

ABC Entertains Program Guide Week 5

Sunday, 25 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,PG,Parental Guidance Recommended)
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	Little Lunch (CC,Repeat,G)
6:15am	The Powerpuff Girls (Repeat,G)
6:25am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
6:45am	Mystery Lane (CC,Repeat,G)
7:10am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:20am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:30am	The Deep (CC,AD,Repeat,G)
7:55am	Do Not Watch This Show (CC,AD,Repeat,G)
8:05am	Space Nova (CC,AD,Repeat,G)
8:30am	My Adventures With Superman (CC,Repeat,PG,Parental Guidance Recommended)
8:50am	Movie: Around The World In 80 Days (Repeat,2021,PG,Parental Guidance Recommended) Racing to circumnavigate the globe in 80 days and earn 10 million clams, Passepartout the marmoset embarks on a crazy and thrilling adventure full of twists and surprises with his friend Phileas, a reckless and greedy frog.

10:10am	Malory Towers (CC,AD,G)
10:35am	A Kind Of Spark (CC,AD,Repeat,G)
11:00am	Car S.O.S: Mercedes-Benz 230SL (CC,Repeat,G) Tim and Fuzz need all their parts-finding magic and mechanical know-how to restore a famous German roadster from the '60s: a Mercedes-Benz 230SL that was left in a storage garage after its owner had a heart attack.
11:45am	Not Going Out: Camping (CC,Repeat,PG) In a desperate bid to prove his manliness, Lee joins Tim, Daisy and Lucy on a camping weekend in the middle of a dark spooky forest.
12:15pm	Dead Calm (CC,Repeat,M,Coarse Language, Nudity, Sex Scenes, Violence) A sailor and his wife rescue the sole survivor of a crippled schooner, only for the skeptical husband to find a horrifying sight and for his wife being taken away - starting a desperate cat-and-mouse game on the high seas.
1:50pm	ER: Double Blind (CC,Repeat,M,Adult Themes, Medical Procedures) Ross jeopardises a hospital study when he administers an experimental drug to a patient without the hospital's consent. Lucy begins her surgical rotation. Doyle accuses Romano of sexual harassment and asks Lizzie for support.
2:35pm	Whose Line Is It Anyway?: Gary Anthony Williams (CC,Repeat,M,Adult Themes) Aisha Tyler hosts another hilarious episode of the legendary improv show featuring regulars Wayne Brady, Ryan Stiles and Colin Mochrie, along with guest performer Gary Anthony Williams.
3:00pm	Heartbreak High (CC,Repeat,PG,Adult Themes) Ryan's plans for a swanky end-of-year formal tragically fall through and he's desperate for a solution.
3:45pm	Would I Lie To You?: Unseen Bits (CC,Repeat,PG) Rob Brydon, Lee Mack and David Mitchell return with an episode of previously unseen material from the series.

- 4:15pm MythBusters: Coffin Punch**
(CC,Repeat,PG,Adult Themes)
Kari, Grant and Tory try to punch their way out of a coffin, while Adam and Jamie look at some potentially bullet-proof everyday items.
- 5:10pm Car S.O.S: Aston Martin DB6**
(CC,Repeat,PG)
Fuzz and Tim restore a British classic - a 1967 Aston Martin DB6 - for oil worker Steve, who bought it for a bargain price over 20 years ago but was unable to repair the DB6 when it broke down after just a few short weeks.
- 5:55pm Portrait Artist Of The Year UK: Final: Sir Ian McKellen**
(CC,G)
For their ultimate challenge the finalists must face the pressure of painting the portrait of one of the world's most famous actors, Sir Ian McKellen.
- 7:00pm QI: Plants**
(CC,Repeat,PG)
Regulars Sandi Toksvig and Alan Davies are joined by guests Stephen K Amos, Sara Pascoe and Jason Manford to discuss Plants.
- 7:30pm Would I Lie To You?: Phil Tufnell, Marcus Brigstocke, Konnie Hug, Greg Davies**
(CC,Repeat,PG)
Host Rob Brydon is joined by team captains David Mitchell and Lee Mack to lead Greg Davies, Konnie Huq, Phil Tufnell and Marcus Brigstocke in a game of bluff. Who is telling stories of fact or fiction?
- 8:05pm The Piano**
(CC)
Claudia Winkleman and Mika return with new mentor Jon Batiste on a search to discover the UK's most exciting amateur pianists.
- 8:55pm Louis Theroux: Extreme Love - Autism**
(CC,AD,Repeat,M,Adult Themes)
Louis Theroux travels to the groundbreaking DLC Warren School in New Jersey, USA, to find out how specialised intervention can help children with autism.
- 9:55pm ER: Choosing Joi**
(CC,Repeat,PG,Adult Themes, Medical Procedures)
With the nurses on dogsitting duty, Mark treats a janitor for back pain and impotency. Doug forges papers so that Joi can treat her dying son at home. Romano blackmails Lizzie into dropping her support for Maggie's lawsuit.

