

Program Guide

Sunday, 5 October 2025

4:00am	Operation Ouch! (CC,Repeat,PG,Parental Guidance Recommended,This program shows medical procedures. In an emergency ring 000 for help)
4:25am	Malory Towers (CC,Repeat,G)
4:50am	Be Cool, Scooby-Doo! (Repeat,G)
5:15am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:35am	The Deep (CC,Repeat,G)
6:00am	Slugterra Ascension (Repeat,G)
6:05am	The Strange Chores (CC,AD,Repeat,PG,Parental Guidance Recommended)
6:20am	The Strange Chores (CC,AD,Repeat,G)
6:30am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
6:50am	Jade Armor (CC,Repeat,G)
7:15am	Transformers EarthSpark: Age Of Evolution (PG,Parental Guidance Recommended)
8:00am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:10am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:20am	The Powerpuff Girls (CC,PG,Parental Guidance Recommended)
8:30am	The Powerpuff Girls (CC,PG,Parental Guidance Recommended)
8:45am	Super Happy Magic Forest (CC,AD,Repeat,G)
8:55am	Super Happy Magic Forest (CC,AD,Repeat,G)
9:10am	Iyanu: The Age Of Wonders (PG,Parental Guidance Recommended)
10:10am	Gangnam Project (CC,AD,G)
10:35am	The Next Step (CC,G)

11:00am	George Clarke's Old House New Home: Faversham and Claverdon (CC,Repeat,G) George helps Pete and Amelie tackle a Victorian house with a colossal 16 rooms. Also, three years after his first visit, George is back to help Michele finish remodelling her adjoining Grade II listed cottages.
11:50am	My Family: Return Of The Prodigal Prat (CC,Repeat,PG) When the local paper announces Ben's death, he sees it as an opportunity to avoid all the things he doesn't want to do. Meanwhile, Nick is more distressed by Susan's efforts to transform his old room into a nursery.
12:20pm	Movie: Pride (CC,AD,Repeat,2014,M,Adult Themes, Coarse Language, Drug Use, Nudity, Sexual References) A rousing and warm-hearted crowd-pleaser, Pride tells the incredible true story of the unlikely alliance between a striking Welsh mining community and a group of gay and lesbian activists in Eighties Britain.
2:15pm	ER: A Long, Strange Trip (CC,Repeat,M,Adult Themes, Medical Procedures) Morris and Gates treat an older man who was mugged on the street and who now thinks it's the 1960s. Sam gets a surprise visit from her sister, and Dr. Morgenstern returns to the ER to help a former mentor who is gravely ill.
2:55pm	Heartbreak High (CC,Repeat,PG) A new student with a violent reputation arrives at Hartley.
3:40pm	A Bite To Eat With Alice: Astrid Jorgensen (CC,Repeat,G) Astrid and Alice are a duet in perfect harmony, flipping, tossing and turning tempeh into a hit!
4:10pm	Would I Lie To You?: Lucy Beaumont, Anton Du Beke, Desiree Burch & Ralf Little (CC,Repeat,PG) Rob Brydon is back in the host's chair, with Lee Mack and David Mitchell returning as team captains. Sorting the fact from the fiction this week are guests Lucy Beaumont, Anton Du Beke, Desiree Burch and Ralf Little.
4:40pm	MythBusters: Lightning Tongue Stud / Tree Cannon / Beat the Breath Test (CC,Repeat,PG,Adult Themes) Does wearing a tongue stud increase your chances of being struck by lightning? Can you build a a cannon out of a tree? And Adam and Jamie set out to bust the myth that you can fool the breathalyser.

5:30pm George Clarke's Old House New Home: Weston-Super-Mare
(CC,Repeat,G)
In Weston Super-Mare, George meets some novice DIY renovators who plan to completely transform a dilapidated Georgian style crescent house, poorly sub-divided into four flats in the 1980s. (Final)

6:20pm Phil Spencer: Secret Agent Specials: Birmingham
(CC,Repeat,G)
Phil is in Birmingham where he's trying to sell two tricky terraces on the same street with completely different problems. In a crammed market, can he help these houses stand out? (Final)

7:05pm Spicks And Specks: Montaigne, Steph Tisdell, Zan Rowe & Luke McGregor
(CC,Repeat,PG)
Montaigne and Luke McGregor play keepy-uppy, Steph Tisdell discusses her allergy to band-aids, Zan Rowe gives fashion advice to a superstar and Khan Ong tells us how to eat a spaghetti sandwich. Yep. It's a music quiz show.

