

ABC Entertains Program Guide

Sunday, 11 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)
5:20am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:30am	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	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:15am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:25am	The Deep (CC,AD,Repeat,G)
7:50am	Do Not Watch This Show (CC,AD,Repeat,G)
8:00am	Space Nova (CC,AD,Repeat,G)
8:25am	Iyanu (CC,Repeat,PG,Parental Guidance Recommended)
8:45am	Shaun The Sheep: Movie (CC,Repeat,G)
10:05am	Malory Towers (CC,AD,G)
10:30am	Junior Vets (Repeat,G)

11:05am	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.
11:50am	Not Going Out: Amy (CC,Repeat,PG,Sexual References) Over-excited by meeting a lesbian couple in their building, Lee and Tim ask them over for dinner, but their adolescent attempt to get their jollies backfires when Lucy discovers a side to herself that she never knew existed.
12:20pm	Movie: The Island (CC,Repeat,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.
2:35pm	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.
3:20pm	Heartbreak High (CC,Repeat,PG,Adult Themes) Nat wants to learn why Kurt's behaviour has become more destructive. (Final)
4:05pm	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.
4:40pm	MythBusters: Lead Balloon (CC,Repeat,PG,Adult Themes) Jamie and Adam take on engineering's ultimate challenge, to build a lead balloon that can actually fly.
5:30pm	Car S.O.S: Viva La Citroen (CC,Repeat,PG) Tim and Fuzz take on an iconic French front-wheel drive car, a 1954 Citroen Traction Avant belonging to former watchmaker and classic car lover Andrew, who has been hit by the effects of Alzheimer's disease. (Final)

6:15pm	Portrait Artist Of The Year UK (CC,G) The first Portrait Artist of The Year comes from Trafalgar Square London. Twenty one artists paint Actors Juliet Stevenson, Robert Lindsay and Alison Steadman in front of large crowds and against the clock.
7:00pm	Spicks And Specks (CC,Repeat,PG) It's story time on Spicks with Justine Clarke. There's a bear in there and people as well, with Alan, Myf and Adam joined by Miss Kaninna, Tommy Little, Don West, Geraldine Hickey and a stunning performance by Montaigne.
7:30pm	QI: Pictures (CC,Repeat,M,Sexual References) Regulars Sandi Toksvig and Alan Davies are joined by guests Noel Fielding, Joe Lycett and Hannah Gadsby to discuss Pictures.
8:00pm	Would I Lie To You?: Robert Webb, Terry Wogan, Katy Wix, Kevin Bridges (CC,Repeat,G) David Mitchell is joined by Robert Webb and Sir Terry Wogan; Lee Mack is joined by Katy Wix and Kevin Bridges; with Rob Brydon in the host's chair.
8:30pm	TBA
10:05pm	Muster Dogs: Where Are They Now (CC,AD,Repeat,PG) Lisa reunites with the Muster Dogs family as Banjo and Chilli's pups find new homes with five young handlers. These perfect pairings mark the start of the next generation of Muster Dogs.
10:55pm	ER: Suffer The Little Children (CC,Repeat,PG,Adult Themes, Medical Procedures) A televangelist suffering from a kidney ailment wants to broadcast live from the ER to raise money. Doug decides to detoxify a drug-addicted baby without telling anyone. Jeanie begins exhibiting pneumonia-like symptoms.
11:40pm	Not Going Out: Amy (CC,Repeat,PG,Sexual References) Over-excited by meeting a lesbian couple in their building, Lee and Tim ask them over for dinner, but their adolescent attempt to get their jollies backfires when Lucy discovers a side to herself that she never knew existed.

12:05am rage: rage New Music
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Discover the wildest new music videos on rage. Essential grooves and boundary-pushing visuals from Australia and beyond.

1:10am Casey Anthony: Where The Truth Lies: Remembering
(CC,Repeat,M,Adult Themes, Coarse Language, References to child sexual abuse)
After being arrested & charged with lying to the police about Caylee's whereabouts, Casey Anthony is sent to jail. While in solitary she discloses buried memories of her own troubled childhood that have apparently resurfaced.

