

Program Guide

Sunday, 28 December 2025

4:00am	The Next Step (CC,Repeat,G)
4:20am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
4:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Miraculous World (CC,Repeat,PG,Parental Guidance Recommended)
5:55am	The Epic Adventures of Morph (Repeat,G)
6:00am	Star Wars: Young Jedi Adventures (CC,Repeat,G)
6:10am	Hotel Transylvania: The Series (CC,AD,Repeat,G)
6:25am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
6:45am	Mystery Lane (CC,Repeat,PG,Parental Guidance Recommended)
7:10am	Be Cool, Scooby-Doo! (Repeat,PG,Parental Guidance Recommended)
7:30am	Be Cool, Scooby-Doo! (Repeat,PG,Parental Guidance Recommended)
7:50am	Do Not Watch This Show (CC,AD,Repeat,G)
8:05am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
8:15am	Iyanu (CC,Repeat,PG,Parental Guidance Recommended)
8:35am	Paddington (CC,Repeat,G)
10:05am	Malory Towers (CC,AD,G)
10:30am	Junior Vets (Repeat,G)
11:00am	Car S.O.S: The Land Rover Legend (CC,Repeat,PG) Tim and Fuzz are on a mercy mission of 4x4 proportions. The car in need of some TLC is a Series One Land Rover with a string of mechanical problems after going from being a daily workhorse to an off-road circuit winner.

- 11:50am** **Movie: Interstellar**
(CC,Repeat,2014,M,Adult Themes, Coarse Language)
An interspace exploratory team overcomes the impossible by traveling through a newly discovered wormhole, surpassing the limits of human space travel and emerging in another dimension entirely.
- 2:35pm** **ER: Ground Zero**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
Benton's rivalry with Elizabeth prompts him to join Romano's team, Al wants to accept a job offer in Atlanta, Carter's efforts to hide his wealth to get closer to Anna backfire, and Doug learns that his father has died.
- 3:20pm** **Heartbreak High**
(CC,Repeat,PG,Adult Themes)
Paul and Kurt's friendship becomes strained after a revelation.
- 4:05pm** **Would I Lie To You At Christmas?**
(CC,Repeat,PG)
Rob Brydon is back in the host's chair for a festive edition of Would I Lie To You? David Mitchell is joined by Jim Broadbent and Rose Matafeo while Lee Mack is joined by Angela Rippon and Ardal O'Hanlon.
- 4:40pm** **MythBusters: Snow Special**
(CC,Repeat,PG,Adult Themes)
We've all heard about avalanches and their destructive power and it's no surprise that they are more shrouded in myth than a mountain is shrouded in cloud. And it's time to put that to the test.
- 5:30pm** **Car S.O.S: Start the Dart**
(CC,Repeat,PG)
Standing in a shed at the bottom of a Berkshire garden is a Daimler SP250. Personal tragedies have seen the owner's dream of driving the classic '60s Dart fade away, as it gathers dust with no sign of ever being worked on.
- 6:15pm** **Phil Spencer: Secret Agent: Reading**
(CC,Repeat,G)
In Tilehurst, dad Dan and son Chester are failing to impress the yummy mummies with their very blokey three-bed. After six months on the market, Phil steps in to help them find their feminine side.
- 7:05pm** **Spicks And Specks**
(CC,Repeat,PG)
Comedians Bec Charlwood and Chloe Petts join streaming sensation Cyril and 5SOS's Calum Hood. Don't miss the new game that raised the brow of ABC management, and a thumping performance by Northeast Party House!

