

ABC Entertains Program Guide Week 2

Sunday, 4 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,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,PG,Parental Guidance Recommended)
7:30am	Be Cool, Scooby-Doo! (Repeat,PG,Parental Guidance Recommended)
7:55am	Do Not Watch This Show (CC,AD,Repeat,G)
8:05am	Iyanu (CC,Repeat,PG,Parental Guidance Recommended)
8:25am	Paddington 2 (CC,Repeat,PG,Parental Guidance Recommended)
10:05am	Malory Towers (CC,AD)
10:30am	Junior Vets (Repeat,G)
11:15am	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.

12:00pm	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.
2:05pm	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.
2:50pm	Not Going Out: Baby (CC,Repeat,PG) Lucy's concern about the age gap between her and Guy increases when he turns up to meet her with his grandson in tow. An emergency leaves Lee and Tim in charge of the baby, and they prove to be less than perfect babysitters.
3:20pm	Heartbreak High (CC,Repeat,PG) After becoming obsessed with astrology, Nikki believes she must go into business with Sarah.
4:05pm	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?
4:40pm	MythBusters: Vapor Trails (CC,Repeat,PG,Adult Themes) Adam and Jamie get on the trail of some flammable hollywood fables while Kari, Grant and Tori break out the defibrillator for some electrifying action.
5:30pm	Car S.O.S: Stirling Moss Sprite Special (CC,Repeat,PG) In a star-touched episode of Car SOS, Tim and Fuzz fix up a historic Austin Healey Sebring Sprite racing car so that Sir Stirling Moss can get back behind the wheel and the car can be enjoyed by motor racing fans everywhere.
6:15pm	Phil Spencer: Secret Agent Specials: Rectory Road (CC,Repeat,G) Phil Spencer's in the East Midlands, but can he beat dodgy DIY, sticky stains and a posse of pussies to get a sale in just two weeks?

7:05pm	Spicks And Specks (CC,Repeat,PG) What's happening with Macaulay Culkin's music career? Find out in this meg-a episode with Meg Washington and Meg Mac! Also joining is Joel Creasey, Peking Duk's Adam Hyde and Abbie Chatfield, but who's left holding the purse?
7:35pm	QI: Public and Private (CC,Repeat,PG) Sandi Toksvig hosts with comedians Phill Jupitus and Bridget Christie, presenter Victoria Coren Mitchell and regular panellist Alan Davies to answer questions on the theme of public and private.
8:05pm	Would I Lie To You?: Rebecca Front, Jack Whitehall, Nick Hewer, Miranda Hart (CC,Repeat,G) Rob Brydon hosts with team captains David Mitchell and Lee Mack who lead celebrity guests Jack Whitehall, Rebecca Front, Nick Hewer and Miranda Hart.
8:35pm	Louis Theroux: Mothers On The Edge (CC,AD,Repeat,MA,Adult Themes) Award-winning filmmaker Louis Theroux returns to the UK to spend time in specialist psychiatric units that treat mothers experiencing serious mental illness whilst allowing them to live alongside their babies.
9:40pm	Muster Dogs: Where Are They Now (CC,AD,Repeat) Follow the continued journeys of the beloved human and canine stars from Muster Dogs: Collies & Kelpies to see how their lives have changed and what they've been up to since competing to be crowned Champion Muster Dog.
10:30pm	ER: Family Practice (CC,Repeat,PG,Adult Themes, Medical Procedures) Cynthia and Mark re-evaluate their relationship as he returns to San Diego to see his hospitalised mother. When his father gets ill as well, Mark finds himself assisting in a military hospital ER after a helicopter crash.
11:15pm	Not Going Out: Baby (CC,Repeat,PG) Lucy's concern about the age gap between her and Guy increases when he turns up to meet her with his grandson in tow. An emergency leaves Lee and Tim in charge of the baby, and they prove to be less than perfect babysitters.
11:45pm	rage: rage Best of Features and Wild Ones (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) rage rounds up the best Feature Videos and Wild ones from the year that was.