2:20am Louis Theroux: Life On The Edge: Beyond Belief
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Drug References)
In this first episode of this career retrospective, Louis looks back at his earliest documentaries and explores how some people's most fervent beliefs can bring them into conflict with mainstream society.

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)
Nat wants to learn why Kurt's behaviour has become more destructive. (Final)

Monday, 12 January 2026

4:00am	The Next Step (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	Spooky Files (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)
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.)
9:00am	The Inbestigators (CC,Repeat,G)
9:15am	Do Not Watch This Show (CC,AD,Repeat,G)
9:30am	Scooby-Doo and Guess Who? (Repeat,G)
9:50am	Super Happy Magic Forest (CC,AD,Repeat,G)

10:00am	We Bare Bears (Repeat,G)
10:15am	We Bare Bears (Repeat,G)
10:25am	We Bare Bears (CC,Repeat,PG,Parental Guidance Recommended)
10:35am	Steven Universe (CC,G)
10:45am	Steven Universe (CC,G)
11:05am	Car S.O.S (CC,Repeat,PG)
11:50am	Portrait Artist Of The Year UK (CC,Repeat,G)
12:40pm	Not Going Out (CC,Repeat,PG)
1:05pm	The Piano UK: The Incredibly Talented Lucy (CC,Repeat,PG)
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	Portrait Artist Of The Year UK (CC,G) The second episode comes from Kelvingrove Art Gallery and Museum in Glasgow. Twenty-one artists paint actors John Hannah and Sophie Turner and paralympian Michael Kerr.
7:00pm	Claire Hooper's House Of Games (CC,Repeat,PG) Swinging by Claire Hooper's House of Games this week, we've got cook Khanh Ong, radio host Lawrence Mooney, and comedians Tom Ballard and Emma Holland finding out who's smart enough to take home the trophy and a neck pillow.
7:30pm	QI: Opposites (CC,Repeat,PG) Sara Pascoe, Colin Lane and Jimmy Carr join regular panellist Alan Davies and host Sandi Toksvig for an unconventional look at the theme 'Opposites'.

8:00pm	Would I Lie To You?: Susie Dent, Bob Mortimer, Ore Oduba & Stacey Solomon (CC,Repeat,G) 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 Susie Dent, Bob Mortimer, Ore Oduba and Stacey Solomon.
8:30pm	Penn And Teller: Fool Us: The Princess and the Wizard (CC,Repeat,PG) Magicians Benjamin Barnes, Hara, Helen Coghlans, and Daniel K try to fool the veteran duo with their illusions.
9:15pm	Whose Line Is It Anyway? (CC,Repeat,M,Coarse Language) Aisha Tyler hosts another episode of the legendary improv show with regulars Wayne Brady, Ryan Stiles and Colin Mochrie along with guest Jonathan Mangum and a top quality guest in comedian and movie star Tiffany Haddish.
9:35pm	TBA
10:25pm	ER: A Hole In The Heart (CC,Repeat,PG,Adult Themes, Medical Procedures) Doctors treat skydiving Elvis impersonators. Carter accuses Max of stealing drugs. Lizzie's problems with Romano become critical. Disciplinary action looms for Doug due to his unauthorised treatment of baby Josh. (Final)
11:10pm	Not Going Out: Party (CC,Repeat,PG) Lucy twigs to Tim and Lee planning a surprise 30th Birthday party for her. When she turns up at the party arm-in-arm with another man, Lee makes it his mission to get rid of him... without causing a scene, obviously.
11:35pm	rage: rage Vault Guest Programmer: Tim & Eric (2012) (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) rage replay season continues with Tim Heidecker and Eric Wareheim's legendary 2012 guest program, even weirder and wackier than you remember!
12:40am	Louis Theroux: Life On The Edge: The Dark Side of Pleasure (CC,AD,Repeat,M,Adult Themes, Coarse Language, Sexual References) The film-maker revisits documentaries exploring the commodification of forbidden desires, taking in subjects ranging from the porn industry to the US opioid crisis. He is reunited with porn star JJ and drug addict Katilia.

1:30am Louis Theroux: Life On The Edge: Law and Disorder
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Drug References, Violence)
Louis looks back on his documentaries on the criminal justice system in the US. He reflects on the prison system and revisits the documentaries shot in Philadelphia and Milwaukee, where tensions were already at boiling point.