10:40pm	<p>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.</p>
11:45pm	<p>Movie: Interstellar (CC,Repeat,2014,M,Adult Themes, Coarse Language) An interspace exploratory team overcomes the impossible by travelling through a newly discovered wormhole, surpassing the limits of human space travel and emerging in another dimension entirely.</p>
2:25am	<p>QI: Quills (CC,Repeat,PG) Sandi Toksvig looks at 'Quills' with her guests Alan Davies, Tom Allen, Jimmy Carr and Lou Sanders.</p>
3:00am	<p>ABC News Update (Repeat) The headlines from ABC News, updating you on the day's top stories from across Australia and around the world.</p>
3:05am	<p>Heartbreak High (CC,Repeat,PG,Adult Themes) Ryan's plans for a swanky end-of-year formal tragically fall through and he's desperate for a solution.</p>

Monday, 26 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,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	Miraculous: Tales Of Ladybug And Cat Noir (CC,AD,Repeat,PG,Parental Guidance Recommended)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	The Powerpuff Girls (Repeat,G)
6:30am	My Little Pony: Friendship Is Magic (CC,G)
6:50am	The Amazing World Of Gumball
7:05am	Miraculous: Tales Of Ladybug And Cat Noir (CC)
7:25am	Mechamato (CC,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
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,Repeat,PG,Parental Guidance Recommended)
9:00am	The Inbestigators (CC,Repeat,G)
9:15am	Do Not Watch This Show (CC,AD,Repeat,G)

9:25am	We Baby Bears (CC,Repeat,G)
9:40am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
10:00am	Adventure Time (CC,Repeat,G)
10:10am	Adventure Time (CC,Repeat,G)
10:25am	Adventure Time (CC,Repeat,G)
10:35am	Adventure Time (CC,Repeat,G)
10:45am	Adventure Time (CC,Repeat,G)
11:00am	Car S.O.S (CC,Repeat,PG)
11:45am	Portrait Artist Of The Year UK (CC,Repeat,G)
12:50pm	Not Going Out (CC,Repeat,M,Adult Themes)
1:20pm	The Piano (CC,Repeat)
2:10pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:55pm	Heartbreak High (CC,Repeat,PG)
3:40pm	Would I Lie To You? (CC,Repeat,PG)
4:10pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:00pm	Car S.O.S (CC,Repeat,PG)
5:45pm	Portrait Artist Of The Year UK (CC,PG)
6:30pm	Richard Osman's House Of Games (CC,Repeat,G) Nish Kumar, Clara Amfo, Anneka Rice and Al Murray test their general knowledge skills on this week's House of Games.
7:00pm	Spicks And Specks (CC,Repeat,PG) Colin Lane gets on a roll, Danielle Walker shares her ride-on mower tips, Devaura needs her support teddy, and Kram is well... Kram. Somewhere amongst this, a quiz show happens ending with a performance by Grace Cummings.

- 7:30pm** **QI: Origins And Openings**
(CC,Repeat,M,Sexual References)
Sandi Toksvig looks into some origins and openings, with special guests Josh Widdicombe, Susan Calman, Rich Hall and Alan Davies. Tune in to hear what Mr First thought of Mr Second, and much more.
- 8:00pm** **Would I Lie To You?: Nikki Fox, Miles Jupp, Nish Kumar & Joe Lycett**
(CC,Repeat,PG)
Celebrity guests reveal amazing stories, some of which are true. Host Rob Brydon and lightning-quick team captains David Mitchell and Lee Mack are joined by Nikki Fox, Miles Jupp, Nish Kumar and Joe Lycett.
- 8:30pm** **Penn And Teller: Fool Us: Penn and Teller Vs a Magic Hamster**
(CC,Repeat,PG)
Magicians Jo De Rijck, Adrian Vega, Nao Murata, and Jonathan Steigman try to fool the veteran duo with their illusions.
- 9:15pm** **Whose Line Is It Anyway?: Mark Ballas**
(CC,Repeat,M,Coarse Language)
Aisha Tyler brings us another episode of the legendary improv show featuring guest performer Gary Anthony Williams and visiting celebrity Mark Ballas from 'Dancing with Stars'.
- 9:40pm** **TBA**
- 10:20pm** **ER: The Storm, Part I**
(CC,Repeat,M,Adult Themes, Medical Procedures)
Doug faces possible criminal charges after Ricky dies from a lethal dosage of medication. Carter and Lucy discover a mutual attraction, Benton hires a sign language instructor, and the ER responds to a school bus crash.
- 11:05pm** **Not Going Out: Running**
(CC,Repeat,M,Adult Themes)
Lee trains for a Fun Run to impress Lucy but injures himself. Hoping to hide the injury from Lucy, he decides to get a sports massage. Only problem is the masseuse is a prostitute and Lucy catches Lee paying for her services.
- 11:35pm** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.