- 7:35pm** **QI: Parts**
(CC,Repeat,M,Sexual References)
Sandi Toksvig hosts the quiz with a difference as comedians Sara Pascoe and Johnny Vegas and former MP Ed Balls join regular panellist Alan Davies to answer questions about subjects associated with various parts.
- 8:05pm** **Louis Theroux: Drinking To Oblivion**
(CC,Repeat,M,Adult Themes, Coarse Language,This program contains content that may concern some viewers.)
Louis Theroux heads to Europe's largest liver transplant centre where he sees the physical side effects of alcoholism and learns about the challenges doctors, patients and their families face in treating it.
- 9:05pm** **Louis Theroux: Twilight Of The Porn Stars**
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Nudity, Sexual References, Sex Scenes)
Louis Theroux travels to California, home of America's adult entertainment industry, to meet the porn stars and find out how the growth of the internet has changed the industry.
- 10:05pm** **ER: Fathers And Sons**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
Mark tags along for support when a grieving Doug drives to California to identify his father's body and retrieve his effects. Along the way, the two visit Mark's parents in San Diego, and later receive a surprise visitor.
- 10:50pm** **Louis Theroux: The Night In Question**
(CC,Repeat,M,Adult Themes, Coarse Language, Sexual References)
Louis heads to America's East Coast to explore the rise of sexual assault cases on university campuses. He meets complainants who feel let down by the current legal system.
- 11:50pm** **rage: rage In Memoriam: 2025**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
rage pays tribute to the musicians and artists who passed away in 2025.
- 12:50am** **QI: Quizmas**
(CC,Repeat,PG)
Sandi Toksvig hosts a festive edition, joined by Alan Davies and guests Johnny Vegas, Sara Pascoe and Josh Widdicombe. Among the topics discussed are how big Dumbo's ears would have to be in order to fly. (Final)
- 1:25am** **Adam Hills: The Last Leg: Richard Osman and Amy Gledhill**
(CC,Repeat,M,Coarse Language)
Adam Hills, Josh Widdicombe and Alex Brooker are joined by Richard Osman and Amy Gledhill for a fun look at the week's events and to answer your #IsItOk questions, plus the search for a Starmer.

- 2:05am Adam Hills: The Last Leg: Jameela Jamil, Richard Ayoade and Fin Taylor**
(CC,Repeat,M,Coarse Language)
Adam, Josh and Alex are joined by Jameela Jamil, Richard Ayoade and Fin Taylor to cover the revolution in Syria, Saudia Arabia hosting the 2034 World Cup, your #IsItOk questions and are sandwiches really for wimps?
- 2:45am ABC News Update**
(Repeat)
The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
- 2:50am Heartbreak High**
(CC,Repeat,PG,Adult Themes)
Paul and Kurt's friendship becomes strained after a revelation.
- 3:35am The Cook And The Chef: Party Time**
(CC,Repeat,G)
Maggie and Simon show us how to prepare excellent cocktail food for a stress-free party. They share their secrets about what to make ahead of time, and how to use shop-bought bases and toppings.

Monday, 29 December 2025

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Miraculous World (CC,AD,Repeat,PG,Parental Guidance Recommended)
5:50am	Shaun The Sheep (CC,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:35am	My Little Pony: Friendship Is Magic (CC,G)
6:55am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,G)
7:20am	Mechamato (CC,PG,Parental Guidance Recommended)
7:40am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:05am	Pokemon: Ruby And Sapphire (CC,G)
8:25am	Ninjago (PG,Parental Guidance Recommended)
8:35am	GG: Spawn Squad (CC,G)
8:50am	The Inbestigators (CC,Repeat,G)
9:05am	High Hoops (CC,Repeat,PG,Parental Guidance Recommended)
9:35am	Gangnam Project (CC,AD,Repeat,G)
10:00am	Total DramaRama (CC,Repeat,G)
10:15am	Super Happy Magic Forest (CC,AD,Repeat,G)
10:25am	We Bare Bears (CC,Repeat,G)
10:35am	Steven Universe (CC,PG,Parental Guidance Recommended)
10:45am	Steven Universe (CC,G)