7:35pm QI: Sugar and Spice
(CC,Repeat,PG)
Sandi Toksvig looks at sugar and spice and all things nice with the star of Starstruck Rose Matafeo, plus Alice Levine, Jason Manford and Alan Davies.

8:10pm David Stratton's Stories Of Australian Cinema: Family
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Drug Use, Nudity, Sexual References, Sex Scenes, Violence)Final
Part 3 is about families: The Castle's nuclear family; family of faith in The Devil's Playground; Romper Stomper's neo-Nazis; immigrants in Head On and crime families from Ned Kelly to Animal Kingdom. (Final)

9:10pm Planet America: Weekend Edition
(CC,Repeat)
John Barron and Chas Licciardello take a closer look at some of the biggest stories in the US this week. Plus interviews and in-depth discussions on the people, politics and policies involved in the second Trump term.

9:55pm Offsiders
(CC,Repeat)
Abbey Gelmi and the panel count down to the NRL and NRLW Grand Finals, breaking down the teams and the action and where the games may be won. Plus the latest AFLW, and attention turns towards the summer sports.

10:30pm ER: The Family Man
(CC,Repeat,M,Adult Themes, Medical Procedures)
A car accident in the ambulance bay severely injures a single mother. Gates treats a 78-year-old man who refuses life-saving surgery. Morris impresses Claudia and her family, while Neela tells Brenner about her job offer.

11:10pm My Family: Return Of The Prodigal Prat
(CC,Repeat,PG)
When the local paper announces Ben's death, he sees it as an opportunity to avoid all the things he doesn't want to do. Meanwhile, Nick is more distressed by Susan's efforts to transform his old room into a nursery.

11:45pm 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.

12:45am Movie: The Little Things
(CC,Repeat,2020,M,Adult Themes, Coarse Language, Nudity, Violence)
Kern County Sheriff's Deputy Joe "Deke" Deacon is sent to Los Angeles for what should have been a quick evidence-gathering assignment. Instead, he becomes embroiled in the search for a killer who is terrorising the city.

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 If You're Listening: Are the MAGA podcasters right about Epstein?
(CC,Repeat)
Until recently, two of the most high profile Epstein conspiracy truthers were Dan Bongino and Kash Patel. That changed when they joined the FBI. Now they're saying there's nothing to see - so are they telling the truth?

3:15am Heartbreak High
(CC,Repeat,PG)
A new student with a violent reputation arrives at Hartley.

Monday, 6 October 2025

4:00am	A Kind Of Spark (CC,AD,Repeat,G)
4:25am	Malory Towers (CC,Repeat,G)
4:50am	Be Cool, Scooby-Doo! (Repeat,G)
5:10am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:35am	The Deep (CC,Repeat,G)
6:00am	The Strange Chores (CC,AD,Repeat,G)
6:10am	The Strange Chores (CC,AD,Repeat,G)
6:20am	The Inbestigators (CC,Repeat,G)
6:35am	Teen Titans Go! (Repeat,G)
6:50am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:00am	My Little Pony: Friendship Is Magic (G)
7:25am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:45am	Iyanu (CC,PG,Parental Guidance Recommended)
8:10am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:20am	Pokemon: Diamond And Pearl (CC,G)
8:45am	GG: Spawn Squad (CC,Repeat,G)
9:00am	Mechamato (CC,Repeat,PG,Parental Guidance Recommended)
9:20am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
9:30am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
9:45am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
10:05am	Lagging (CC,Repeat,PG,Parental Guidance Recommended)
10:30am	High Hoops (CC,Repeat,G)

11:00am	George Clarke's Old House New Home (CC,Repeat,G)Final
11:50am	Phil Spencer: Secret Agent Specials (CC,Repeat,G)
12:40pm	My Family (CC,Repeat,PG)
1:10pm	David Stratton's Stories Of Australian Cinema (CC,AD,Repeat,M,Adult Themes, Coarse Language, Drug Use, Nudity, Sexual References, Sex Scenes, Violence)Final
2:10pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:55pm	Heartbreak High (CC,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	George Clarke's Amazing Spaces (CC,Repeat,G)
6:20pm	Phil Spencer: Secret Agent: Billericay (CC,Repeat,G) Phil visits Billericay in Essex, where Julie and her four sons are struggling to keep up with their demanding home.
7:05pm	Richard Osman's House Of Games (CC,G) Richard Osman hosts as actress Chizzy Akudolu, author and comedian Charlie Higson, historian Kate Williams and comedian Tom Allen test their general knowledge skills.
7:35pm	QI: Pain and Punishment (CC,Repeat,PG) Regulars Sandi Toksvig and Alan Davies are joined by guests Jimmy Carr, Lee Mack and Alice Levine to discuss Pain and Punishment.
8:05pm	Would I Lie To You?: Rhod Gilbert, Vernon Kay, Dara O'Briain & Denise Van Outen (CC,Repeat,G) Rob Brydon is back in the host's chair alongside lightning-quick team captains David Mitchell and Lee Mack. This episode's guests are Rhod Gilbert, Vernon Kay, Dara O'Briain and Denise Van Outen.
8:35pm	Penn And Teller: Fool Us: The Eyes Have It (CC,PG) Featured magicians include Michael Pharoah, Xulio Merino, Topas and Toby Rudolph.