- 12:35am** **Louis Theroux: Gambling in Las Vegas**
(CC,Repeat,M,Coarse Language)
With a long-held love for the City of Sin, the genial Louis Theroux heads to Las Vegas to meet the people prepared to bet their bottom dollar.
- 1:35am** **Breeders: No Dad**
(CC,AD,Repeat,M,Adult Themes, Coarse Language, Sexual References, Sex Scenes)
Paul and Ally are thrilled that Sprout the family gerbil has finally died, but explaining loss to Luke and Ava is more difficult than they thought as grief manifests itself in mysterious ways and throws the family off course.
- 2:00am** **Breeders: No Talking**
(CC,AD,Repeat,M,Adult Themes, Coarse Language)
In the wake of Michael's death, the family stay with Darren at his country house, but Paul's attempt to give Ally space by taking on kid duties and Darren's fixation on work doesn't help Ally find a chance to say goodbye.
- 2:25am** **QI: Secrets, Spies and Sleuths**
(CC,Repeat,M,Coarse Language, Sexual References)
Sandi Toksvig uncovers a stash of secrets with Alan Davies, James Acaster, Daliso Chaphonda and Ciriad Lloyd.
- 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)
Sarah and Anita feud after they both apply for the same job.

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4:20am	Popularity Papers (CC,Repeat,G)
4:40am	The Inbestigators (CC,Repeat,G)
4:55am	Miraculous World (CC,Repeat,PG,Parental Guidance Recommended)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	The Powerpuff Girls (Repeat,PG,Parental Guidance Recommended)
6:30am	My Little Pony: Friendship Is Magic (CC,G)
6:55am	The Amazing World Of Gumball
7:05am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,Parental Guidance Recommended)
7:25am	Mechamato (CC,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
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,Repeat,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)
9:25am	We Baby Bears (CC,Repeat,G)
9:40am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
10:00am	Adventure Time (CC,Repeat,G)
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10:25am	Adventure Time (CC,Repeat,G)
10:35am	Adventure Time (CC,Repeat,G)
10:45am	Adventure Time (CC,Repeat,G)
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,Sexual References)
1:00pm	TBA
1:40pm	ER (CC,Repeat,PG,Adult Themes, Medical Procedures)
2:25pm	Heartbreak High (CC,Repeat,PG)
3:10pm	A Bite To Eat With Alice (CC,Repeat,G)
3:40pm	Would I Lie To You? (CC,Repeat,PG)
4:10pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:00pm	Car S.O.S (CC,Repeat,PG)
5:45pm	Portrait Artist Of The Year UK (CC,G)
6:30pm	Richard Osman's House Of Games (CC,Repeat,G) Nish Kumar, Clara Amfo, Anneka Rice and Al Murray test their general knowledge skills on this week's House of Games.
7:00pm	Spicks And Specks (CC,Repeat,PG) We ask if The Nutbush is Australia's national dance and Greg Larsen takes Substitute to a new level. Lucy Durack, Royston Noell and Sara Pascoe join Alan, Myf and Adam. Plus Ruva Ngwenya's closing number is simply the best!
7:30pm	QI: Queens (CC,Repeat,PG) Sandi Toksvig looks at some 'Queens', inviting Sarah Millican, David Mitchell and Colin Lane to join regular panellist Alan Davies to face her fiendish questions.

