**Sunday, August 07, 2016**

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| 06:00 AM | **2016 Rio Olympics: Day 1 - Morning ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-201+ |

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| 09:00 AM | **2016 Rio Olympics: Day 1 - Day ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-301+ |

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| 12:00 PM | **Home And Away Catch-Up (R) ’CC’**  Missed Home and Away this week? Catch up on 7TWO! | **PG (V)**  +HAWC16-728+ |

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| 02:30 PM | **Dealers Put Your Money Where Your Mouth Is: Tim & David: French Market (R)**  Antiques experts Tim Wonnacott and David Harper do battle at a French antiques market. While David races around the market looking at everything, Tim takes a methodical approach, scouring for fakes before buying items. | **PG**  +DELP2-017+ |

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| 04:00 PM | **Anthony Bourdain: No Reservations: Rio De Janeiro (R)**  Tony travels to Rio to uncover the unseen city. He visits Rio’s famous favelas with writer of City of God Paulo Lins and meet up with Brazilian chef Alex Atala. | **PG**  +NORE08-015+ |

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| 05:00 PM | **Escape To The Country: Yorkshire (R)**  Denise Nurse is in Yorkshire today with a couple keen to retire to the county. They have chosen a very desirable part of the world to relocate - so let's hope they'll be flexible regarding their expectations. | **G**  +ETTC12-012+ |

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| 06:00 PM | **Mighty Ships: MV Resolution (R) ’CC’**  Jump aboard MV Resolution, the world's first self-elevating ship purpose-built solely to build wind farms in the middle of the ocean. | **G**  +MTYS2-001+ |

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| 07:00 PM | **For The Love Of Dogs (R)**  With unprecedented behind the scenes access to this famous institution, For the Love of Dogs shows how sick and abused dogs are brought back to health and given a new, happier life. | **PG**  +FTLD01-001+ |

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| 07:30 PM | **2016 Rio Olympics: Day 1 - Highlights ’CC’**  Relive some of the best events from the Games of the XXXI Olympiad in Rio de Janeiro. | +OLY216-801+ |

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| 09:30 PM | **2016 Rio Olympics: Day 2 - Evening ’CC’ LIVE**  Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-602+ |

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| 12:00 AM | **2016 Rio Olympics: Day 2 - Overnight ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-102+ |

**Monday, August 08, 2016**

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| 06:00 AM | **2016 Rio Olympics: Day 2 - Morning ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-202+ |

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| 09:00 AM | **2016 Rio Olympics: Day 2 - Day ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-302+ |

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| 12:00 PM | **800 Words (R) ’CC’**  Erik Thomson plays George, a man who once skated through life but is now stumbling. When his wife dies, George makes a rash decision to move his kids away from Sydney to the town of Weld, New Zealand. | **PG (N,L)**  +EWOR01-001+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  Following the raid on Victor's club, Harry warns him to stay away. Rosalie's marriage is in trouble. Kitty's attackers are out on bail. Harry offers ideas for a fund raiser unaware of Nancy's plans. | **PG (A)**  +MRSE3-006+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Curtis v. James: Foreign Market (R)**  James 'The Lionheart' Lewis and Curtis 'The Detective' Dowling battle it out on the streets of Dunkerque in Northern France, hoping to capture the most profitable antiques. | **PG**  +DELP3-012+ |

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| 03:00 PM | **The Zoo (R) ’CC’**  A vet team is about to attempt the world's first rhino IVF. Then, keepers are anxiously waiting for Frala the gorilla to give birth. | **G**  +ZOOT-004+ |

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| 03:30 PM | **RSPCA Animal Rescue (R) ’CC’**  RSPCA inspectors rescue an orphaned foal, go to great lengths to save a trapped kitten in a warehouse drainpipe, and it's a lucky day for a lonely dog. | **G**  +ANRS-004+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  A heart attack victim receives his angiogram in a desperate attempt to save his life. Then, Paramedics bring in a man who had a petrol drum explode in his face. | **PG**  +MDEM2-001+ |

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| 04:30 PM | **60 Minute Makeover: Bromsgrove, Worcestershire (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-025+ |

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| 05:30 PM | **60 Minute Makeover: Bexley (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-043+ |

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| 06:30 PM | **Bargain Hunt: Hemswell 32 (R)**  The hunt for bargains takes teams to a huge antiques centre in Lincolnshire. | **G**  +BHUN28-029+ |

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| 07:30 PM | **2016 Rio Olympics: Day 2 - Highlights ’CC’**  Relive some of the best events from the Games of the XXXI Olympiad in Rio de Janeiro. | +OLY216-802+ |

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| 09:30 PM | **2016 Rio Olympics: Day 3 - Evening ’CC’ LIVE**  Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-603+ |

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| 12:00 AM | **2016 Rio Olympics: Day 3 - Overnight ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-103+ |

**Tuesday, August 09, 2016**

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| 06:00 AM | **2016 Rio Olympics: Day 3 - Morning ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-203+ |

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| 09:00 AM | **2016 Rio Olympics: Day 3 - Day ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-303+ |