2:20am Louis Theroux: Life On The Edge: Family Ties
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Sexual References) **Final**
Louis looks back on his documentaries focused on families, including those centred around the Westboro Baptist Church, and reflects on how physical and mental health can threaten to derail family lives. (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)
Jet, the new girl, is playing hard to get after attracting the attention of Drazic.

Tuesday, 13 January 2026

4:00am	The Next Step (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	Spooky Files (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)
8:00am	Teen Titans Go! (CC)
8:15am	Pokemon: Ruby And Sapphire (CC,G)
8:35am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:45am	GG: Spawn Squad (CC,PG,This program may contain reviews of games that have M classified material.)
9:05am	The Inbestigators (CC,Repeat,G)
9:15am	Do Not Watch This Show (CC,AD,Repeat,G)
9:30am	Scooby-Doo and Guess Who? (Repeat,PG,Parental Guidance Recommended)
9:50am	Super Happy Magic Forest (CC,AD,Repeat,G)

10:05am	We Bare Bears (Repeat,PG,Parental Guidance Recommended)
10:15am	We Bare Bears (Repeat,G)
10:25am	We Bare Bears (CC,Repeat,G)
10:35am	Steven Universe (CC,Repeat,G)
10:50am	Steven Universe (CC,G)
11:00am	Car S.O.S (CC,Repeat,PG)
11:45am	Portrait Artist Of The Year UK (CC,Repeat,G)
12:30pm	Not Going Out (CC,Repeat,PG)
1:00pm	TBA
1:45pm	You Can't Ask That (CC,Repeat,M,Coarse Language)
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	Portrait Artist Of The Year UK (CC,PG) Episode three comes from the Royal Dublin Society. Twenty one finalists from Ireland paint actors Pauline McLynne and David Rawle and grime artist Lethal Bizzle.
7:00pm	Claire Hooper's House Of Games (CC,Repeat,PG) Swinging by Claire Hooper's House of Games this week, we've got cook Khanh Ong, radio host Lawrence Mooney, and comedians Tom Ballard and Emma Holland finding out who's smart enough to take home the trophy and a neck pillow.

7:30pm	QI: Quagmire (CC,Repeat,PG) Sandi Toksvig finds herself stuck in a 'Quagmire', as she invites Sindhu Vee, Sally Phillips and Aisling Bea to join regular panellist Alan Davies to face her fiendish posers.
8:00pm	Would I Lie To You?: Anna Maxwell Martin, Martin Lewis, Alex Jones & Johnny Vegas (CC,Repeat,PG) Rob Brydon hosts the award-winning comedy panel show, with team captains Lee Mack and David Mitchell. Sorting the fact from the fiction this week are guests Johnny Vegas, Alex Jones, Martin Lewis and Anna Maxwell Martin.
8:30pm	Fisk: Goddamn Flim-Flam Man (CC,AD,Repeat,PG) Helen deals with a nuisance claim and Roz makes Helen attend a staff training session with Lindy Baxter Smythe. Ray is shredding for a reunion and the office acquires a new photocopier.
8:55pm	Fisk: Faithful Friends Are Hard To Find (CC,AD,Repeat,PG) Roz announces a new business venture and Ray entrusts Helen with the firm's most prestigious client. Helen meets with an influencer who wants to make a video will and George receives a gift.
9:25pm	TBA
10:10pm	ER: Day For Knight (CC,Repeat,PG,Adult Themes, Medical Procedures) Third-year medical student Lucy Knight has a difficult first day and clashes with Dr. Carter. Doug clashes with Weaver over the terms of his probation. Elizabeth searches for a new fellowship so she can remain in the USA.
10:55pm	Not Going Out: Neighbour (CC,Repeat,PG) A new neighbour moves in upstairs and his constant noise drives Lucy nuts. Hoping to impress Lucy, Lee makes the mistake of confronting the man in his own flat, finding a creepy psychopath with the eyes of a cold killer.
11:25pm	rage: rage Directed By Eric Wareheim Special (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) From MGMT to Beach House, Depeche Mode, Charli XCX, Flying Lotus and more, rage lines up video clips directed by Eric Wareheim of Tim and Eric fame.