8:00pm	Would I Lie To You?: The Best Bits (CC,Repeat,PG) Rob Brydon, Lee Mack and David Mitchell return in an episode packed with some of the best bits from the series. Guests include Richard Osman, Claudia Winkleman, Samantha Morton and AJ Odudu. (Final)
8:30pm	Fisk: Judges Are Like Chimpanzees (CC,AD,Repeat,M,Coarse Language) George is overworked and Roz is having trouble finding a suitable assistant. Helen needs to ascertain the correct beneficiary of a large charity bequest and has to take the matter to court.
8:55pm	Fisk: Snitches Get Riches (CC,AD,Repeat,PG) Helen meets with a May/December couple to change their wills and Petro drops by to give Helen some news. A scandal erupts around Gruber & Associates. (Final)
9:30pm	TBA
10:10pm	ER: The Storm, Part II (CC,Repeat,M,Adult Themes, Medical Procedures) The ER is flooded with the survivors of the school bus accident. Doug decides to resign and asks Carol to leave Chicago with him. Jeanie thinks she may have hepatitis. Hospital janitor Mobalage's wife is stabbed.
10:55pm	Not Going Out: Examination (CC,Repeat,PG,Sexual References) Lucy finds herself working on a Government initiative encouraging men to regularly check themselves for lumps. Eager to please Lucy, Lee follows the campaign's advice and discovers something he was not expecting.
11:25pm	rage (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
12:30am	Movie: Ransom (CC,Repeat,1996,MA,Coarse Language, Violence) Multi-millionaire Tom Mullen's son gets kidnapped, but when an FBI rescue operation goes awry, he turns the tables on the kidnappers by announcing on national television that the ransom money is now a bounty on their heads.

- 2:25am** **QI: R Animals**
(CC,Repeat,M,Coarse Language, Sexual References)
Sandi Toksvig asks questions on animals beginning with the letter R, with Tom Allen, Ed Gamble, Maggie Aderin-Pocock and Alan Davies trying to come up with interesting answers - while avoiding the most obvious ones.
- 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)
Long awaited HSC results are distributed to the now ex-Hartley students.

4:00am	The Next Step (Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:45am	The Inbestigators (CC,Repeat,G)
5:05am	Miraculous World (CC,Repeat,PG,Parental Guidance Recommended)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Little Lunch (CC,Repeat,G)
6:20am	The Powerpuff Girls (Repeat,PG,Parental Guidance Recommended)
6:30am	My Little Pony: Friendship Is Magic (CC,G)
6:55am	The Amazing World Of Gumball
7:05am	Miraculous: Tales Of Ladybug And Cat Noir (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)
8:45am	GG: Spawn Squad (CC,Repeat,G)
9:00am	The Inbestigators (CC,Repeat,G)
9:15am	My Little Pony: Friendship Is Magic: The Crystalling (Repeat)
10:00am	Adventure Time (CC,Repeat,G)
10:15am	Adventure Time (CC,Repeat,G)
10:25am	Adventure Time (CC,Repeat,G)
10:35am	Adventure Time (CC,Repeat,G)

10:45am	Adventure Time (CC,Repeat,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,Sexual References)
1:00pm	TBA
1:40pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:25pm	Heartbreak High (CC,Repeat,PG)
3:10pm	A Bite To Eat With Alice (CC,Repeat,G)
3:40pm	Would I Lie To You? (CC,Repeat,PG)
4:10pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:00pm	Car S.O.S (CC,Repeat,PG)
5:45pm	Portrait Artist Of The Year UK (CC,G)
6:30pm	Richard Osman's House Of Games (CC,Repeat,G) Nish Kumar, Clara Amfo, Anneka Rice and Al Murray test their general knowledge skills on this week's House of Games.
7:00pm	Spicks And Specks (CC,Repeat,PG) Tash Sultana, Josh Thomas, Jacob Charlton and Georgie Carroll bestow themselves most graciously and it doth rock! Rhonda Burchmore's closing number is a spectacle to beholdeth! (Final)
7:30pm	QI: Shady and Shaky (CC,Repeat,PG) Sandi Toksvig looks at all things shaky and shady with Alan Davies, Eshaan Akbar, John Barrowman and Victoria Coren Mitchell.
8:00pm	Would I Lie To You?: More Unseen Bits (CC,Repeat,PG) More unseen clips from this series of Would I Lie To You? Joining Lee Mack and David Mitchell are Greg Davies, Sharon Osborne, Henning Wehn, Simon Day, Dr Ranj Singh, Asim Chaudhry, and Clare Balding.