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,M,Adult Themes)
1:05pm	Louis Theroux: Drinking To Oblivion (CC,Repeat,M,Adult Themes, Coarse Language,This program contains content that may concern some viewers.)
2:05pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
3:40pm	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,PG)
6:15pm	Phil Spencer: Secret Agent: Watford (CC,Repeat,G) Phil travels to Watford where Arancha Burnell has been trying to sell her house for two years. Phil finds dated decor, a bedroom that looks like a Swedish sauna and an attic conversion with anything but lofty aspirations.
7:05pm	Claire Hooper's House Of Games (CC,Repeat,G) Spending time in Claire Hooper's House of Games this week, we've got TV darling Myf Warhurst, cricketer Damien Fleming, and comedians Sammy J and Zoe Coombs Marr tackling some trivia to win the trophy, and maybe a dog bowl.
7:35pm	QI: Odorous And Odious (CC,Repeat,M,Sexual References) Sally Phillips, Ross Noble and Nish Kumar join regular panellist Alan Davies and host Sandi Toksvig for an unconventional look at the theme 'Odorous and Odious'.
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 Penn And Teller: Fool Us: The Bill-in-Penn's-Head Trick**
(CC,Repeat,PG)
Featured magicians include Joe Monti, Ding Yang, Matt Baker, and Arturo Fuenzalida.
- 9:20pm Whose Line Is It Anyway?: Greg Proops**
(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 Greg Proops.
- 9:40pm Spooks**
(CC,AD,Repeat,M,Adult Themes, Violence)
High-level secrets are stolen when Calum is mugged outside Thames House. A random robbery or a theft-to-order? Either way, there are lethal consequences for the agents and assets of Section D.
- 10:35pm ER: Freak Show**
(CC,Repeat,M,Adult Themes, Medical Procedures)
Benton tackles a unique operation on a boy with reversed internal organs. Carol's clinic is forced to open early. Jeanie learns about Weaver's huge salary increase and accuses her of wrongful termination due to HIV status.
- 11:20pm Not Going Out: Stress**
(CC,Repeat,M,Adult Themes)
Lee finds himself increasingly stressed out after volunteering to teach Kate to drive. Yoga and acupuncture only ramp up Lee's anxiety, before a nice drive in the countryside leads to a dramatic and disastrous conclusion.
- 11:50pm rage: rage Best Of The Guests 2025**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
rage revisits the best of 2025's guest programmers, from Mallrat to Evan Dando, The Offspring, Ninajirachi, Paris Texas, Ruel, DIIV and more.
- 12:55am Absolutely Fabulous: Cold Turkey**
(CC,Repeat,PG)
It's been a big year in the Monsoon household and Christmas is guaranteed party time. The Christmas spirit proves too much for Patsy who has to be rushed to hospital - is this the end for Patsy? (Final)
- 1:25am Louis Theroux: Transgender Kids**
(CC,AD,Repeat,M,Adult Themes, Nudity)
Award-winning journalist Louis Theroux travels to San Francisco where medical professionals are helping kids who say they were born in the wrong body to transition from boy to girl or girl to boy at younger ages.

2:25am

Butterfly

(CC,AD,Repeat,M,Adult Themes)**Final**

The war between Vicky and Stephen over Maxine's future reaches new heights. Can they put aside their differences, or will they both risk losing their child? (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)

A new teacher runs into difficulties with Lee, who is still struggling to fit in.

Tuesday, 30 December 2025

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:15am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Miraculous: Tales Of Ladybug And Cat Noir - Action Special (CC,AD,Repeat,PG,Parental Guidance Recommended)
6:00am	Odd Squad (Repeat,G)
6:10am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:35am	My Little Pony: Friendship Is Magic (CC,G)
6:55am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,G)
7:15am	Mechamato (CC,PG,Parental Guidance Recommended)
7:40am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:05am	Pokemon: Ruby And Sapphire (CC,G)
8:25am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:35am	GG: Spawn Squad (CC,G)
8:50am	The Inbestigators (CC,Repeat,G)
9:05am	High Hoops (CC,Repeat,PG,Parental Guidance Recommended)
9:35am	Gangnam Project (CC,AD,Repeat,G)
10:00am	Total DramaRama (CC,Repeat,G)
10:10am	Super Happy Magic Forest (CC,AD,Repeat,G)
10:25am	We Bare Bears (CC,Repeat,G)

10:35am	Steven Universe (CC,G)
10:45am	Steven Universe (CC,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,M,Sexual References)
1:10pm	Spooks (CC,AD,Repeat,M,Adult Themes, Violence)
2:05pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
3:35pm	A Bite To Eat With Alice (CC,Repeat,G)
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: Rochester (CC,Repeat,G) Can a house have too much storage? Phil certainly thinks so when he tries to sell Helen and Paul Merrick's house in Strood that's been on the market for eight months.
7:05pm	Claire Hooper's House Of Games (CC,Repeat,G) Spending time in Claire Hooper's House of Games this week, we've got TV darling Myf Warhurst, cricketer Damien Fleming, and comedians Sammy J and Zoe Coombs Marr tackling some trivia to win the trophy, and maybe a dog bowl.
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	Would I Lie To You?: A.J. Odudu, Joel Dommett, Sindhu Vee & Alex Horne (CC,Repeat,PG) Guests Joel Dommett, Sindhu Vee, Alex Horne and AJ Odudu join Rob Brydon, Lee Mack and David Mitchell. But are they telling the truth, or are they making it all up?