12:25am	Breeders: No Accident (CC,AD,Repeat,M,Adult Themes, Coarse Language) Ally attempts to acclimatise to Michael's continued presence while Paul, suspected of intentionally hurting his mum, begins to question if his accident-prone son's frequent injuries might actually be his fault.
12:50am	Breeders: No Lies (CC,AD,Repeat,MA,Coarse Language) Michael thrives in his new role as dad and granddad, but Paul and Ally can't fall for his charms as easily as the children can. Luke's hunt for proof that Santa doesn't exist puts Paul's claim that he never lies to the test.
1:15am	Movie: A Perfect Murder (CC,Repeat,1998,MA,Violence) A wealthy woman becomes the target for murder when her husband, an investor with financial difficulties, discovers her affair with an artist and blackmails her lover into killing her.
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,Adult Themes) A graffiti artist is running loose and only Draz knows their true identity.

Wednesday, 14 January 2026

4:00am	The Next Step (Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:40am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Shaun The Sheep (CC,Repeat,G)
5:10am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:20am	Total DramaRama (CC,Repeat,PG,Parental Guidance Recommended)
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	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)
8:00am	Teen Titans Go! (CC)
8:15am	Pokemon: Ruby And Sapphire (CC,G)
8:35am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:50am	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	Do Not Watch This Show (CC,AD,Repeat,G)
9:30am	Scooby-Doo and Guess Who? (Repeat,G)
9:50am	Super Happy Magic Forest (CC,AD,Repeat,G)

10:05am	We Bare Bears (Repeat,G)
10:15am	We Bare Bears (Repeat,G)
10:25am	We Bare Bears (CC,Repeat,G)
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	Portrait Artist Of The Year UK (CC,Repeat,PG)
12:30pm	Not Going Out (CC,Repeat,PG)
1:00pm	TBA
1:40pm	Whose Line Is It Anyway? (CC,Repeat,M,Coarse Language)
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,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,PG)
6:15pm	Portrait Artist Of The Year UK (CC,G) Twenty-one artists gather at Cardiff City Hall to paint rugby international Gavin Henson, Falklands veteran Simon Weston and Lucien Freud's most famous muse Sue Tilley.
7:00pm	Claire Hooper's House Of Games (CC,Repeat,PG) Swinging by Claire Hooper's House of Games this week, we've got cook Khanh Ong, radio host Lawrence Mooney, and comedians Tom Ballard and Emma Holland finding out who's smart enough to take home the trophy and a neck pillow.

7:30pm	QI: Sick (CC,Repeat,M,Coarse Language, Sexual References) Join Sandi Toksvig for a well sick episode of QI with Alan Davies, Maisie Adam, Jo Brand and Lee Mack.
8:00pm	Would I Lie To You?: James Acaster, Dani Dyer, Oti Mabuse & Fred Sirieix (CC,Repeat,G) The guests joining Lee Mack and David Mitchell are James Acaster, Dani Dyer, Oti Mabuse and Fred Sirieix.
8:30pm	Death In Paradise (CC,AD,Repeat,PG) The team investigate the mysterious death of an astronomer after he falls from a cliff during a rare planetary event. Meanwhile, is romance blossoming for Neville?
9:30pm	TBA
10:15pm	ER: Split Second (CC,Repeat,PG,Adult Themes, Medical Procedures) Carter becomes a student dormitory's resident advisor. Peter takes Reese in for another hearing test. Elizabeth restarts her internship despite pressure from her father. Mark helps treat Rachel when she is injured at soccer.
11:00pm	Not Going Out: Speech (CC,Repeat,PG) Lucy has an important speech to make at a conference and nobody to help her write it. Lee sees an opportunity to impress her and offers his services but at the expense of Tim, who also thinks he's the best man for the job.
11:30pm	rage: rage Vault: 1992 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 1992.
12:30am	Documentary Now!: Soldier of Illusion Part I (CC,Repeat,M,Adult Themes) In the early 1980s, a visionary German filmmaker tries to will his magnum opus into existence while working in the remote, punishing conditions of the Russian Ural mountains.
12:55am	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.