8:30pm	Death In Paradise (CC,AD,Repeat,PG,Adult Themes) The team investigate the murder of an estate agent during the private sale of a picturesque beach and discover the buyers were victims of a scam. Meanwhile, Marlon leads a counterfeit goods case to impress the Commissioner.
9:30pm	TBA
10:15pm	ER: Middle Of Nowhere (CC,Repeat,PG,Adult Themes, Medical Procedures) Benton travels to Mississippi during his vacation time to earn money for his son's therapy and becomes a local hero when he uses his surgical skills to help several residents. Back in Chicago, Jeanie's condition worsens.
11:00pm	Not Going Out: Drunk (CC,Repeat,PG,Sexual References) Challenging the idea that people forget things due to excessive drinking, Lee and Lucy conduct an experiment by knocking back a bottle of home-made hooch to prove that you can remember what happens when you're mashed. (Final)
11:30pm	rage (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
12:35am	Documentary Now!: Two Hairdressers In Bagglyport (CC,Repeat,PG) A fly-on-the-wall portrait of a hair salon in the small coastal town of Bagglyport as they prepare their annual stylebook.
12:55am	Whose Line Is It Anyway?: Mark Ballas (CC,Repeat,M,Coarse Language) Aisha Tyler brings us another episode of the legendary improv show featuring guest performer Gary Anthony Williams and visiting celebrity Mark Ballas from 'Dancing with Stars'.
1:20am	QI: New (CC,Repeat,M,Coarse Language, Sexual References) Host Sandi Toksvig is joined by Jo Brand, Clive Anderson, Jimmy Carr and regular panellist Alan Davies for an episode entirely devoted to the 'new'. (Final)

- 1:50am** **Live At The Apollo**
(CC,Repeat,M,Coarse Language, Sexual References)
Liverpoolian comedian Chris McCausland hosts the first episode of the series, welcoming comedians Sophie Duker and Emmanuel Sonubi to the stage.
- 2:35am** **Not Going Out: Camping**
(CC,Repeat,PG)
In a desperate bid to prove his manliness, Lee joins Tim, Daisy and Lucy on a camping weekend in the middle of a dark spooky forest.
- 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)
Hartley's new principal is full of aggressive new rules including segregation of boys and girls.

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8:40am	GG: Spawn Squad (CC,Repeat,G,This program may contain reviews of games that have PG material.)
8:55am	Mystery Lane (CC,Repeat,PG,Parental Guidance Recommended)
9:15am	My Little Pony: Friendship Is Magic: To Where And Back Again (Repeat)
10:00am	Adventure Time (CC,Repeat,G)
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5:00pm	Car S.O.S (CC,Repeat,PG)
5:45pm	Portrait Artist Of The Year UK (CC,G)
6:30pm	Richard Osman's House Of Games (CC,Repeat,G) Nish Kumar, Clara Amfo, Anneka Rice and Al Murray test their general knowledge skills on this week's House of Games.
7:00pm	Spicks And Specks: Eddie Perfect, Ross Wilson, Hamish Blake & Angie Hart (CC,Repeat,PG) Joining Adam, Myf and Alan tonight are Eddie Perfect, Ross Wilson, Hamish Blake & Angie Hart.
7:30pm	QI: Rogue (CC,Repeat,PG) Bill Bailey, Jack Carroll and Olga Koch join regular panellist Alan Davies as Sandi Toksvig hosts the quiz with a difference, asking questions on the theme of rogue.
8:00pm	Would I Lie To You?: Clara Amfo, Tom Davis, Shaun Ryder & Henning Wehn (CC,Repeat,PG) Host Rob Brydon and team captains David Mitchell and Lee Mack are joined by Radio DJ Clara Amfo, actor Tom Davis, actor/musician Shaun Ryder and comedian Henning Wehn to try and deceive their opponents with plausible lies.

- 8:30pm** **Hard Quiz**
(CC,Repeat)
Where does Tom Gleeson find these oddballs? Tonight's Hard Quiz expert topics are Fleetwood Mac, mammoths, Disney's Aladdin, and US sitcom Grace and Frankie. Let the hardest quizzier win!
- 9:00pm** **Gruen**
(CC,Repeat,PG)
Amazon has competition, Solo is advertising hard and brands are selling air. Sit back, relax and take a breath while it's still free. Wil is joined by Todd Sampson, Christina Aveni, Dee Madigan and Russel Howcroft.
- 9:40pm** **The Weekly With Charlie Pickering**
(CC,Repeat)
We are all depressed by the news, so if you still kind-of want to know what's happening but also have a laugh, join Charlie Pickering and the team for the best wrap of the week's news. We watch it all so you don't have to.
- 10:10pm** **ER: Sticks And Stones**
(CC,Repeat,M,Adult Themes, Medical Procedures)
Carter is forced to drive an ambulance during a riot and runs over a teenage boy. Kerry is intrigued by an injured pro wrestler and his relationship with his father. Mobalage awaits a deportation hearing for forging his visa.
- 10:50pm** **Not Going Out: Rabbit**
(CC,Repeat,PG)
Lucy goes for dinner at an important client's house but accidentally drives over his daughter's beloved pet rabbit. Panicking in case she loses the job, Lucy ropes Lee into her hare-brained scheme to get herself off the hook.
- 11:20pm** **rage**
(MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence)
Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
- 12:25am** **Mayfair Witches: Curious and Curiouser**
(CC,AD,Repeat,M,Adult Themes, Sex Scenes, Strong Violence)
At Deirdre's funeral, Rowan is plunged into the world of the infamous Mayfair family. Uncle Cortland and Aunt Carlotta present diverging views on Lasher. Rowan must choose who to trust and face the dire consequences.