12:45am Casey Anthony: Where The Truth Lies: Why Lie
(CC,Repeat,M,Adult Themes, Coarse Language, References to child sexual abuse)
Caylee Anthony went missing in 2008, but her mother didn't tell anyone for a month. Now for the first time ever, Casey Anthony is opening up, asking only to be heard.

1:45am 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.

2:25am 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.

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)
After becoming obsessed with astrology, Nikki believes she must go into business with Sarah.

Monday, 5 January 2026

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,PG,Parental Guidance Recommended)
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,G)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:40am	My Little Pony: Friendship Is Magic (CC,G)
7:05am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,G)
7:25am	Mechamato (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:00am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:15am	Pokemon: Ruby And Sapphire (CC,G)
8:35am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:45am	GG: Spawn Squad (CC,G,This program may contain reviews of games that have PG material.)
9:05am	The Inbestigators (CC,Repeat,G)
9:20am	High Hoops (CC,Repeat,PG,Parental Guidance Recommended)
9:45am	Gangnam Project (CC,AD,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 Specials (CC,Repeat,G)
12:35pm	Not Going Out (CC,Repeat,PG)
1:05pm	Louis Theroux: Behind Bars (CC,Repeat,M,Adult Themes, Coarse Language, Nudity)
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,G)
6:15pm	Phil Spencer: Secret Agent Specials: Kiedler Way (CC,Repeat,G) Phil Spencer's finding it's grim up north helping a struggling seller shift his shabby semi. Can he do enough to get a sale?
7:00pm	Claire Hooper's House Of Games (CC,Repeat,G) Stopping by Claire Hooper's House of Games this week, we've got actor Pia Miranda and comedians Dave O'Neil, Nath Valvo and Matt Okine taking on the ultimate test - playing a quiz until someone wins a trophy or a shoe horn.
7:35pm	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'.

8:05pm	Would I Lie To You?: James Acaster, Gabby Logan, Melvin Odoom & Fay Ripley (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 James Acaster, Gabby Logan, Melvin Odoom and Fay Ripley.
8:35pm	Penn And Teller: Fool Us: Badass Brooke (CC,Repeat,PG) Magicians Ramo and Alegria, Bryan Saint, Sion, and Vilgot Michelin try to fool the veteran duo with their illusions.
9:20pm	Whose Line Is It Anyway? (CC,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 Jonathan Mangum and guest star Tiffany Coyne.
9:40pm	Spooks (CC,AD,Repeat,M,Violence) Harry kidnaps his CIA counterpart, Jim Coaver, and interrogates him. But things don't go according to plan.
10:35pm	ER: Exodus (CC,Repeat,M,Adult Themes, Medical Procedures) Elizabeth rescues a man trapped under a collapsed chemical warehouse. The ER subsequently gets evacuated when injured plant workers track benzene all over the floors. Doug and Carol take risks to save a girl in renal failure.
11:20pm	Not Going Out: Art (CC,Repeat,PG) Lee shows off his 'knowledge' of the art world, promoting an unknown artist who his cleaner told him is the next big thing. He soon regrets the charade when Lucy takes his advice and invests a fortune in the artist's work.
11:50pm	rage: rage Vault Guest Programmer: Nile Rodgers (2014) (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Kick off rage replay season with funk legend Nile Rodgers guest programming back in 2014, picking clips from Tom Tom Club, Sting, Janet Jackson, T-Rex, Tina Turner and more.
12:55am	Fifteen-Love (CC,AD,Repeat,M,Adult Themes, Coarse Language) Teen tennis prodigy Justine Pearce's French Open success is shattered by a devastating tragedy. Five years later, her world is rocked once more when her former coach, Glenn Lapthorn returns home.