1:25am	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'.
1:55am	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.
2:40am	If You're Listening: Can we actually power AI? (CC,Repeat) The tech bros are spending big to render AI an irreplaceable part of our everyday lives. Millions of people are already using AI every day, but is a world with widely available AI actually sustainable?
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) D'espo invests in a foosball table in hopes of improving the Shark Pool.

Thursday, 15 January 2026

4:00am	The Next Step (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	Spooky Files (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)
8:00am	Teen Titans Go! (CC)
8:15am	Pokemon: Ruby And Sapphire (CC,PG,Parental Guidance Recommended)
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)
9:15am	Do Not Watch This Show (CC,AD,Repeat,G)
9:30am	Scooby-Doo and Guess Who? (Repeat,PG,Parental Guidance Recommended)
9:50am	Super Happy Magic Forest (CC,AD,Repeat,G)

10:05am	We Bare Bears (Repeat,G)
10:15am	We Bare Bears (Repeat,PG,Parental Guidance Recommended)
10:25am	We Bare Bears (CC,Repeat,PG,Parental Guidance Recommended)
10:35am	Steven Universe (CC,G)
10:50am	Steven Universe (CC,PG,Parental Guidance Recommended)
11:00am	Car S.O.S (CC,Repeat,PG)
11:45am	Portrait Artist Of The Year UK (CC,Repeat,G)
12:30pm	Not Going Out (CC,Repeat,M,Adult Themes)
1:00pm	TBA
1:45pm	Documentary Now! (CC,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	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	Portrait Artist Of The Year UK (CC,PG) Our four finalists take their portfolios to The Royal Academy to be appraised by our judges. They are sent to Paris for inspiration and to paint model and muse Sophie Dahl.
7:00pm	Claire Hooper's House Of Games (CC,Repeat,PG) Swinging by Claire Hooper's House of Games this week, we've got cook Khanh Ong, radio host Lawrence Mooney, and comedians Tom Ballard and Emma Holland finding out who's smart enough to take home the trophy and a neck pillow.

7:30pm	QI: Roaming (CC,Repeat,PG) Sandi Toksvig asks questions on the theme of roaming this week, with Sara Pascoe, Josh Widdicombe, Benjamin Zephaniah and Alan Davies trying to come up with interesting answers - while avoiding the most obvious ones.
8:00pm	Would I Lie To You?: Kevin Bishop, Brian Blessed, Josh Widdicombe and Kate Williams (CC,Repeat,PG) Rob Brydon, David Mitchell and Lee Mack are joined by actors Kevin Bishop and Brian Blessed, comedian Josh Widdicombe and historian Professor Kate Williams, aiming to deceive their opponents with plausible lies.
8:30pm	Hard Quiz (CC,Repeat,PG) Four know-it-alls try to get their hands on Tom Gleeson's Big Brass Mug, but which eclectic topic will win the day: the French horn, Franklin's lost expedition, kookaburras, or the film American Psycho?
9:00pm	Gruen (CC,Repeat,PG) Just when you thought you were safe while you slept, brands are jumping into our beds. Plus the world is flipping out over Sam Kerr. Wil is joined by Todd Sampson, Dee Madigan, Sunita Gloster and Russel Howcroft.
9:40pm	The Weekly With Charlie Pickering (CC,Repeat) Charlie Pickering is ready for 2026 as The Weekly returns with tv's best wrap of the week's news. We watch it all, so you don't have to.
10:10pm	ER: They Treat Horses, Don't They? (CC,Repeat,M,Adult Themes, Medical Procedures) Mark performs dangerous surgery on a gunshot victim strapped to a bomb. Later, his daughter persuades him to treat a constipated horse - and Jerry gets the bad end of the enema. Carter intubates an elderly woman who is DNR.
10:50pm	Not Going Out: Marriage (CC,Repeat,M,Adult Themes) Lee is horrified when he hears that Lucy is considering marriage to Pavlov - a political refugee from the old Eastern Bloc - just so that he can stay in the country.
11:20pm	rage: rage Charts (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Count down the hottest chart hits and catch up on some of the most promising new popular music videos on rage.