9:20pm	Whose Line Is It Anyway?: Cedric the Entertainer (CC,Repeat,M,Sexual References) Aisha Tyler hosts another episode of the legendary improv show featuring regulars Wayne Brady, Ryan Stiles and Colin Mochrie along with guest performer Brad Sherwood and star guest Cedric The Entertainer.
9:40pm	Spooks (CC,AD,Repeat,M,Violence) An environmental terrorist group threaten to flood London if the Government doesn't publish a secret document.
10:35pm	ER: The Beginning of the End (CC,Repeat,M,Adult Themes, Medical Procedures) Dr. Carter surprises the staff with a Valentine's Day visit to the ER. Gates treats a patient who may have ingested a toxin while mushroom hunting, and Morris suspects an injured patient was beaten while in police custody.
11:20pm	My Family: Owed To Susan (CC,Repeat,PG) The Harper's marriage is threatened when Susan learns that the poem that made her fall in love with Ben years ago was not an original. To make amends, Ben joins a poetry group but risks forming the wrong kind of couplet.
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	Changing Ends: Better the Neville You Know (CC,AD,Repeat,PG) Christine forces a stressed-out Graham into going on a caravan mini-break. Whilst not the holiday of their dreams, Alan manages to find a like-minded friend who really 'gets him'.
1:15am	Changing Ends: He Thinks It's All Over... (CC,AD,Repeat,PG) Final Northampton is a buzz with anticipation of promotion, but Alan's misery forces him to makes a drastic decision. Drama off and on the pitch, make it a game that will be remembered. (Final)
1:40am	Traces (CC,AD,Repeat,M,Adult Themes) Another deadly explosion. Sarah and McKinven's growing attachment has fraught consequences, as Kathy suspects Jean the Dean of having a secret to hide.

2:25am **Traces**
(CC,AD,Repeat,M,Adult Themes, Coarse Language)
Sarah works with McKinven to prevent another explosion before making decisions about their future. Kathy realises change is essential, personally and professionally. (Final)

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 **Heartbreak High**
(CC,Repeat,PG)
The mysterious Stassy has no friends at Hartley and does not hang out with the gang after school - instead she is whisked away by her father in a tow truck.

Tuesday, 7 October 2025

4:00am	A Kind Of Spark (CC,AD,Repeat,G)
4:25am	Malory Towers (CC,Repeat,G)
4:50am	Be Cool, Scooby-Doo! (Repeat,G)
5:10am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:35am	The Deep: Just Eaten (CC,Repeat,G)
6:00am	The Strange Chores (CC,AD,Repeat,G)
6:10am	The Strange Chores (CC,AD,Repeat,G)
6:20am	The Inbestigators (CC,Repeat,G)
6:40am	Teen Titans Go! (Repeat,G)
6:50am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:00am	My Little Pony: Friendship Is Magic (G)
7:25am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:45am	Iyanu (CC,PG,Parental Guidance Recommended)
8:10am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:20am	Pokemon: Diamond And Pearl (CC,G)
8:45am	GG: Spawn Squad (CC,Repeat,G)
9:00am	Mechamato (CC,Repeat,PG,Parental Guidance Recommended)
9:20am	Teen Titans Go! (CC,Repeat,G)
9:30am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
9:45am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
10:05am	Lagging (CC,Repeat,PG,Parental Guidance Recommended)
10:30am	High Hoops (CC,Repeat,G)
11:05am	George Clarke's Amazing Spaces (CC,Repeat,G)