1:40am	Fifteen-Love (CC,AD,Repeat,M,Adult Themes, Coarse Language, Nudity, Sex Scenes) Justine's explosive allegation causes rifts in her closest relationships, and she must fight to control the truth of her and Glenn's past, enlisting the help of new flame, Mikki.
2:35am	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.
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) With tensions rising between Kurt and Ryan, Kurt comes up with a scheme to get them evicted from the shed.

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

10:25am	We Bare Bears (CC,Repeat,PG,Parental Guidance Recommended)
10:35am	Steven Universe (CC,PG,Parental Guidance Recommended)
10:50am	Steven Universe (CC,PG,Parental Guidance Recommended)
11:05am	Car S.O.S (CC,Repeat,G)
11:50am	Phil Spencer: Secret Agent Specials (CC,Repeat,G)
12:40pm	Not Going Out (CC,Repeat,PG)
1:10pm	Spooks (CC,AD,Repeat,M,Violence)
2:05pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG,Adult 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 Specials: Mount Pleasant Road (CC,Repeat,PG) Phil Spencer faces a massive challenge on the Mersey, trying to sell a problem property that's overrun with dogs and OTT decor.
7:00pm	Claire Hooper's House Of Games (CC,Repeat,PG) Stopping by Claire Hooper's House of Games this week, we've got actor Pia Miranda and comedians Dave O'Neil, Nath Valvo and Matt Okine taking on the ultimate test - playing a quiz until someone wins a trophy or a shoe horn.
7:35pm	QI: Quaffing (CC,Repeat,PG) Sandi Toksvig indulges in a bit of 'Quaffing' and 'Scoffing', inviting Jo Brand, Phill Jupitus and Prue Leith to join regular panellist Alan Davies to face her fiendish posers.

8:05pm	Would I Lie To You?: Maya Jama, Roisin Conaty, Roman Kemp & Xand van Tulleken (CC,Repeat,PG) Rob Brydon is back in the host's chair with captains Lee Mack and David Mitchell. Sorting the fact from the fiction this week are guests Maya Jama, Roisin Conaty, Roman Kemp and Dr Xand van Tulleken.
8:35pm	Fisk: Ladies in Black (CC,AD,Repeat,PG) Helen meets formidable opposing counsel Alice Pike, and stumbles upon Roz's passion project; an all-woman harmony group for funerals called, The Sadrigals. Alice Pike makes a complaint to the board about Roz.
9:05pm	Fisk: Honour Thy Father (CC,AD,Repeat,M,Coarse Language) Gruber & Gruber is nominated for a Small Business Award and Helen consults with a man who believes he is the son of a famous newsreader. At Dad's house, Helen meets personal trainer, Blayden Tork. (Final)
9:30pm	Spooks (CC,AD,Repeat,M,Violence) Final Harry finally discovers who is behind the recent attacks on the UK, but will confirming these suspicions come at too high a cost to himself and his team?
10:25pm	ER: My Brother's Keeper (CC,Repeat,PG,Adult Themes, Medical Procedures) Carter's cousin Chase is rushed to the ER with a heroin overdose. Kerry accuses Doug of pitching a flawed research study. Jeanie assists Scott during his final round of chemo. Elizabeth receives her first performance review.
11:10pm	Not Going Out: Dating (CC,Repeat,PG) As Lucy and Guy's relationship intensifies, Lee starts to ponder his lack of a girlfriend and tries speed dating. Tim is forced to go on a disastrous date with Barbara to prove that he sees her as more than 'the help'.
11:45pm	rage: rage Nile Was Here Special (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) rage lines up the best clips of song that funk legend Nile Rodgers either produced or appeared on, and that's a hell of a lot!
12:45am	Fifteen-Love (CC,AD,Repeat,M,Adult Themes, Coarse Language) As Justine spirals in the aftermath of the tribunal, she begins to obsess over an American exchange player. Meanwhile, Mikki gets closer to Glenn, who thinks a new PR manager might be just what he needs.