12:25am	Mayfair Witches: The Dark Place (CC,AD,Repeat,M,Adult Themes, Coarse Language, Sex Scenes) Wracked with grief over Ellie's death, Rowan is out of control, unfit to perform surgeries. Her paranoia that someone is following her proves true. Deirdre & her mysterious companion Lasher work together to draw Rowan home.
1:05am	Mayfair Witches: The Second Line (CC,AD,Repeat,MA,Adult Themes) In the aftermath of Deirdre's grisly death, Rowan searches for safety in a strange city. Sip provides her with a safehouse while he investigates Deirdre's murder. Lasher makes contact with Rowan - but in an unexpected way.
1:45am	WTFAQ (CC,Repeat,M,Coarse Language) Alex Lee discovers if indoor plants really do purify the air, Cameron James finds the least edible food you can still eat, and Kirsten Drysdale raps up the debate about gas stoves being bad for our health.
2:15am	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.
2:45am	Starstruck (CC,AD,Repeat,M,Coarse Language, Sexual References) Tom's engagement party with his new partner and fellow actor Clem, puts pressure on Kate as she has to decide where her loyalties lie. Jessie distracts herself on a date with Liam and the pair bond.
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) Draz is smitten by the new girl but this new love has Anita worried.

Friday, 16 January 2026

4:00am	The Next Step (Repeat,G)
4:20am	Popularity Papers (CC,Repeat,PG,Parental Guidance Recommended)
4:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
5:05am	Shaun The Sheep (CC,Repeat,G)
5:10am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:20am	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	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)
8:00am	Teen Titans Go! (CC)
8:10am	Pokemon: Ruby And Sapphire (CC,PG,Parental Guidance Recommended)
8:35am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:45am	GG: Spawn Squad (CC,PG,Parental Guidance Recommended)
9:00am	The Inbestigators (CC,Repeat,G)
9:15am	Do Not Watch This Show (CC,AD,Repeat,G)
9:30am	Scooby-Doo and Guess Who? (Repeat,G)
9:50am	Super Happy Magic Forest (CC,AD,Repeat,G)

10:05am	We Bare Bears (Repeat,G)
10:15am	We Bare Bears (Repeat,PG,Parental Guidance Recommended)
10:25am	We Bare Bears (CC,Repeat,PG,Parental Guidance Recommended)
10:35am	Steven Universe (CC,PG,Parental Guidance Recommended)
10:45am	Steven Universe (CC,PG,Parental Guidance Recommended)
11:05am	Car S.O.S (CC,Repeat,PG)
11:50am	Portrait Artist Of The Year UK (CC,Repeat,PG)
12:40pm	Not Going Out (CC,Repeat,M,Adult Themes, Coarse Language, Nudity, Sexual References)
1:10pm	Death In Paradise (CC,AD,Repeat,PG)
2:10pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:55pm	A Bite To Eat With Alice (CC,Repeat,G)
3:20pm	Heartbreak High (CC,Repeat,PG)
4:05pm	Would I Lie To You? (CC,Repeat,G)
4:40pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:30pm	Car S.O.S (CC,Repeat,PG)
6:15pm	Portrait Artist Of The Year UK (CC,G) The three judges are joined by National Portrait Gallery director Sandy Nairne to select an overall winner. The winner receives a 10,000 pounds commission to paint author Hilary Mantel.
7:20pm	Claire Hooper's House Of Games (CC,Repeat,PG) Swinging by Claire Hooper's House of Games this week, we've got cook Khanh Ong, radio host Lawrence Mooney, and comedians Tom Ballard and Emma Holland finding out who's smart enough to take home the trophy and a neck pillow.
7:50pm	QI: Next (CC,Repeat,M,Sexual References) Host Sandi Toksvig is joined by special guests Lucy Porter, Frankie Boyle, Ross Noble and regular panellist Alan Davies to contemplate the theme 'next'.