11:55am	Phil Spencer: Secret Agent (CC,Repeat,G)
12:45pm	My Family (CC,Repeat,PG)
1:15pm	Spooks (CC,AD,Repeat,M,Violence)
2:10pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
3:35pm	Richard Osman's House Of Games (CC,Repeat,G)
4:10pm	Would I Lie To You? (CC,Repeat,PG)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	George Clarke's Amazing Spaces (CC,Repeat,G)
6:20pm	Phil Spencer: Secret Agent: Syston (CC,Repeat,PG) Phil takes on a two bed terrace in one of the toughest property markets in the UK as he heads to Syston in the East Midlands.
7:05pm	Richard Osman's House Of Games (CC,G) Richard Osman hosts as actress Chizzy Akudolu, author and comedian Charlie Higson, historian Kate Williams and comedian Tom Allen test their general knowledge skills.
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.
8:10pm	Would I Lie To You?: Stephen Bailey, Asim Chaudhry, Gemma Collins & Sally Lindsay (CC,Repeat,G) Rob Brydon is back in the host's chair, with Lee Mack and David Mitchell returning as team captains. Sorting the fact from the fiction this week are guests Stephen Bailey, Asim Chaudhry, Gemma Collins and Sally Lindsay.
8:40pm	Austin (CC,AD,Repeat,PG) Ingrid discovers a former passion while Austin and Julian prepare for the first screening of the documentary, entitled: The Greatest Man I Never Knew - that will (hopefully) rebrand Julian to the world.

9:05pm	Austin (CC,AD,Repeat,PG) Julian is concerned when Austin turns his phone off and leaves the house to have some time on his own. In a boutique gallery in outer London Ingrid prepares for an exhibition of her artwork. (Final)
9:35pm	Spooks (CC,AD,Repeat,M,Violence) The Grid faces the threat of a terrorist attack by a member of Iranian intelligence which could jeopardise an historic peace deal with Iran.
10:30pm	ER: T-Minus 6 (CC,Repeat,M,Adult Themes, Medical Procedures) Dr. Carter tries to jump back into work but struggles with all the new procedures and technology. Cate and Russell consider adoption, and Sam is shocked when her mother comes into the ER in an altered state of mind.
11:15pm	My Family: Deliverance (CC,Repeat,PG) Janey's baby is due and Susan insists on travelling to Manchester for the birth. On the way, they make a number of visits to their past.
11:45pm	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.
12:45am	Movie: The Lost City Of Z (CC,AD,Repeat,2017,MA,Violence) The incredible true story of British explorer Percy Fawcett as he journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilisation.
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	Heartbreak High (CC,Repeat,PG) Ronnie sets her English class a Friday the 13th assignment - they are to watch a horror movie and write an essay on confronting fear.

Wednesday, 8 October 2025

4:00am	A Kind Of Spark (CC,AD,Repeat,G)
4:25am	Malory Towers (CC,Repeat,G)
4:50am	Be Cool, Scooby-Doo! (Repeat,G)
5:10am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:35am	The Deep (CC,Repeat,G)
6:00am	The Strange Chores (CC,AD,Repeat,G)
6:10am	The Strange Chores (CC,AD,Repeat,G)
6:20am	The Inbestigators (CC,Repeat,G)
6:40am	Teen Titans Go! (Repeat,G)
6:50am	The Powerpuff Girls (CC,Repeat,G)
7:00am	My Little Pony: Friendship Is Magic (G)
7:25am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,Parental Guidance Recommended)
7:45am	Iyanu (CC,PG,Parental Guidance Recommended)
8:10am	Teen Titans Go! (CC,G)
8:20am	Pokemon: Diamond And Pearl (CC,G)
8:45am	GG: Spawn Squad (CC,Repeat,PG,Parental Guidance Recommended)
9:00am	Mechamato (CC,Repeat,PG,Parental Guidance Recommended)
9:25am	Teen Titans Go! (CC,G)
9:35am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
9:45am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
10:05am	Lagging (CC,Repeat,G)
10:30am	High Hoops (CC,Repeat,G)

11:05am	George Clarke's Amazing Spaces (CC,Repeat,G)
11:55am	Phil Spencer: Secret Agent (CC,Repeat,PG)
12:45pm	My Family (CC,Repeat,PG)
1:15pm	Spooks (CC,AD,Repeat,M,Violence)
2:10pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
3:35pm	Richard Osman's House Of Games (CC,Repeat,G)
4:10pm	Would I Lie To You? (CC,Repeat,PG)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	George Clarke's Amazing Spaces (CC,Repeat,G)
6:20pm	Phil Spencer: Secret Agent: Radcliffe (CC,Repeat,G) In Radcliffe, Greater Manchester, Phil meets the Young family to cast his eye over their property and try to get them a buyer.
7:05pm	Richard Osman's House Of Games (CC,G) Richard Osman hosts as actress Chizzy Akudolu, author and comedian Charlie Higson, historian Kate Williams and comedian Tom Allen test their general knowledge skills.
7:35pm	QI: Tips and Tools (CC,Repeat,PG,Sexual References) Sandi Toksvig shares her top tips and tools with Joe Lycett, Holly Walsh, Bill Bailey and Alan Davies.
8:05pm	Would I Lie To You?: Stacey Dooley, Alex Jones, Rachel Parris & Henning Wehn (CC,Repeat,PG) Joining team captains Lee Mack and David Mitchell this week are TV presenter and journalist Stacey Dooley, TV personality Alex Jones, performer Rachel Parris and comedian Henning Wehn.
8:40pm	Unforgotten (CC,AD,Repeat,M,Adult Themes, Coarse Language) When a second victim is linked to the case the team are now confronted with the possibility of a double murder. Jess and Sunny must now decipher which of the suspects are telling the truth. (Final)