- 1:05am** **Mayfair Witches: The Thrall**
(CC,AD,Repeat,M,Adult Themes, Violence)
Trapped in the First Street House, Rowan and Sip must confront its many mysteries in order to escape. Rowan grapples with an inconceivable offer. Sip's sister Odette makes a horrifying discovery.
- 1:50am** **WTFAQ**
(CC,Repeat,M,Coarse Language, Sexual References)
Are there any names you legally cannot call your child? Why is yawning contagious? Is there a tasty Toobs conspiracy? Where is Summer Bay supposed to be? How 'live' is live TV? And more.
- 2:15am** **QI: Voyaging**
(CC,Repeat,M,Coarse Language)
Join Sandi Toksvig for a new season of QI as we go Voyaging with Nabil Abdulrashid, Joe Lycett, Lou Sanders, and Alan Davies.
- 2:50am** **Starstruck**
(CC,AD,Repeat,M,Coarse Language, Drug References)
Tom accidentally lets slip something to Steve and Ian. Jessie and her friends enjoy a weekend away in the countryside, but tension in the group rises when Ian blurts a secret that Jessie would rather not have heard.
- 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 has a new job lined up and things are looking good until his new boss makes a request.

Friday, 30 January 2026

4:00am	The Next Step (Repeat,G)
4:20am	Popularity Papers (CC,Repeat,G)
4:40am	Operation Ouch! (CC,Repeat,G)
5:10am	Miraculous World (CC,Repeat,PG,Parental Guidance Recommended)
6:00am	Shaun The Sheep (CC,Repeat,G)
6:05am	Total DramaRama (Repeat,G)
6:15am	The Powerpuff Girls (Repeat,G)
6:30am	My Little Pony: Friendship Is Magic (CC,G)
6:50am	The Amazing World Of Gumball
7:00am	Mechamato (CC,PG,Parental Guidance Recommended)
7:25am	Mechamato (CC,PG,Parental Guidance Recommended)
7:45am	Teen Titans Go! (CC)
7:55am	Teen Titans Go! (CC)
8:10am	Pokemon: Ruby And Sapphire (CC,G)
8:30am	Ninjago (Repeat,PG,Parental Guidance Recommended)
8:40am	GG: Spawn Squad (CC,Repeat,G)
8:55am	Mystery Lane (CC,Repeat,PG,Parental Guidance Recommended)
9:15am	My Little Pony: Friendship Is Magic: Shadow Play (Repeat)
10:00am	Adventure Time (CC,Repeat,G)
10:15am	Adventure Time (CC,Repeat,G)
10:25am	Adventure Time (CC,Repeat,PG,Parental Guidance Recommended)
10:35am	Adventure Time (CC,Repeat,G)

