malory Towers (CC,AD,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:00am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Star Wars: Young Jedi Adventures (CC,Repeat,G)
6:20am	Jade Armor (CC,Repeat,G)
6:45am	Scooby-Doo and Guess Who? (Repeat,G)
7:05am	Do Not Watch This Show (CC,AD,Repeat,G)
7:15am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
7:40am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
8:00am	Teen Titans Go! (PG,Parental Guidance Recommended)
8:10am	The Powerpuff Girls (Repeat,G)
8:20am	The Powerpuff Girls (Repeat,G)
8:35am	Good Game Spawn Point (CC,Repeat,G,This program may contain reviews of games that have PG material.)
8:50am	Transformers: EarthSpark (CC,AD,Repeat,PG,Parental Guidance Recommended)
9:15am	Cloudy With A Chance Of Meatballs (Repeat,G)
9:35am	Total Drama Island (CC,Repeat,PG,Parental Guidance Recommended)
9:55am	Total Drama Island (CC,Repeat,PG,Parental Guidance Recommended)

10:20am	Pokemon: Diamond And Pearl (CC,Repeat,G)
10:40am	Pokemon: Diamond And Pearl (CC,Repeat,G)
11:05am	Car S.O.S: Ford Escort MK1 Mexico (CC,Repeat,PG) Tim and Fuzz are in the Channel Islands to take on leukaemia patient Gary's 1972 MK1 Ford Escort Mexico. However, after the car arrives at the workshop, the boys discover that not one single panel on the car is salvageable.
11:50am	Not Going Out: Lollipop Man (CC,Repeat,PG) Lucy finds that Fred the school lollipop man has been giving the children actual lollipops, so she puts the family on a healthy eating kick (much to Lee's disdain) and complains anonymously to council about Fred's actions.
12:20pm	Movie: Richie Rich (CC,1994,PG) When Richie's parents are kidnapped in a hostile takeover attempt on the family corporate empire, it's up to this boy billionaire and his loyal valet to rescue his mum and dad.
1:50pm	ER: The Human Shield (CC,Repeat,M,Adult Themes, Medical Procedures) A young girl is used as a human shield by her kidnapper, before both are wounded during a police shoot-out. Neela is dismayed when Gallant's homecoming from Iraq is delayed, and Ray gets his comeuppance from Zoe's father.
2:35pm	Heartbreak High (CC,Repeat,PG,Adult Themes) It's the first day of year 11 at Hartley High and the new teacher, Miss Milano, is struggling to keep control of her students.
3:25pm	A Bite To Eat With Alice: Donna Hay (CC,Repeat,G) Food icon Donna Hay is in the house and it's all lemons all the time with a delicious fettuccine followed by a dessert that is a guaranteed dinner party showstopper.
3:55pm	Penn And Teller: Fool Us: Magic is in the Air (CC,Repeat) Featured magicians include Magic Singh, Nikolai Striebel, Dreygon and Sara Rodriguez.

- 4:40pm MythBusters: Hypermiling/Crash Cushions**
(CC,Repeat,PG,Adult Themes)
Could a man sandwiched between two big men in the backseat of a car survive the car being T-boned by a truck, as seen in Headhunters? Can hypermiling techniques really double your car's fuel efficiency?
- 5:30pm Car S.O.S: Citroen 2CV**
(CC,Repeat,PG)
Tim and Fuzz take on a 1983 Citroen 2CV. However, when they arrive to collect the French 'people's car', the boys see that it has been stripped down to component parts, meaning they have a major jigsaw on their hands. (Final)
- 6:15pm Phil Spencer: Secret Agent: Haslemere**
(CC,G)
Phil is in the market town of Haslemere, Surrey taking on a maisonette that won't sell and an owner that should know better. Owner Kimberley is also an estate agent, so she spends her working life selling houses in her area.
- 7:05pm Claire Hooper's House Of Games**
(CC,Repeat,PG)
Popping round to Claire Hooper's House of Games this week, we've got journalist Marc Fennell, TV cook Julie Goodwin, and comedians Nina Oyama and Charlie Pickering tussling for the trophy and a pretty good bucket hat.
- 7:35pm QI: Noble Rot**
(CC,Repeat,M,Coarse Language, Sexual References)
Sandi Toksvig invites Jason Manford, Sara Pascoe, Jeremy Clarkson and Alan Davies to answer questions on the subject of 'noble rot'.
- 8:05pm Guy Montgomery's Guy Mont Spelling Bee**
(CC,Repeat,PG)
Guy Montgomery's Spell Your Own Adventure makes a comeback, and Aaron takes Dilruk Jayasinha, Susie Youseff, Virginia Gay and the previous winner to a Spelling Carnival where they try their hand at tossing and spelling.
- 8:55pm Wil Anderson: Wilogical**
(CC,Repeat,M,Coarse Language, Sexual References)
Wilogical is an hour-long show which promises a serving of Wil Anderson doing what he does best - trying to make sense of the world and his place in it, live on stage with joke after joke.
- 9:55pm Extras: Ben**
(CC,Repeat,M,Adult Themes, Coarse Language, Violence)
Andy and Maggie are working on a gritty drama directed by Hollywood star Ben Stiller. While Maggie pursues the man of her dreams, Andy decides he'll do whatever it takes to get himself noticed.

10:25pm	Extras: Ross And Vinnie (CC,Repeat,M,Sex Scenes) Dressed in tights, ruffles and wigs, Andy and Maggie find themselves on the set of a period drama.
10:55pm	ER: Two Ships (CC,Repeat,M,Adult Themes, Medical Procedures) The ER shifts into crisis mode when two planes crash in mid-air and land on a densely populated area of Chicago, leaving horrified passengers and pedestrians injured, while other victims are trapped inside a burning building.
11:40pm	rage (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
12:40am	Unforgotten (CC,Repeat,M,Adult Themes, Coarse Language) With the suspects in the murder of David Walker all having either a motive, opportunity or connection to the victim, Cassie and Sunny are left with a massive puzzle to solve. (Final)
1:30am	Unforgotten (CC,Repeat,M,Coarse Language) When human remains are found buried in the central reservation of the M1. Cassie and Sunny begin the task of identifying them.
2:15am	Unforgotten (CC,Repeat,M,Adult Themes, Coarse Language) The search for what happened to Hayley begins as the team travel down to Middenham to meet her family.
3:05am	ABC News Update (Repeat) The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
3:10am	Heartbreak High (CC,Repeat,PG,Adult Themes) It's the first day of year 11 at Hartley High and the new teacher, Miss Milano, is struggling to keep control of her students.