9:25pm	Spooks (CC,AD,Repeat,M,Violence) Britain's on the verge of an epidemic and the team from MI5 must track down and quarantine anyone infected.
10:20pm	ER: What We Do (CC,Repeat,M,Adult Themes, Medical Procedures) A camera crew interviews the staff for a documentary on emergency medicine. Morris' cop girlfriend is rushed into the ER with gunshot wounds. Carter's illness overtakes him during a critical procedure in a trauma room.
11:05pm	My Family: Blind Justice (CC,Repeat,PG) Although justice is supposed to be blind, Ben discovers that juries can be too. Meanwhile, a discovery at home also renders Susan temporarily sightless and Nick finds a new way to express himself.
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.
12:35am	Movie: Murder By Numbers (CC,Repeat,2002,MA,Adult Themes, Violence) A young woman's body is found in woods near a small California coastal town. Making her way through microscopic hints of evidence, Det. Cassie Mayweather has a gut feeling that there is more to this murder than meets the eye.
2:30am	QI: Tubular (CC,Repeat,PG) Sandi Toksvig takes a look at tubes and tubas in a totally tubular show with Bridget Christie, Sara Pascoe, Deborah Frances White and Alan Davies.
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) Bolton befriends Dyson's son Gary, who is in a wheelchair as the result of a drunk driving accident.

Thursday, 9 October 2025

4:00am	A Kind Of Spark (CC,AD,Repeat,G)
4:25am	Malory Towers (CC,Repeat,G)
4:50am	Be Cool, Scooby-Doo! (Repeat,PG,Parental Guidance Recommended)
5:10am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:35am	The Deep (CC,Repeat,G)
6:00am	The Strange Chores (CC,AD,Repeat,G)
6:10am	The Strange Chores (CC,AD,Repeat,G)
6:20am	The Inbestigators (CC,Repeat,G)
6:35am	Teen Titans Go! (Repeat,PG,Parental Guidance Recommended)
6:50am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:00am	My Little Pony: Friendship Is Magic (G)
7:25am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,Parental Guidance Recommended)
7:45am	Iyanu (CC,PG,Parental Guidance Recommended)
8:10am	Teen Titans Go! (CC,G)
8:20am	Pokemon: Diamond And Pearl (CC,G)
8:45am	GG: Spawn Squad (CC,Repeat,G)
9:00am	Mechamato (CC,Repeat,PG,Parental Guidance Recommended)
9:20am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
9:30am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
9:45am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
10:05am	Lagging (CC,Repeat,G)
10:30am	High Hoops (CC,Repeat,G)

11:05am	George Clarke's Amazing Spaces (CC,Repeat,G)
11:55am	Phil Spencer: Secret Agent (CC,Repeat,G)
12:45pm	My Family (CC,Repeat,PG)
1:15pm	Spooks (CC,AD,Repeat,M,Violence)
2:10pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
3:35pm	Richard Osman's House Of Games (CC,Repeat,G)
4:05pm	A Bite To Eat With Alice (CC,Repeat,G)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	George Clarke's Amazing Spaces (CC,Repeat,G)
6:20pm	Phil Spencer: Secret Agent: Bishop's Stotford (CC,Repeat,PG) Phil is in the market town of Bishop's Stortford taking on a house that's been on the market for six months with hardly a sniff of a buyer.
7:05pm	Richard Osman's House Of Games (CC,G) Richard Osman hosts as actress Chizzy Akudolu, author and comedian Charlie Higson, historian Kate Williams and comedian Tom Allen test their general knowledge skills.
7:35pm	QI: Occupations And Offices (CC,Repeat,PG) Deirdre O'Kane, Richard Osman and David Mitchell join regular panellist Alan Davies to answer host Sandi Toksvig's questions on the theme of 'Occupations and Offices'.
8:10pm	Would I Lie To You?: Kate Humble, Miles Jupp, Sanjeev Bhaskar, Richard Madeley (CC,Repeat,G) Kate Humble, Miles Jupp, Sanjeev Bhaskar and Richard Madeley join team captains Lee Mack and David Mitchell. Which team can best fool the opposition into mistaking fact for fiction and fiction for fact?
8:40pm	Hard Quiz (CC,Repeat,PG) Four contestants, one Big Brass Mug, and a host who takes no prisoners. Tom Gleeson tests his charges on their expert topics of Teenage Mutant Ninja Turtles, the guillotine, the human circulatory system, and Olympic Swimming.