10:45am	Adventure Time (CC,Repeat,G)
11:05am	Car S.O.S (CC,Repeat,PG)
11:50am	Portrait Artist Of The Year UK (CC,Repeat,G)
12:35pm	Not Going Out (CC,Repeat,PG)
1:05pm	Death In Paradise (CC,AD,Repeat,PG,Adult Themes)
2:05pm	ER (CC,Repeat,M,Adult Themes, Medical Procedures)
2:50pm	Heartbreak High (CC,Repeat,PG)
3:40pm	Would I Lie To You? (CC,Repeat,PG)
4:10pm	MythBusters (CC,Repeat,PG,Adult Themes)
5:00pm	Car S.O.S (CC,Repeat,PG)
5:45pm	Portrait Artist Of The Year UK (CC,G)
6:30pm	Richard Osman's House Of Games (CC,Repeat,G) Who will be taking home the coveted House of Games trophy at the end of the show - Nish Kumar, Clara Amfo, Anneka Rice or Al Murray?
7:00pm	Spicks And Specks: Cal Wilson, Kram, Ross Noble & Dinah Lee (CC,Repeat,PG) A funny and fast paced music quiz program, using the history of music as the narrative information. Tonight's guests are Cal Wilson, Kram, Ross Noble and Dinah Lee.
7:30pm	QI: Knees & Knockers (CC,Repeat,PG) Stephen Fry and guests look at knees, knockers and other things starting with 'K'.
8:00pm	Would I Lie To You?: The Unseen Bits (CC,Repeat,PG) Rob Brydon, Lee Mack and David Mitchell return for an episode of previously unseen material. A stellar cast of celebrity guests reveal extraordinary stories about themselves. But are they true, or are they making it all up?
8:30pm	Movie: A Time To Kill (CC,AD,Repeat,1996,M,Adult Themes, Violence) A tale of suspicion and prejudice in the deep south as a young lawyer defends a black mill worker charged with murdering two white men who raped his 10-year-old daughter.

10:55pm	ER: Point Of Origin (CC,Repeat,M,Adult Themes, Medical Procedures) Mark uses his past trauma to help Mobalage through his struggles. Carter takes charge of the ER for a day, while Lucy begins her first Psych rotation. Carol makes an appointment to consult an obstetrician about her pregnancy.
11:40pm	Not Going Out: Skiing (CC,Repeat,PG) During a skiing trip in Eastern Europe, Lee, Lucy and Daisy get stuck in a cable car with a heavily pregnant woman who speaks little English but definitely doesn't want to hang around.
12:10am	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.
12:15am	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.
1:15am	Movie: Focus (CC,Repeat,2014,MA,Sex Scenes, Violence) A con man becomes romantically involved with a novice femme fatale, only to break up when she gets too close. Three years later, his former flame shows up where both of them are working separate, but equally elaborate cons.
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) Zac's dad starts talking with the principal about taking him out of school.

4:00am	The Next Step (Repeat,G)
4:20am	Popularity Papers (CC,Repeat,PG,Parental Guidance Recommended)
4:40am	Horrible Histories (CC,Repeat,PG,Parental Guidance Recommended)
5:10am	Miraculous World (CC,AD,Repeat,PG,Parental Guidance Recommended)
6:00am	Total DramaRama (Repeat,PG,Parental Guidance Recommended)
6:10am	The Powerpuff Girls (Repeat,PG,Parental Guidance Recommended)
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! (Repeat,G)
7:15am	Teen Titans Go! (Repeat,PG,Parental Guidance Recommended)
7:25am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:35am	The Powerpuff Girls (CC,Repeat,PG,Parental Guidance Recommended)
7:50am	Cloudy With A Chance Of Meatballs (Repeat,G)
8:00am	Cloudy With A Chance Of Meatballs (Repeat,G)
8:10am	Badjelly (CC,AD,Repeat,G)
8:35am	Shaun Tan's Tales from Outer Suburbia (CC,AD,Repeat,G)
8:55am	GG: Spawn Squad (CC,Repeat,G,This program may contain reviews of games that have PG material.)
9:10am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
9:20am	Teen Titans Go! (CC,Repeat,PG,Parental Guidance Recommended)
9:30am	Mechamato (CC,Repeat,PG,Parental Guidance Recommended)
9:55am	Ninjago Dragons Rising (Repeat,PG,Parental Guidance Recommended)
10:15am	Pokemon: Ruby And Sapphire (CC,G)

10:35am	Pokemon: Ruby And Sapphire (CC)
11:00am	Car S.O.S: Austin Tilly Truck (CC,Repeat,PG) The team tackle a 1941 Austin 10 Utility Truck, a British Army relic and one of the great unsung heroes of World War II. The "Tilly" is in a superb state of preservation and Fuzz wants to keep it that way, but will Tim agree?
11:45am	Not Going Out: Therapy (CC,Repeat,PG) When Lucy enrolls at Night School on a training course in counselling, Lee takes advantage of her new-found skill to help patch things up with his father. But the joint therapy sessions throw up more questions than answers.
12:15pm	Movie: Chef (CC,AD,Repeat,2014,M,Coarse Language) After Chef Carl Casper quits his job at a restaurant, he finds himself launching a food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen - and zest for life and love.
2:10pm	ER: Point Of Origin (CC,Repeat,M,Adult Themes, Medical Procedures) Mark uses his past trauma to help Mobalage through his struggles. Carter takes charge of the ER for a day, while Lucy begins her first Psych rotation. Carol makes an appointment to consult an obstetrician about her pregnancy.
2:55pm	Heartbreak High (CC,Repeat,PG) Zac pleads with his Dad to let him go back to school leading to an ultimatum.
3:40pm	A Bite To Eat With Alice: Lehmo (CC,Repeat,G) Full time funny man Lehmo tries to whip up something French, whilst Alice tries to change his mind on mushrooms!
4:05pm	Would I Lie To You?: Nikki Fox, Miles Jupp, Nish Kumar & Joe Lycett (CC,Repeat,PG) Celebrity guests reveal amazing stories, some of which are true. Host Rob Brydon and lightning-quick team captains David Mitchell and Lee Mack are joined by Nikki Fox, Miles Jupp, Nish Kumar and Joe Lycett.
4:40pm	MythBusters: YouTube Special (CC,Repeat,PG) The team tests the most requested YouTube myths as they size up a smash web hit about a giant ball of Lego and discover the explosive power of match heads.