1:35am	Fifteen-Love (CC,AD,Repeat,M,Adult Themes, Coarse Language) Justine's actions with Luisa damage her reputation further, as Longwood prepares for the biggest Grand Slam event of the year. Justine looks to repair her friendship with Renee.
2:30am	Breeders: No Sleep (CC,AD,Repeat,MA,Coarse Language) The children won't sleep. Paul and Ally thought these nights were over. Paul spends the night fighting his own anger and his children's inability to just go to sleep.
3:15am	ABC News Update (Repeat) The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
3:20am	Heartbreak High (CC,Repeat,PG,Adult Themes) Nikki's mental health continues to worsen and it has her friends worried.

Wednesday, 7 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,PG,Parental Guidance Recommended)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	Cloudy With A Chance Of Meatballs (Repeat,G)
6:40am	My Little Pony: Friendship Is Magic (CC,G)
7:05am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,PG,Parental Guidance Recommended)
7:30am	Mechamato (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:00am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:15am	Pokemon: Ruby And Sapphire (CC,G)
8:35am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:50am	GG: Spawn Squad (CC,G)
9:05am	The Inbestigators (CC,Repeat,G)
9:20am	High Hoops (CC,Repeat,G)
9:50am	Gangnam Project (CC,AD,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,G)
11:05am	Car S.O.S (CC,Repeat,G)
11:50am	Phil Spencer: Secret Agent Specials (CC,Repeat,PG)
12:35pm	Not Going Out (CC,Repeat,PG)
1:10pm	Spooks (CC,AD,Repeat,M,Violence) Final
2:05pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG,Adult 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,PG)
6:15pm	Phil Spencer: Secret Agent Specials: Brig Royd (CC,Repeat,G) Phil Spencer's in Yorkshire trying to shift a stubborn semi that's turning buyers off with its botched DIY bad taste decor.
7:00pm	Claire Hooper's House Of Games (CC,Repeat,G) Stopping by Claire Hooper's House of Games this week, we've got actor Pia Miranda and comedians Dave O'Neil, Nath Valvo and Matt Okine taking on the ultimate test - playing a quiz until someone wins a trophy or a shoe horn.
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?: Jo Brand, Simon Day, Kiri Pritchard-McClean & Henning Wehn (CC,Repeat,PG) Guests joining Lee Mack and David Mitchell are Jo Brand, Simon Day, Kiri Pritchard-McClean and Henning Wehn.
8:35pm	Death In Paradise (CC,AD,Repeat,M,Violence) A reggae rap artist is shot dead at a soundcheck for a concert. Things prove uncomfortable for Marlon when he discovers a personal connection to the crime.
9:35pm	Death In Paradise (CC,AD,Repeat,M,Adult Themes) When a prestigious chess match ends in murder, the team must work out how and why the killing was carried out. Meanwhile, the commissioner is confronted with his past by the very last person he was expecting to see. (Final)
10:35pm	ER: A Bloody Mess (CC,Repeat,PG,Adult Themes, Medical Procedures) A bone marrow test reveals that Scott's cancer has returned. Benton admits to Elizabeth that he has problems with dating a white woman. Dr. Morgenstern makes his return to the ER, with a new outlook on life and his patients.
11:20pm	Not Going Out: Gangster (CC,Repeat,PG) Lee's suspicions grow when Guy showers Lucy with expensive clothes prior to whisking her off for a mystery weekend away. After some high-level snooping, Lee comes to the entirely reasonable conclusion that Guy is a gangster.
11:50pm	rage: rage Vault: Director Floria Sigismondi (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) rage digs into the Vault to play clips from Italian-Canadian film director Floria Sigismondi including Sigur Ros, David Bowie, Christina Aguilera, Fiona Apple and more.
12:55am	Fifteen-Love (CC,AD,Repeat,M,Adult Themes, Coarse Language) Glenn's relationship with Luca is on a knife-edge as he steps into the fourth round of The Championships. Meanwhile, Steve realises he might have made a terrible mistake with Luisa, and attempts to put things right.
1:45am	Fifteen-Love (CC,AD,Repeat,M,Adult Themes, Coarse Language, Violence) Renee steps out onto Centre Court for the quarter finals of The Championships, but can her friendship with Justine survive? She must come to terms with what Glenn did to her and make a final attempt to bring him to justice.