9:10pm	Gruen (CC,Repeat,PG) We look at the ads that defined 2021 - the good, the bad, the really bad, and the oh god why won't this year end. Wil is joined by Russel Howcroft, Dee Madigan, Christina Aventi and Camey O'Keefe. (Final)
9:45pm	Planet America (CC,Repeat) Get a head start on the week. Chas and John break down the latest from the US, as Donald Trump tests the limits of Presidential power using Executive Orders, tariffs, government agencies and the Courts to try and get his way.
10:20pm	Shaun Micallef's MAD AS HELL (CC,Repeat,M,Adult Themes, Coarse Language) The gang arrives at the hospital for Phoebe's labor. Joey makes a video documentary to honour the occasion about stoats.
10:50pm	ER: Old Times (CC,Repeat,M,Adult Themes, Medical Procedures) Neela and Sam arrive at the airport with transplant organs only to find that their plane left without them. Carter gets a visit from an old friend while waiting for his kidney transplant. Cate bonds with an abandoned baby.
11:30pm	My Family: Friday The 31st: Halloween (CC,Repeat,PG) It's Halloween and Susan enters enthusiastically into the spirit of trick or treat for the neighbourhood children, while Abi dons a somewhat unconventional costume. Ben tries to ignore it all, until the spirit gets him too.
12:00am	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.
1:05am	The Stand Up Sketch Show (CC,Repeat,M,Adult Themes, Coarse Language) Some of the best loved stand-ups and a raft of the next generation of comedians, featuring Steff Todd, Josh Weller, Sarah Callaghan, Luke McQueen, Dane Baptiste, Ivo Graham, Jack Carroll and Dan Tiernan.
1:30am	Movie: Before I Go To Sleep (CC,AD,Repeat,2013,MA,Adult Themes, Violence) A woman wakes up every day, remembering nothing, as a result of a traumatic accident in her past. One day, new terrifying truths emerge that force her to question everyone around her.

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 Heartbreak High
(CC,Repeat,PG)
Stassy borrows Allie's essay, copies it, and hands it in as her own.

Friday, 10 October 2025

4:00am	A Kind Of Spark (CC,AD,Repeat,PG,Parental Guidance Recommended)
4:25am	Malory Towers (CC,Repeat,G)
4:50am	Be Cool, Scooby-Doo! (Repeat,PG,Parental Guidance Recommended)
5:10am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:35am	The Deep (CC,Repeat,G)
6:00am	The Strange Chores (CC,AD,Repeat,G)
6:10am	The Strange Chores (CC,AD,Repeat,PG,Parental Guidance Recommended)
6:20am	The Inbestigators (CC,Repeat,G)
6:35am	Teen Titans Go! (Repeat,PG,Parental Guidance Recommended)
6:50am	The Powerpuff Girls (CC,Repeat,G)
7:00am	My Little Pony: Friendship Is Magic (G)
7:25am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:45am	Iyanu (CC,PG,Parental Guidance Recommended)
8:10am	Teen Titans Go! (CC,G)
8:20am	Pokemon: Diamond And Pearl (CC,G)
8:45am	GG: Spawn Squad (CC,Repeat,G)
9:00am	Mechamato (CC,Repeat,PG,Parental Guidance Recommended)
9:20am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
9:30am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
9:45am	My Little Pony: Friendship Is Magic (CC,Repeat,G)
10:05am	Lagging (CC,Repeat,G)
10:30am	High Hoops (CC,Repeat,G)
11:10am	George Clarke's Amazing Spaces (CC,Repeat,G)