- 8:35pm Fisk: Taken**
(CC,AD,Repeat,PG)
Helen meets with a woman who is demanding power of attorney over her mother and attends her ex-husband William's writer's festival run by literary interlocutor, Lindy Baxter-Smythe.
- 9:05pm Fisk: Dead Man Texting**
(CC,AD,Repeat,M,Coarse Language)
The office is a-buzz because their favourite temp Peggy is coming in to help out with a deceased estate. Helen doesn't understand what's so fun about Fun Peggy, but everyone else, including George, thinks she's 'a hoot'.
- 9:30pm Spooks**
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Violence)
Section D face the very real threat of a dirty bomb in London. Dimitri has to honeytrap a woman who may hold the key to stopping the attack. Suspicion is cast over Harry's oldest friend and ally.
- 10:25pm ER: Obstruction Of Justice**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
Carter gets arrested defending a patient he suspects has been abused. Jeanie fights her dismissal while her ex-husband leaves for Atlanta without her. Mark's lawyer pays an unusual visit, and Elizabeth doubts her abilities.
- 11:10pm Not Going Out: Kid**
(CC,Repeat,M,Sexual References)
Kate agrees to take in surly teenager Nicky for a few days whilst his parents attend a wedding. Lee's attempts to bond with the boy prove unsuccessful, plus Kate tries to persuade Nicky's Great Dane to become a vegetarian.
- 11:40pm rage: rage Best Of The Charts 2025**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
rage rounds up the best of the 2025 ARIA Singles Charts.
- 12:45am Movie: Dirty Harry**
(CC,Repeat,1971,MA,Adult Themes, Violence)
A rugged San Francisco police lieutenant, often criticised for his brutal handling of criminals, is turned loose on a psychotic sniper who is terrorising the city with threats of further daily killings.
- 2:25am QI: Season's Greetings**
(CC,Repeat,M,Adult Themes, Coarse Language)
Sandi's smorgasbord of seasonal subjects starting with 'S' includes School Nativity Success Statistics and the secrets of Shiraz and Sprouts. Plus, a candlelit General Ignorance.

2:55am

If You're Listening: How Israel's drones changed the future of war

(CC,Repeat)

Historically, Defence spending is used to protect your country from big threats: ships on the horizon, submarine warfare, stealth bombers. But drone attacks which are pretty cheap and incredibly effective are changing that.

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)

Feeling the pressure of his parents, Lee makes an astonishing decision.

Wednesday, 31 December 2025

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:15am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:35am	My Little Pony: Friendship Is Magic (CC,G)
6:55am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,PG,Parental Guidance Recommended)
7:20am	Mechamato (CC,PG,Parental Guidance Recommended)
7:40am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:05am	Pokemon: Ruby And Sapphire (CC,G)
8:25am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:35am	GG: Spawn Squad (CC,PG,Parental Guidance Recommended,This program may contain reviews of games that have M classified material.)
8:50am	The Inbestigators (CC,Repeat,G)
9:10am	High Hoops (CC,Repeat,G)
9:35am	Gangnam Project (CC,AD,Repeat,G)
10:00am	Total DramaRama (CC,Repeat,G)
10:15am	Super Happy Magic Forest (CC,AD,Repeat,G)

10:25am	We Bare Bears (CC,Repeat,G)
10:35am	Steven Universe (CC,G)
10:45am	Steven Universe (CC,PG,Parental Guidance Recommended)
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,M,Sexual References)
1:10pm	Spooks (CC,AD,Repeat,M,Adult Themes, Coarse Language, Violence)
2:05pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
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,G,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,G)
6:15pm	Phil Spencer: Secret Agent: Penicuik (CC,Repeat,G) Phil discovers a house in Scotland that hasn't found a buyer in three years! Vivian's moved to Ireland but Phil thinks if she spends a week bringing some life back to her former home, he'll be able to get her a sale. (Final)
7:05pm	Claire Hooper's House Of Games (CC,Repeat,G) Spending time in Claire Hooper's House of Games this week, we've got TV darling Myf Warhurst, cricketer Damien Fleming, and comedians Sammy J and Zoe Coombs Marr tackling some trivia to win the trophy, and maybe a dog bowl.
7:35pm	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.
8:05pm	Would I Lie To You?: Tom Allen, Geoff Norcott, Vicki Pepperdine & Esme Young (CC,Repeat,PG) The guests joining Lee Mack and David Mitchell are Tom Allen, Geoff Norcott, Vicki Pepperdine and Esme Young.