8:20pm	Would I Lie To You?: Raj Bisram, Deborah Frances-White, Stephen Mulhern & Jenny Ryan (CC,Repeat,PG) Joining Rob Brydon, Lee Mack and David Mitchell to sort the fact from the fiction are guests Raj Bisram, Deborah Frances-White, Stephen Mulhern and Jenny Ryan.
8:50pm	Movie: Fight Club (CC,AD,Repeat,1999,MA,Adult Themes, Coarse Language, Nudity, Sex Scenes, Violence) A bored insomniac meets a charismatic soap salesman who believes that the only way to escape the banality of modern existence is through underground 'Fight Clubs', where men can engage in brutal bare-knuckle fights.
11:05pm	ER: Vanishing Act (CC,Repeat,PG,Adult Themes, Medical Procedures) A wounded gang member tries to leave the ER to exact revenge. Lucy loses a dead body and shows her inability to start an IV. Jeanie learns that a liver transplant candidate is drinking again. Doug and Carol ponder parenthood.
11:50pm	Not Going Out: Absent Father Christmas (CC,Repeat,M,Adult Themes, Coarse Language, Nudity, Sexual References) Lee's father turns up at the flat unannounced. This is the man who walked out of the family home when Lee was four, never paid his maintenance and ate Lee's goldfish. Can Lee forgive and forget? And loan him 500 quid? (Final)
12:20am	triple j's Like A Version triple j's legendary Like A Version segment hosts the greatest local and international acts, performing a cover of a song they love, and one of their own.
12:25am	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.
1:30am	Portrait Artist Of The Year UK (CC,Repeat,G) The three judges are joined by National Portrait Gallery director Sandy Nairne to select an overall winner. The winner receives a 10,000 pounds commission to paint author Hilary Mantel.
2:35am	Breeders: No Accident (CC,AD,Repeat,M,Adult Themes, Coarse Language) Ally attempts to acclimatise to Michael's continued presence while Paul, suspected of intentionally hurting his mum, begins to question if his accident-prone son's frequent injuries might actually be his fault.

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)
Thania succeeds in baiting Sarah when she challenges her.

Saturday, 17 January 2026

4:00am	The Next Step (Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:00am	Teen Titans Go! (CC,Repeat,G)
5:10am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
5:25am	Total DramaRama (CC,Repeat,G)
5:35am	Spooky Files (CC,AD,Repeat,G)
6:00am	Little Lunch (CC,Repeat,G)
6:15am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
6:35am	Mystery Lane (CC,Repeat,PG,Parental Guidance Recommended)
7:00am	Teen Titans Go! (Repeat,PG,Parental Guidance Recommended)
7:10am	Teen Titans Go! (Repeat,PG,Parental Guidance Recommended)
7:20am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:35am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:45am	Cloudy With A Chance Of Meatballs (Repeat,G)
7:55am	Cloudy With A Chance Of Meatballs (Repeat,G)
8:05am	Badjelly (CC,AD,Repeat,G)
8:30am	Shaun Tan's Tales from Outer Suburbia (CC,AD,Repeat,G)
8:50am	GG: Spawn Squad (Repeat,PG,Parental Guidance Recommended)
9:05am	Lagging (CC,G)
9:30am	Mechamato (CC,Repeat,PG)
9:55am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)

10:15am	Pokemon: Diamond And Pearl (CC,Repeat,G)
10:35am	Pokemon: Diamond And Pearl (CC,Repeat,G)
11:20am	Car S.O.S: Mazda MX5 (CC,Repeat,PG) The boys are in Plymouth to rescue a 25-year-old example of the world's bestselling 2-seater sports car: the Mazda MX5. Tim wants to try some modifications to the Japanese speedster, but will Fuzz let him get away with it?
12:05pm	Not Going Out: Drugs (CC,Repeat,M,Adult Themes, Drug Use) After a night spent out clubbing, Tim returns to the flat wearing the wrong coat, and convinces Lee to help him return it to its owner.
12:35pm	Movie: In The Heights (CC,Repeat,2021,PG) In the Heights fuses Lin-Manuel Miranda's kinetic music and lyrics with director Jon M. Chu's lively and authentic eye for storytelling to capture a world very much of its place, but universal in its experience.
2:55pm	ER: Vanishing Act (CC,Repeat,PG,Adult Themes, Medical Procedures) A wounded gang member tries to leave the ER to exact revenge. Lucy loses a dead body and shows her inability to start an IV. Jeanie learns that a liver transplant candidate is drinking again. Doug and Carol ponder parenthood.
3:40pm	Would I Lie To You?: Susie Dent, Bob Mortimer, Ore Oduba & Stacey Solomon (CC,Repeat,G) 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 Susie Dent, Bob Mortimer, Ore Oduba and Stacey Solomon.
4:10pm	Heartbreak High (CC,Repeat,PG) Ryan becomes the model for Thania's life drawing which draws the ire of Sarah.
4:55pm	MythBusters: Exploding Steak (CC,Repeat,PG,Adult Themes) The Mythbusters find out if you can use explosives to tenderise steak? And if you use more fuel when you drive angry.