12:00pm	Phil Spencer: Secret Agent (CC,Repeat,PG)
12:50pm	My Family (CC,Repeat,PG)
1:20pm	The Assembly (CC,Repeat,PG)
2:05pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG,Adult Themes)
3:35pm	Richard Osman's House Of Games (CC,Repeat,G)
4:10pm	Would I Lie To You? (CC,Repeat,G)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	George Clarke's Amazing Spaces (CC,Repeat,G)
6:20pm	Phil Spencer: Secret Agent: Fleckney (CC,Repeat,G) Phil travels to Fleckney in Leicestershire, taking on a house with impressive outbuildings but an unimpressive list of potential buyers.
7:05pm	Richard Osman's House Of Games (CC,G) Richard Osman hosts as actress Chizzy Akudolu, author and comedian Charlie Higson, historian Kate Williams and comedian Tom Allen test their general knowledge skills.
7:35pm	QI: Tea Time (CC,Repeat,PG) Sandi Toksvig takes tea with Rosie Jones, Ahir Shah, Henning Wehn and Alan Davies. (Final)
8:05pm	Would I Lie To You?: Miles Jupp, Heston Blumenthal, Emilia Fox & Ed Byrne (CC,Repeat,PG) Rob Brydon is back in the host's chair alongside lightning-quick team captains David Mitchell and Lee Mack. This week's guest panellists are Miles Jupp, Heston Blumenthal, Emilia Fox and Ed Byrne.
8:40pm	Movie: Ransom (CC,Repeat,1996,MA,Coarse Language, Violence) Multi-millionaire Tom Mullen's son gets kidnapped, but when an FBI rescue operation goes awry, he turns the tables on the kidnappers by announcing on national television that the ransom money is now a bounty on their heads.

10:35pm ER: Shifting Equilibrium
(CC,Repeat,M,Adult Themes, Medical Procedures)
On her last day at County General, Neela has doubts as to whether she is making the right decision, but everyone in the ER seems to have forgotten that she is leaving. Brenner has an epiphany about his painful childhood.

11:20pm My Family: Sitting Targets
(CC,Repeat,PG)
With Nick juggling two girlfriends at once, Susan decides that Ben should spend more time with Michael for fear he might turn out like his brother. Plus, Janey has left baby Kenzo with the grandparents for the first time.

11:50pm 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.

12:50am Penn And Teller: Fool Us: The Eyes Have It
(CC,Repeat,PG)
Featured magicians include Michael Pharoah, Xulio Merino, Topas and Toby Rudolph.

1:35am Unforgotten
(CC,AD,Repeat,M,Adult Themes, Coarse Language)
When a second victim is linked to the case the team are now confronted with the possibility of a double murder. Jess and Sunny must now decipher which of the suspects are telling the truth. (Final)

2:25am Phil Spencer: Secret Agent: Fleckney
(CC,Repeat,G)
Phil travels to Fleckney in Leicestershire, taking on a house with impressive outbuildings but an unimpressive list of potential buyers.

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 Heartbreak High
(CC,Repeat,PG,Adult Themes)
Katerina is eager to go to work experience at an advertising agency but is disappointed when she is given the job of receptionist.

Saturday, 11 October 2025

4:00am	A Kind Of Spark (CC,AD,Repeat,G)
4:25am	Malory Towers (CC,Repeat,G)
4:50am	Be Cool, Scooby-Doo! (Repeat,PG,Parental Guidance Recommended)
5:10am	Dragon Ball Super (Repeat,PG,Parental Guidance Recommended)
5:35am	The Deep (CC,Repeat,G)
6:00am	Slugterra Ascension (Repeat,G)
6:05am	The Strange Chores (CC,AD,Repeat,G)
6:20am	The Strange Chores (CC,AD,Repeat,PG,Parental Guidance Recommended)
6:30am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
6:50am	Jade Armor (CC,Repeat,G)
7:15am	Transformers EarthSpark: Home (PG,Parental Guidance Recommended)
8:00am	We Bare Bears (Repeat,G)
8:10am	Teen Titans Go! (CC,G)
8:20am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:30am	The Powerpuff Girls (CC,PG,Parental Guidance Recommended)
8:40am	The Powerpuff Girls (CC,PG,Parental Guidance Recommended)
8:55am	GG: Spawn Squad (CC,G,This program may contain reviews of games that have PG material.)
9:10am	Lagging (CC,G)
9:35am	Mechamato (CC,Repeat,PG,Parental Guidance Recommended)
9:55am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
10:20am	Pokemon: Diamond And Pearl (CC,Repeat,G)
10:40am	Pokemon: Diamond And Pearl (CC,Repeat,G)