- 8:35pm** **Death In Paradise**
(CC,AD,Repeat,M,Adult Themes)
When a woman reports a murder and is then found strangled, the team are left wondering whether she was reporting her own murder.
- 9:35pm** **Spooks**
(CC,AD,Repeat,MA,Violence)
An imprisoned religious leader is the mastermind behind a planned attack in London. MI5 must step in at the eleventh hour to prevent a massive loss of life.
- 10:30pm** **ER: Do You See What I See?**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
Benton achieves cult status after miraculously curing a blind man with just his touch. Mark treats an elderly rape victim. Carter discovers that his cousin has a heroin problem. Doug and Carol go public with their romance.
- 11:15pm** **Not Going Out: Caretaker**
(CC,Repeat,M,Sexual References)
Lee finally manages to get a job, as a caretaker in their block. To Tim's delight, this involves Lee moving down to a ground floor flat. Will Lee stick at the job, or throw the towel in and move back in with Kate? (Final)
- 11:45pm** **rage: rage NYE Special**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
rage soundtracks your countdown to the New Year with a party playlist guaranteed to get you moving.
- 12:50am** **Changing Ends: Kick Off**
(CC,AD,Repeat,PG)
Having a father who's the football manager of a fourth division club is never going to be easy, but when you're being dropped by your friends for being camp, Alan decides to take things into his own hands.
- 1:10am** **Changing Ends: Big League Player**
(CC,AD,Repeat,PG)
Whilst Ron needs to please an important investor, Graham needs to please his wife Christine, who is desperate for a night out. At school, Alan is struggling to hide from the bullies that his dad is Graham Carr.
- 1:35am** **Changing Ends: Man On**
(CC,AD,Repeat,PG)
Alan gets the acting bug at the school Drama club, but Christine becomes concerned when he comes home from school with a black eye. How did he get it and who gave it to him?

- 1:55am** **Changing Ends: Stud**
(CC,AD,Repeat,PG)
A brilliant but troubled striker gives the Cobblers a lifeline. Meanwhile, keen birdwatcher Alan becomes eagle-eyed at news of a pelican on the loose.
- 2:15am** **Changing Ends: Sick as a Parrot**
(CC,AD,Repeat,PG)
It's BCG day at Alan's school and he decides to pull a sickie. With Christine otherwise disposed it's up to a begrudging Graham to play nursemaid.
- 2:40am** **Changing Ends: Fowl Play**
(CC,AD,Repeat,PG)
Things are looking up for The Carrs - the Cobblers are in the quarter finals, Alan's got a part in the play and Angela's marriage has taken a nose dive. Can the good times last?
(Final)
- 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)
Nikki sets out to help her friend's Mother who's being exploited.

Thursday, 1 January 2026

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:15am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:35am	My Little Pony: Friendship Is Magic (CC,G)
6:55am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,G)
7:20am	Mechamato (CC,G)
7:40am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
7:55am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:05am	Pokemon: Ruby And Sapphire (CC,G)
8:30am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:40am	GG: Spawn Squad (CC,G)
8:55am	The Inbestigators (CC,Repeat,G)
9:10am	Cinderella (2021) (Repeat,PG,Parental Guidance Recommended)
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,Adult Themes)
1:05pm	Spooks (CC,AD,Repeat,M,Violence)

- 2:05pm** **ER**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
- 2:50pm** **Heartbreak High**
(CC,Repeat,PG)
- 3:40pm** **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 Specials: Rowan Avenue**
(CC,Repeat,PG)
Phil Spencer is back, coming to the rescue of frustrated house sellers across the country... this time he faces a tough mission on the Mersey, trying to shift a family home suffering from dodgy decor and a problem pooch.
- 7:05pm** **Claire Hooper's House Of Games**
(CC,Repeat,G)
Spending time in Claire Hooper's House of Games this week, we've got TV darling Myf Warhurst, cricketer Damien Fleming, and comedians Sammy J and Zoe Coombs Marr tackling some trivia to win the trophy, and maybe a dog bowl.
- 7:35pm** **QI: Radioactive**
(CC,Repeat,PG)
Sandi Toksvig tunes in for a bit of 'Radio' activity, asking Alan Davies, Joe Lycett, Shazia Mirza and Josh Widdicombe some impossible and interesting questions.
- 8:05pm** **Would I Lie To You?: Sara Cox, Jason Manford, Nick Robinson & Harry Shearer**
(CC,Repeat,PG)
Rob Brydon, David Mitchell and Lee Mack are joined by radio presenter Sara Cox, comedian Jason Manford, journalist Nick Robinson and actor Harry Shearer, aiming to deceive their opponents with plausible lies.
- 8:35pm** **Hard Quiz Battle of the Influencers**
(CC,Repeat,PG)
Tom Gleeson takes on four of Australia's most popular online influencers: @nalopia, @ianz95, @chantyb97, and @Mully. It's a culture clash of epic proportions, where the only guarantee is utter mayhem!
- 9:10pm** **Gruen**
(CC,Repeat,PG)
Our panelists checkout how supermarkets are milking the cost of living crisis. Plus the Aussie toilet paper brand that's flush with cash. Wil Anderson is joined by Todd Sampson, Liana Rossi, Sunita Gloster and Karen Ferry.