2:45am Breeders: No Places
(CC,AD,Repeat,M,Coarse Language)
The surprise arrival of Ally's estranged father causes Paul and Ally to examine their hopes and dreams for Luke and Ava and discover how far they are willing to go for the sake of their children.

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)
Kurt and D'espo devise a fundraising event for Wally the Sea Turtle.

Thursday, 8 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,PG,Parental Guidance Recommended)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	Cloudy With A Chance Of Meatballs (Repeat,PG,Parental Guidance Recommended)
6:40am	My Little Pony: Friendship Is Magic (CC,G)
7:05am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,G)
7:25am	Mechamato (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:00am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:10am	Pokemon: Ruby And Sapphire (CC,G)
8:35am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:45am	GG: Spawn Squad (CC,G,This program may contain reviews of games that have PG material.)
9:05am	The Inbestigators (CC,Repeat,G)
9:20am	High Hoops (CC,Repeat,G)
9:45am	Gangnam Project (CC,AD,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 Specials (CC,Repeat,G)
12:40pm	Not Going Out (CC,Repeat,M,Coarse Language)
1:10pm	Whale Wisdom (CC,AD,Repeat,G)
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,PG)
6:15pm	Phil Spencer: Secret Agent Specials: Cox Road (CC,Repeat,G) Phil Spencer's helping a family whose home has been on the market for an incredible five years. Can he get them a sale in just two weeks?
7:00pm	Claire Hooper's House Of Games (CC,Repeat,PG) Stopping by Claire Hooper's House of Games this week, we've got actor Pia Miranda and comedians Dave O'Neil, Nath Valvo and Matt Okine taking on the ultimate test - playing a quiz until someone wins a trophy or a shoe horn.
7:35pm	QI: Rest and Recreation (CC,Repeat,PG) Sandi Toksvig indulges in a bit of well-earned R&R alongside Alan Davies, Stephen K Amos, Susan Calman and Lou Sanders.

8:05pm	Would I Lie To You?: Warwick Davis, Hugh Dennis, Katherine Ryan & John Simpson (CC,Repeat,PG) Rob Brydon, David Mitchell and Lee Mack are joined by comedy actors Warwick Davis and Hugh Dennis, comedian Katherine Ryan and journalist John Simpson, who aim to deceive their opponents with plausible lies.
8:35pm	Hard Quiz (CC,Repeat) Tom Gleeson is back with his Big Brass Mug on Hard Quiz. Each week, four Australian enthusiasts provide grist for Tom's comedy mill, brandishing their outlandish fields of expertise.
9:05pm	Gruen (CC,Repeat,M,Coarse Language) The panel goes plastic fantastic as brand Barbie's wildest dreams come true. Plus can job search advertising inspire the employed? Wil is joined by Todd Sampson, Camey O'Keefe, Milla McPhee and Russel Howcroft.
9:45pm	Shaun Micallef's MAD AS HELL (CC,Repeat,M,Coarse Language) Joey makes it possible for Monica and Chandler to kiss at midnight on New Year's, by arranging kisses between Ross and Phoebe, and Rachel and himself.
10:10pm	Shaun Micallef's MAD AS HELL (CC,Repeat,PG) Rachel tries to learn more about Chandler and Monica's relationship; when Rachel confronts her, Monica lies to cover it up and what's left of her soul shrivels away. (Final)
10:45pm	ER: Gut Reaction (CC,Repeat,PG,Adult Themes, Medical Procedures) Benton and Morgenstern clash after a surgery is botched. Carter confronts his grandmother after she cuts off funding for the free clinic. Anna donates bone marrow, and Mark organises the ramshackle but fun annual ER banquet.
11:30pm	Not Going Out: Murder At Christmas (CC,Repeat,M,Coarse Language) Lee's plan to spend time alone with Lucy at Christmas is threatened by the presence of Tim, Daisy, Barbara, and Tim and Lucy's parents. All seems to be going well until a murder mystery game brings tensions to a head. (Final)
12:00am	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.