11:10am	George Clarke's Amazing Spaces (CC,Repeat,G) George meets a couple spending 40,000 pounds renovating a split screen van, and a man who makes luxury glamping pods which are accessible to everyone. In Texas, a mother of three has hand built her family home from mud.
12:00pm	My Family: Loco Parentis (CC,Repeat,PG) Michael has been playing truant, so Ben and Susan have to go back to school for parenting classes where they prove to be less than star pupils.
12:30pm	Movie: Tammy (CC,Repeat,2014,M,Coarse Language, Sexual References) 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.
2:05pm	ER: Shifting Equilibrium (CC,Repeat,M,Adult Themes, Medical Procedures) On her last day at County General, Neela has doubts as to whether she is making the right decision, but everyone in the ER seems to have forgotten that she is leaving. Brenner has an epiphany about his painful childhood.
2:50pm	Heartbreak High (CC,Repeat,PG) An old flame from Andrew's past visits him, just as she is on her way to a new job in Antarctica.
3:35pm	A Bite To Eat With Alice: Miah Madden (CC,Repeat,G) Play School presenter and actress Miah Madden is in the kitchen and is keen to make something with her favourite herb, sage, and Alice takes on the challenge of reinventing the humble apple pie!
4:10pm	Richard Osman's House Of Games (CC,Repeat,G) Richard Osman hosts as actress Chizzy Akudolu, author and comedian Charlie Higson, historian Kate Williams and comedian Tom Allen test their general knowledge skills.
4:40pm	MythBusters: Titanic / Trombone / Goldfish (CC,Repeat,PG,Adult Themes) Would a sinking ship exert a deadly pull on people in the water? Can a goldfish's memory last more than threee seconds? And, a musical myth with highly explosive results.

5:30pm	George Clarke's Amazing Spaces (CC,Repeat,G) George meets two brothers with a fire damaged boat that they hope to transform into a luxury bachelor pad, as well as a couple converting an old campervan and caravan into a mobile, vintage, cream tea business.
6:20pm	Phil Spencer: Secret Agent: Lach Dennis (CC,Repeat,G) Phil travels to Lach Dennis, in Cheshire, to help a couple who are living life in the dog house.
7:05pm	Spicks And Specks: Aaron Wyatt, Courtney Act, Vanessa Amorosi & Hamish Blake (CC,Repeat,PG) Putting their hands in the air like they really care this week are Hamish Blake, Vanessa Amorosi, Courtney Act and Aaron Wyatt. Special guest Michala Banas joins Alan as fill-in captain. Can you work out the secret song?
7:40pm	QI: Upside-Down (CC,Repeat,PG) Join Sandi Toksvig for an Upside-Down episode of QI with: Aisling Bea, Urzila Carlson, Romesh Ranganathan, and Alan Davies.
8:10pm	Live At The Apollo: Tom Allen, Rosie Jones and Kae Kurd (CC,Repeat,M,Coarse Language, Sexual References) The inimitable Tom Allen introduces the fantastic Rosie Jones and the wonderful Kae Kurd to the world-famous Apollo stage.
8:55pm	TBA
9:20pm	Absolutely Fabulous: Fashion (CC,Repeat,PG) PR consultant Edina Monsoon wakes up with yet another hangover, but receives no sympathy from her studious daughter, Saffron. When best friend Patsy turns up, the fun continues, until a crisis at work forces Edina into action.
9:50pm	Absolutely Fabulous: Fat (CC,Repeat,PG) After waking to find she has gained weight, Edina becomes obsessed with dieting, which is only exacerbated when she finds out an old, ever thin, nemesis intends to pay her a visit.
10:20pm	Absolutely Fabulous: A Week In Provence (CC,Repeat,PG) In an attempt to escape from it all, Edina and Patsy take a trip to the south of France, which inevitably turns disastrous.

10:50pm ER: I Feel Good
(CC,Repeat,M,Adult Themes, Medical Procedures)
Cate and Russell feel their adoption dreams slipping away when a young mother comes back for the child she abandoned in the ER. Several of the ER doctors and nurses help out at a camp for kids who have had open heart surgery.

11:30pm My Family: Loco Parentis
(CC,Repeat,PG)
Michael has been playing truant, so Ben and Susan have to go back to school for parenting classes where they prove to be less than star pupils.

12:05am 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.

1:05am QI: Pain and Punishment
(CC,Repeat,PG)
Regulars Sandi Toksvig and Alan Davies are joined by guests Jimmy Carr, Lee Mack and Alice Levine to discuss Pain and Punishment.

1:35am Whose Line Is It Anyway?: Cedric the Entertainer
(CC,Repeat,M,Sexual References)
Aisha Tyler hosts another episode of the legendary improv show featuring regulars Wayne Brady, Ryan Stiles and Colin Mochrie along with guest performer Brad Sherwood and star guest Cedric The Entertainer.

2:00am Phil Spencer: Secret Agent: Lach Dennis
(CC,Repeat,G)
Phil travels to Lach Dennis, in Cheshire, to help a couple who are living life in the dog house.

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 Heartbreak High
(CC,Repeat,PG)
An old flame from Andrew's past visits him, just as she is on her way to a new job in Antarctica.