- 9:45pm** **Shaun Micallef's MAD AS HELL**
(CC,Repeat,M,Coarse Language)
Joey lets himself look bad in order to explain away various discoveries that could expose Monica's and Chandler's relationship. Eventually he is arrested and taken to Rikers Island pending trial.
- 10:15pm** **Shaun Micallef's MAD AS HELL**
(CC,Repeat,M,Coarse Language)
Because of his boredom while away from work, Ross offers to help Joey focus on writing a movie. Unfortunately, it's The Honourable Wally Norman.
- 10:50pm** **ER: Think Warm Thoughts**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
On a particularly cold night, the ER is swamped with freezing homeless people. Elizabeth invites a physician from another hospital to consult on one of her patients, and Anspaugh's son is admitted to ER with abdominal pains.
- 11:35pm** **Not Going Out: Mortgage**
(CC,Repeat,PG,Adult Themes)
When Lee's former flatmate Kate moves back to America, Tim decides to sell the flat to his sister, Lucy. On Tim's wishes, Lucy rents out the spare room to Lee, who once again finds himself with a resident landlady.
- 12:05am** **rage: rage Vault: 1988 Pop Mix**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
rage dives into the Vault to bring you a mix of classics from 1988.
- 1:05am** **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.
- 2:35am** **WTFAQ**
(CC,Repeat,M,Coarse Language)
Chas Licciardello finds out if it's dangerous to use your phone on the plane; the team see if we really need to keep tomato sauce in the fridge; and can Lawrence perform a superhuman feat of lifting a car to save his baby?
- 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)
A new card-swipe system at the school is quickly capitalised upon.

Friday, 2 January 2026

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:40am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:15am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Odd Squad (Repeat,G)
6:10am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:35am	My Little Pony: Friendship Is Magic (CC,G)
6:55am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,PG,Parental Guidance Recommended)
7:20am	Mechamato (CC,PG,Parental Guidance Recommended)
7:40am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:05am	Pokemon: Ruby And Sapphire (CC,G)
8:25am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:40am	GG: Spawn Squad (CC,G,This program may contain reviews of games that have PG material.)
8:55am	The Inbestigators (CC,Repeat,G)
9:10am	High Hoops (CC,Repeat,G)
9:40am	Gangnam Project (CC,AD,Repeat,G)
10:05am	Total DramaRama (CC,Repeat,G)
10:15am	Super Happy Magic Forest (CC,AD,Repeat,G)
10:25am	We Bare Bears (CC,Repeat,PG,Parental Guidance Recommended)

10:40am	Steven Universe (CC,G)
10:50am	Steven Universe (CC,PG,Parental Guidance Recommended)
11:00am	Car S.O.S (CC,Repeat,PG)
11:45am	Phil Spencer: Secret Agent Specials (CC,Repeat,PG)
12:35pm	Not Going Out (CC,Repeat,PG,Adult Themes)
1:05pm	Death In Paradise (CC,AD,Repeat,M,Adult Themes)
2:05pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
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,G)
6:15pm	Phil Spencer: Secret Agent Specials: Brookfield Park (CC,Repeat,G) Phil Spencer takes on a Sicilian style home... in Bath. With sellers who just don't seem to be listening, can he get a sale?
7:05pm	Claire Hooper's House Of Games (CC,Repeat,G) Spending time in Claire Hooper's House of Games this week, we've got TV darling Myf Warhurst, cricketer Damien Fleming, and comedians Sammy J and Zoe Coombs Marr tackling some trivia to win the trophy, and maybe a dog bowl.
7:35pm	QI: Naval Navigation (CC,Repeat,M,Sexual References) Guests Johnny Vegas, Ronni Ancona and Jimmy Carr join regular panellist Alan Davies and host Sandi Toksvig to contemplate the theme 'naval navigation'. As usual, correctness and intelligence go out the window in this quiz.
8:05pm	Would I Lie To You?: Lady Leshurr, Philippa Perry, Alan Titchmarsh & Mike Wozniak (CC,Repeat,PG) Joining Rob Brydon, Lee Mack and David Mitchell to sort the fact from the fiction this week are guests Lady Leshurr, Philippa Perry, Alan Titchmarsh and Mike Wozniak.