1:00am	Mayfair Witches: The Witching Hour (CC,AD,Repeat,M,Adult Themes, Coarse Language, Sex Scenes) Neurosurgeon Rowan Fielding has a problem - when she gets mad, she kills with her mind; her search for answers sends her toward her secretive biological family. Deirdre Mayfair is desperate to escape from her aunt's house.
1:55am	WTFAQ (CC,Repeat,M,Adult Themes, Coarse Language) Chas Licciardello works out what a truly representative federal Australian parliament looks like; Lou Wall examines if tech companies are listening to us through our phones; and Cameron James finds out if his dog loves him.
2:20am	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.
2:50am	Starstruck (CC,AD,Repeat,M,Coarse Language) Jessie and Tom come face to face unexpectedly at Kate and Ian's wedding. The initially awkward meeting finds the two former lovers wondering if there is a lingering spark.
3:15am	ABC News Update (Repeat) The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.
3:20am	Heartbreak High (CC,Repeat,PG) Kurt takes interest in a visiting tennis player but her busy schedule keeps them apart.

Friday, 9 January 2026

4:00am	The Next Step (CC,Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:45am	Shaun The Sheep (CC,Repeat,G)
4:50am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:10am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:25am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:35am	Planet Lulin (CC,AD,Repeat,G)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	Cloudy With A Chance Of Meatballs (Repeat,PG,Parental Guidance Recommended)
6:40am	My Little Pony: Friendship Is Magic (CC,G)
7:05am	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,PG,Parental Guidance Recommended)
7:25am	Mechamato (CC,PG,Parental Guidance Recommended)
7:50am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:00am	Teen Titans Go! (CC,PG,Parental Guidance Recommended)
8:15am	Pokemon: Ruby And Sapphire (CC,G)
8:35am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:45am	GG: Spawn Squad (CC,G,This program may contain reviews of games that have PG material.)
9:05am	The Inbestigators (CC,Repeat,G)
9:20am	High Hoops (CC,Repeat,G)
9:50am	Gangnam Project (CC,AD,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)
10:50am	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,G)
12:35pm	Not Going Out (CC,Repeat,PG)
1:05pm	Death In Paradise (CC,AD,Repeat,M,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,G)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,G)
6:15pm	Phil Spencer: Secret Agent Specials: Winston Road (CC,Repeat,G) Phil Spencer has a tough job selling a family home that's bursting at the seams with clutter and every colour of the rainbow.
7:05pm	Claire Hooper's House Of Games (CC,Repeat,G) Stopping by Claire Hooper's House of Games this week, we've got actor Pia Miranda and comedians Dave O'Neil, Nath Valvo and Matt Okine taking on the ultimate test - playing a quiz until someone wins a trophy or a shoe horn.
7:35pm	QI: Numbers (CC,Repeat,PG) Guests Colin Lane, Sarah Millican and Noel Fielding join regular panellist Alan Davies and host Sandi Toksvig to contemplate the theme 'numbers'.