- 5:30pm Car S.O.S: Mazda RX-7**
(CC,Repeat,PG)
Tim and Fuzz restore a Japanese sports car with an innovative, unusual rotary engine: a 1992 Mazda RX-7. Charity worker Conor's beloved sporty import has been standing idle and has fallen into disrepair... until now! (Final)
- 6:15pm Portrait Artist Of The Year UK: Wakeman, Myers, Kissoon**
(CC,G)
Nine new artists tackle the portraits of Dave Myers, musician Rick Wakeman and singer Katie Kassoon as they try and win over judges Tai Shan Schierenberg, Kate Bryan and Kathleen Soriano.
- 7:00pm Spicks And Specks: Jim Keays, Hamish Blake, Scott Edgar & Katie Underwood**
(CC,Repeat,PG)
Joining Adam, Myf and Alan this episode are Jim Keays, Hamish Blake, Scott Edgar and Katie Underwood.
- 7:30pm QI: Vocal**
(CC,Repeat,PG,Sexual References)
Sandi Toksvig gets Vocal on QI with Ed Byrne, Jimmy Carr, Judi Love, and Alan Davies.
- 8:00pm Would I Lie To You?: Andy Hamilton, Gabby Logan, Dr Christian Jessen, Diane Parish**
(CC,Repeat,M,Sexual References)
Gabby Logan, Andy Hamilton, Diane Parish and Dr Christian Jessen join 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**
(CC,Repeat,M,Coarse Language, Sexual References)
The hilarious Loyiso Gola introduces comedians Scott Bennett and Helen Bauer to the stage.
- 9:50pm Gavin And Stacey**
(CC,Repeat,M,Sexual References)
Gavin and Stacey decide to meet for the first time in London after talking on the phone for some time, bringing along their best friends, Smithy and Nessa for support. The two pairs end up in a hotel together for the night.

10:15pm	Gavin And Stacey (CC,Repeat,PG) Gavin and Stacey have a misunderstanding on the phone and Gavin sets it right with a drive to Barry Island. When Stacey visits his home in Billericay, Gavin's mother Pamela goes into a cleaning frenzy.
10:45pm	ER: Rites Of Spring (CC,Repeat,PG,Adult Themes, Medical Procedures) Carter mentors a gifted teen from a very rough neighbourhood. Lucy impresses during her psychiatric rotation. Jeanie treats a reverend who offers healing prayers in return. Carol worries after a kid kicks her in the stomach.
11:30pm	Not Going Out: Therapy (CC,Repeat,PG) When Lucy enrolls at Night School on a training course in counselling, Lee takes advantage of her new-found skill to help patch things up with his father. But the joint therapy sessions throw up more questions than answers.
12:00am	rage (MA,Adult Themes, Coarse Language, Drug Use, Horror, Nudity, Sex Scenes, Sexual References, Violence) Australia's longest running music TV show, rage is home to the biggest vault of music videos from a diverse range of artists, genres and eras. We curate the best clips of all time to surprise and entertain you for hours.
1:05am	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.
2:30am	Documentary Now!: Two Hairdressers In Bagglyport (CC,Repeat,PG) A fly-on-the-wall portrait of a hair salon in the small coastal town of Bagglyport as they prepare their annual stylebook.
2:55am	If You're Listening: Why France never trusted Trump (CC,Repeat) France has long been sceptical of how much America can be trusted. Now they may be the only safe refuge for countries looking for new security guarantees. So how did they see this about-face coming and do they have capacity?
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)

Zac pleads with his Dad to let him go back to school leading to an ultimatum.