- 8:35pm** **Movie: Maverick**
(CC,Repeat,1994,M,Adult Themes)
In the American Wild West, a man needed a remarkable skill to survive. Some were strong, others were wise, many were brave...One knew to never draw an inside straight.
- 10:40pm** **ER: Sharp Relief**
(CC,Repeat,M,Adult Themes, Medical Procedures)
Another elderly rape survivor is found, prompting an alert for a serial rapist. Weaver questions Ellis' budget cuts. Carter tries to help his cousin beat his drug addiction as Jeanie cares for Anspaugh's cancer-stricken son.
- 11:25pm** **Not Going Out: Gay**
(CC,Repeat,PG,Adult Themes)
Lee is persuaded by Lucy to pretend to be gay, so she can prove to a new business acquaintance that she's not homophobic. Lee discovers there's something in it for him but finds it hard to keep his blokeish instincts hidden.
- 11:55pm** **rage: rage Vault Guest Programmer: Devo (1997)**
(CC,MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
When a rage show comes along, you must whip it! Get your de-volution on with Devo as they guest program rage in 1997.
- 1:00am** **Whose Line Is It Anyway?: Greg Proops**
(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 Greg Proops.
- 1:20am** **Adam Hills: The Last Leg: Richard Coles and Alex Jones**
(CC,Repeat,M,Coarse Language)
Adam Hills, Josh Widdicombe and Alex Brooker are joined by Richard Coles and Alex Jones in a special season final gift-wrapped with festive cheer. (Final for 2024)
- 2:00am** **Phil Spencer: Secret Agent Specials: Brookfield Park**
(CC,Repeat,G)
Phil Spencer takes on a Sicilian style home... in Bath. With sellers who just don't seem to be listening, can he get a sale?
- 2:45am** **If You're Listening: Charlie Kirk's murder sparks calls for revenge**
(CC,Repeat)
Just minutes after the assassination of Charlie Kirk, US President Donald Trump and his allies called for revenge on what they call "left-wing extremists". So is a crackdown on anti-Trump groups now inevitable?
- 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)

Ryan volunteers Sarah to perform in a play in front of their class.

Saturday, 3 January 2026

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:40am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,Parental Guidance Recommended)
5:05am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:15am	Teen Titans Go! (CC,Repeat,G)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Star Wars: Young Jedi Adventures (CC,Repeat,G)
6:10am	Hotel Transylvania: The Series (CC,AD,Repeat,G)
6:25am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
6:45am	Mystery Lane (CC,Repeat,PG,Parental Guidance Recommended)
7:10am	Be Cool, Scooby-Doo! (Repeat,G)
7:30am	Be Cool, Scooby-Doo! (Repeat,G)
7:55am	Badjelly (CC,AD,Repeat,G)
8:15am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
8:25am	The Powerpuff Girls (CC,Repeat,G)
8:40am	GG: Spawn Squad (CC,Repeat,G,This program may contain reviews of games that have PG material.)
8:55am	GG: Spawn Squad (CC,Repeat,G)
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,Parental Guidance Recommended)
10:40am	Pokemon: Diamond And Pearl (CC,Repeat,G)

- 11:00am Car S.O.S: E-Type Emergency**
(CC,Repeat,G)
School caretaker Mick has chronic osteoporosis and is too ill to finish restoring his dream car: a much-loved Jaguar E-type. Can Tim and Fuzz get this icon of the 1960s up and running and give Mick a new lease of life?
- 11:45am Not Going Out: Librarian**
(CC,Repeat,M,Sexual References)
Lee is becoming riled by Guy's constant presence in the flat, and his distrust is fuelled by the discovery that Guy runs a lap-dancing club. Tim thinks he has met the perfect girl until he learns what she does for a living.
- 12:15pm Movie: The Golden Compass**
(CC,Repeat,2007,PG)
Based on the first volume in Philip Pullman's best-selling, award-winning trilogy, His Dark Materials, The Golden Compass unfolds an epic fantasy adventure set in a parallel world, where science and magic intertwine.
- 2:05pm ER: Sharp Relief**
(CC,Repeat,M,Adult Themes, Medical Procedures)
Another elderly rape survivor is found, prompting an alert for a serial rapist. Weaver questions Ellis' budget cuts. Carter tries to help his cousin beat his drug addiction as Jeanie cares for Anspaugh's cancer-stricken son.
- 2:55pm Heartbreak High**
(CC,Repeat,PG)
Sarah asks Nat and Jill if a friend can stay the night. They soon find out it wasn't the friend they expected.
- 3:40pm A Bite To Eat With Alice: Ivan Aristeguieta**
(CC,Repeat,G)
Ivan Aristeguieta has been making Aussies laugh for a decade. He and Alice cook an Aussie classic with a South American twist and Alice surprises Ivan with a sweet treat that is easy to customise.
- 4:05pm 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.
- 4:40pm MythBusters: Myth Evolution**
(CC,Repeat,PG,Adult Themes)
MythBusters are bombarded with myths the fans think we missed. So, we are returning to some of the fans' favourite topics to tackle the myths we apparently forgot.