8:05pm	Would I Lie To You?: Victoria Derbyshire, Rhod Gilbert, Rosie Jones & Jamali Maddix (CC,Repeat,PG) Joining Rob Brydon, Lee Mack and David Mitchell to sort the fact from the fiction this week are guests Victoria Derbyshire, Rhod Gilbert, Rosie Jones and Jamali Maddix.
8:35pm	Movie: The Island (CC,2005,M,Adult Themes, Coarse Language, Violence) Lincoln Six-Echo and Jordan Two-Delta are among the hundreds of residents of a contained facility in the mid-21st century. They make a daring escape to the outside world they've never known with one mission: to live.
10:50pm	ER: Shades Of Gray (CC,Repeat,PG,Adult Themes, Medical Procedures) The ER treats victims from an abortion clinic bombing. Benton gets suspended after his incident with Morgenstern comes to light. Carter tries to help a victim of elder abuse, and Jeanie helps Anspaugh through a difficult day.
11:35pm	Not Going Out: Pregnant (CC,Repeat,PG) When Lucy announces that she is pregnant, Lee wonders if the father might accidentally be him. Tim is outraged at the thought of his friend and his sister together, but Lee has started to warm to the idea of being a dad.
12:05am	TBA
12:15am	rage: rage Vault Guest Programmer: Veruca Salt (1997) (CC,MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Join Nina Gordon and Louise Post of Veruca Salt guest programming rage back in 1997, in Australia for Livid Festival.
1:15am	QI: Public and Private (CC,Repeat,PG) Sandi Toksvig hosts with comedians Phill Jupitus and Bridget Christie, presenter Victoria Coren Mitchell and regular panellist Alan Davies to answer questions on the theme of public and private.
1:45am	Penn And Teller: Fool Us: Badass Brooke (CC,Repeat,PG) Magicians Ramo and Alegria, Bryan Saint, Sion, and Vilgot Michelin try to fool the veteran duo with their illusions.

2:25am **Phil Spencer: Secret Agent Specials: Winston Road**
(CC,Repeat,G)
Phil Spencer has a tough job selling a family home that's bursting at the seams with clutter and every colour of the rainbow.

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 is given a family heirloom as a gift, but he also needs money to buy a bed.

Saturday, 10 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,G)
5:15am	Teen Titans Go! (CC,Repeat,G)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Spooky Files (CC,AD,Repeat,G)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
6:40am	Mystery Lane (CC,Repeat,PG,Parental Guidance Recommended)
7:05am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
7:15am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
7:25am	The Powerpuff Girls (CC,Repeat,G)
7:35am	The Powerpuff Girls (CC,Repeat,G)
7:45am	Badjelly (CC,AD,Repeat,G)
8:10am	Shaun Tan's Tales from Outer Suburbia (CC,AD,Repeat,G)
8:30am	Shaun Tan's Tales from Outer Suburbia (CC,AD,Repeat,G)
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)
10:40am	Pokemon: Diamond And Pearl (CC,Repeat,G)
11:00am	Car S.O.S: Lancia Reborn (CC,Repeat,G) Tim and Fuzz are tasked with restoring a classic 1967 Lancia Flavia coupe, but a simple rebuild for this Italian stallion becomes Herculean when the car turns out to be a Trojan Horse packed with rust and bad repairs.
11:45am	Not Going Out: Winner (CC,Repeat,M,Coarse Language) Lee is insufferably smug when he wins a writing competition with an essay entitled 'Disability in the Workplace'. Lucy is moved to tears and had no idea that Lee was so sensitive. Tim is more sceptical and with good reason.
12:15pm	Movie: Extreme Measures (CC,Repeat,1996,M,Adult Themes, Coarse Language, Violence) A New York doctor makes unwelcome inquiries after the body of a homeless man who died in his E.R. disappears. Suspecting a conspiracy, his questions lead to dark secrets, an unthinkable truth and a terrifying moral dilemma.
2:10pm	ER: Shades Of Gray (CC,Repeat,PG,Adult Themes, Medical Procedures) The ER treats victims from an abortion clinic bombing. Benton gets suspended after his incident with Morgenstern comes to light. Carter tries to help a victim of elder abuse, and Jeanie helps Anspaugh through a difficult day.
3:00pm	Heartbreak High (CC,Repeat,PG) Drazic and Kurt get an unconventional opportunity to resolve their issues.
3:45pm	Whose Line Is It Anyway? (CC,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 Jonathan Mangum and guest star Tiffany Coyne.
4:05pm	Would I Lie To You?: James Acaster, Gabby Logan, Melvin Odoom & Fay Ripley (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 James Acaster, Gabby Logan, Melvin Odoom and Fay Ripley.