5:45pm	Car S.O.S: Range Rover Vogue SE (CC,Repeat,PG) Tim and Fuzz head to Cambridge to transform a cherished 1991 Range Rover Vogue SE, a dependable and durable four-wheel drive that has seen better times and is now tired, rusty and in need of some TLC from the Car S.O.S. team.
6:35pm	Portrait Artist Of The Year UK (CC,G) The final episode follows the first winner of Portrait Artist of the Year as they undertake their prize commission to paint double Booker prize-winner Hilary Mantel for the British Library's permanent collection.
7:00pm	Spicks And Specks (CC,Repeat,PG) Gardening Australia's Costa Georgiadis joins for a fun new game and there to help spread the lawn fertiliser are Robert Forster, Julia Morris, Ruva Ngwenya and Brett Blake. Plus Pseudo Echo takes us back to Funky Town.
7:30pm	QI: Ulex (CC,Repeat,M,Sexual References) Join Sandi Toksvig to find out about Ulex and other "U" words you've never heard of with Bridget Christie, Rosie Jones, Cariad Lloyd, and Alan Davies. (Final)
8:00pm	Would I Lie To You?: Miranda Hart, Clare Balding, Dale Winton, Richard Bacon (CC,Repeat,G) Miranda Hart, Clare Balding, Dale Winton and Richard Bacon join team captains Lee Mack and David Mitchell. Which team can best fool the opposition into mistaking fact for fiction and fiction for fact?
8:30pm	Richard Osman's House Of Games Night (CC,G) Roisin Conaty, Jermaine Jenas, Jason Manford and Jennifer Saunders test their general knowledge skills on a brand new prime time series, Richard Osman's House of Games Night.
9:00pm	Live At The Apollo (Repeat,M,Adult Themes, Coarse Language, Sexual References) In this episode of the award-winning Live at the Apollo, the fantastic Tez Ilyas is your host as he introduces comedians Spring Day and Ignacio Lopez to the stage. (Final)
9:50pm	Melbourne Comedy Festival Gala (CC,Repeat,M,Coarse Language, Sexual References) Mel Buttle hosts the Melbourne Comedy Festival Gala supporting Oxfam. With Urzila Carlson, Luke McGregor, Bron Lewis, Leon Filewood, Ray O'Leary, Sammy J, Geraldine Hickey, Jenny Tian, Mel Bracewell and Tommy Little.

11:45pm	ER: Masquerade (CC,Repeat,PG,Adult Themes, Medical Procedures) Lucy's Halloween party takes a turn for the worse. Romano operates on a little girl and finds she's genetically male. Mark learns that Jenn's taking Rachel with her to St. Louis. Mark and Carol treat a pregnant schizophrenic.
12:25am	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.
1:30am	Not Going Out: Drugs (CC,Repeat,M,Adult Themes, Drug Use) After a night spent out clubbing, Tim returns to the flat wearing the wrong coat, and convinces Lee to help him return it to its owner.
2:00am	Portrait Artist Of The Year UK (CC,Repeat,G) The final episode follows the first winner of Portrait Artist of the Year as they undertake their prize commission to paint double Booker prize-winner Hilary Mantel for the British Library's permanent collection.
2:25am	Penn And Teller: Fool Us: The Princess and the Wizard (CC,Repeat,PG) Magicians Benjamin Barnes, Hara, Helen Coghlan, and Daniel K try to fool the veteran duo with their illusions.
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 becomes the model for Thania's life drawing which draws the ire of Sarah.