- 5:30pm** **Car S.O.S: Awesome Audi**
(CC,Repeat,G)
Barry from Brighton dreams of restoring his 1984 Audi UR Quattro Turbo, but the vehicle has been under a tarpaulin cover for 10 years. Tim and Fuzz visit the south coast to bring the car back to its best.
- 6:15pm** **Phil Spencer: Secret Agent Specials: Westland Road**
(CC,Repeat,G)
Phil Spencer is undercover on one of his toughest missions yet, tackling a home stuck in the last century and on the market, but with no front door.
- 7:05pm** **Spicks And Specks**
(CC,Repeat,PG,Sexual References)
It's new games galore with Blah Blah and the Blah Blahs and Musical Chers! Playing with Adam, Alan and Myf is Eddie Perfect, Jordan Barr, Vera Blue and Tom Ballard. The final song by Emma Donovan will leave you breathless.
- 7:35pm** **QI: Upbringing**
(CC,Repeat,M,Coarse Language)
Join Sandi Toksvig for a look at "Upbringing" with Sally Phillips, Josh Pugh, Aaron Simmonds, and Alan Davies.
- 8:05pm** **Would I Lie To You?: Alex Jones, Alexander Armstrong, Chris Tarrant, Mel Giedroyc**
(CC,Repeat,PG)
Alex Jones, Alexander Armstrong, Chris Tarrant and Mel Giedroyc join team captains Lee Mack and David Mitchell. Which team can best fool the opposition into mistaking fact for fiction and fiction for fact?
- 8:35pm** **Live At The Apollo**
(Repeat,M,Coarse Language, Sexual References)
The hilarious Geoff Norcott is your host for this episode of the award winning Live at the Apollo as he introduces comedians Michelle De Swarte and Sean McLoughlin to the stage.
- 9:25pm** **Melbourne Comedy Festival: The Gala**
(CC,Repeat,MA,Coarse Language)
Lizzy Hoo hosts The Gala featuring Celia Pacquola, Nath Valvo, Tommy Little, He Huang, Tom Ballard, Emma Holland, Dilruk Jayasinha, Mel Buttle, Nazeem Hussain, Kirsty Webeck, Ray O'Leary, Felicity Ward and Rhys Nicholson.
- 11:25pm** **ER: Carter's Choice**
(CC,Repeat,M,Adult Themes, Medical Procedures)
Another elderly rape victim is brought into the ER, and so is the rapist. Doug feels shamed by what happened with Carol, while she helps Kerry deliver a mentally challenged couple's baby. Cynthia wants to move in with Mark.

- 12:10am** **rage: rage De-Volution Special**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Do you ever feel like things just keep going backwards? You're not alone. Join artists like Radiohead, Devo, Laurie Anderson with clips about the back-slide of society.
- 1:10am** **Not Going Out: Librarian**
(CC,Repeat,M,Sexual References)
Lee is becoming riled by Guy's constant presence in the flat, and his distrust is fuelled by the discovery that Guy runs a lap-dancing club. Tim thinks he has met the perfect girl until he learns what she does for a living.
- 1:40am** **QI: Odds And Ends**
(CC,Repeat,M,Sexual References)
Romesh Ranganathan, Matt Lucas and Liza Tarbuck join regular panellist Alan Davies and host Sandi Toksvig for an unconventional look at the theme 'Odds and Ends'.
- 2:15am** **Phil Spencer: Secret Agent Specials: Westland Road**
(CC,Repeat,G)
Phil Spencer is undercover on one of his toughest missions yet, tackling a home stuck in the last century and on the market, but with no front door.
- 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)
Sarah asks Nat and Jill if a friend can stay the night. They soon find out it wasn't the friend they expected.