4:40pm	MythBusters: James Bond Special (CC,Repeat,PG,Adult Themes) "The name's Hyneman. James Hyneman"... It's tuxedos at the ready as the Mythbusters take on 007 in this James Bond special.
5:30pm	Car S.O.S: Little Black Corvette (CC,Repeat,PG) Tim and Fuzz are off to rescue Car SOS' first all-American muscle car: a 1974 Corvette Stingray. But once the boys get the car back to the workshop, they discover that this might be the biggest job they have ever taken on.
6:15pm	Phil Spencer: Secret Agent Specials: Savages Row (CC,Repeat,G) Phil Spencer's a man on a mission trying to shift a semi with serious issues in the DIY department. Has he met his match? (Final)
7:00pm	Spicks And Specks (CC,Repeat,PG) Spicks returns with Ross Wilson, Andrea Lam, Ali McGregor, Frank Woodly and Urvi Majumdar all joining our favourite regulars Adam, Alan and Myf. Paul Kelly also belts out his sequel to How to Make Gravy.
7:35pm	QI: Underground and Underwater (CC,Repeat,PG) Join Sandi Toksvig for a look at "Underground and Underwater" with Zoe Lyons, Dan Tiernan, Josh Widdicombe, and Alan Davies.
8:05pm	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?
8:35pm	Richard Osman's House Of Games Night (CC) Four famous faces go toe-to-toe testing their general knowledge in a variety of fun trivia-based games.
9:05pm	Live At The Apollo (Repeat,M,Coarse Language, Sexual References) This episode of the award winning Live at the Apollo is hosted by the magnificent Suzi Ruffell who introduces comedians Alfie Brown and Sikisa to the stage.

9:50pm	Melbourne Comedy Festival: Allstars Supershow (CC,Repeat,MA,Coarse Language) Guy Montgomery hosts a star-studded line-up featuring Josh Thomas, Melanie Bracewell, Geraldine Hickey, Kanan Gill, Catherine Bohart, Danielle Walker, Dave Hughes, Lloyd Langford, Claire Hooper and Joel Creasey.
11:55pm	ER: Of Past Regret And Future Fear (CC,Repeat,PG,Adult Themes, Medical Procedures) Doug treats a baby who is experiencing methadone withdrawal. His mother, a heroin addict, keeps the baby addicted so she can use his drugs. Carol comforts a burn victim and Kerry cares for an elderly couple who may have AIDS.
12:40am	rage: rage Chicago Special (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) rage lines up the best clips from artists and bands hailing from the Windy City, Chicago.
1:40am	Not Going Out: Winner (CC,Repeat,M,Coarse Language) Lee is insufferably smug when he wins a writing competition with an essay entitled 'Disability in the Workplace'. Lucy is moved to tears and had no idea that Lee was so sensitive. Tim is more sceptical and with good reason.
2:10am	ASSASSINS with Aslan Pahari: The Assassination of Shinzo Abe (Repeat,M,Adult Themes) Aslan Pahari brings you stories of the world's most shocking assassinations. From seizing power, to silencing dissidents, ASSASSINS unpacks the moments in which someone decides that murder is the move.
2:25am	Phil Spencer: Secret Agent Specials: Savages Row (CC,Repeat,G) Phil Spencer's a man on a mission trying to shift a semi with serious issues in the DIY department. Has he met his match? (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) Drazic and Kurt get an unconventional opportunity to resolve their issues.