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| 01:00 PM | **800 Words (R) ’CC’**  George rapidly becomes the most unpopular new Aussie in town after calling Weld a ‘dead end town’ in his column. Shay and Arlo also feel the fallout from their father’s faux pas at their new school. | **PG (L)**  +EWOR01-002+ |

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| 02:00 PM | **Mr Selfridge ’CC’**  Miss Mardle organizes Doris Grove's funeral, barring Billy. George learns that Ryan is dealing drugs from Victor's club. Nancy begins to feel guilt over her betrayal of Harry. | **PG (D,A)**  +MRSE3-007+ |

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| 03:00 PM | **Nabbed (R) ’CC’**  A motorcyclist falls off his bike running from Police, a Merc driver spins a carload of lies and a young man explains why he's waving a pistol around on the motorway. | **PG**  +NABE-004+ |

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| 03:30 PM | **Crash Investigation Unit: Family Tragedy (R) ’CC’**  Disaster strikes as two brothers on their way home crash their high performance car into a wall at a car wash. | **PG**  +CIU-004+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  A Melbourne tourist has surgery to repair his ankle, while a young mother suffering from 'needle phobia' needs a tetanus injection. Then, a backpacker has a bad reaction to smoking marijuana. | **PG**  +MDEM2-002+ |

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| 04:30 PM | **60 Minute Makeover: Totton, Southampton (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-026+ |

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| 05:30 PM | **60 Minute Makeover: Merton (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-044+ |

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| 06:30 PM | **Bargain Hunt: NW8 28 (R)**  Two teams of young professionals have to haggle hard to bag a bargain at a glittering London antiques centre. | **G**  +BHUN28-030+ |

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| 07:30 PM | **2016 Rio Olympics: Day 3 - Highlights ’CC’**  Relive some of the best events from the Games of the XXXI Olympiad in Rio de Janeiro. | +OLY216-803+ |

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| 09:30 PM | **2016 Rio Olympics: Day 4 - Evening ’CC’ LIVE**  Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-604+ |

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| 12:00 AM | **2016 Rio Olympics: Day 4 - Overnight ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-104+ |

**Wednesday, August 10, 2016**

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| 06:00 AM | **2016 Rio Olympics: Day 4 - Morning ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-204+ |

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| 09:00 AM | **2016 Rio Olympics: Day 4 - Day ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-304+ |

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| 12:00 PM | **800 Words (R) ’CC’**  Questions are raised over Laura's death, and the Weld rumour mill goes into overdrive. George goes on an epic manhunt through the local populous to learn the source of the scandalous gossip. | **PG (A)**  +EWOR01-003+ |

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| 01:00 PM | **Mr Selfridge ’CC’**  As the Treaty of Versailles is signed Harry decides to mark it with a celebratory event. Gordon is caught in a compromising situation with Grace. Harry decides to propose to Nancy. | **PG**  +MRSE3-008+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Curtis v. James: Car Boot Sale (R)**  James Lewis and Curtis Dowling compete to find out who can unearth the most profitable antiques at Taplow car boot sale. | **PG**  +DELP3-014+ |

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| 03:00 PM | **Cook Me The Money: Stoke NEW EPISODE**  Three teams get the chance to live their dream for one day when they create a menu, prepare the food and try to get as many people as possible to pay for their plate. | **PG**  +CMTM-004+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  Surgeons discover something unexpected when they investigate a personal trainer's suspected appendicitis. Then, an independent 94-year-old arrives with a serious injury to his knee which could result in the loss of his mobility. | **PG**  +MDEM2-003+ |

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| 04:30 PM | **60 Minute Makeover: Maghull, Liverpool (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-027+ |

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| 05:30 PM | **60 Minute Makeover: Welling (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-045+ |

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| 06:30 PM | **Bargain Hunt: NW8 26 (R)**  Tim Wonnacott and the teams visit one of the biggest indoor antiques centres in the country. | **G**  +BHUN28-031+ |

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| 07:30 PM | **2016 Rio Olympics: Day 4 - Highlights ’CC’**  Relive some of the best events from the Games of the XXXI Olympiad in Rio de Janeiro. | +OLY216-804+ |

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| 09:30 PM | **2016 Rio Olympics: Day 5 - Evening ’CC’ LIVE**  Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-605+ |

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| 12:00 AM | **2016 Rio Olympics: Day 5 - Overnight ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-105+ |

**Thursday, August 11, 2016**

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| 06:00 AM | **2016 Rio Olympics: Day 5 - Morning ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-205+ |

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| 09:00 AM | **2016 Rio Olympics: Day 5 - Day ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-305+ |

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| 12:00 PM | **800 Words (R) ’CC’**  As George comes to grips with his status as the new ladies’ man of Weld, he is dragged into a celebration (or not) of Weld's x-rated history. | **PG (S)**  +EWOR01-004+ |

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| 01:00 PM | **Mr Selfridge ’CC’**  Miss Mardle persuades Mr Grove to let Billy see his son. Gordon tells his father that he wants to marry Grace. Princess Marie is suspicious of Nancy. Loxley attempts to have the board fire Harry. | **PG**  +MRSE3-009+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Curtis v. James: Showdown (R)**  James Lewis and Curtis Dowling need wit and wisdom in ther final showdown challenge: to make the most profit from antiques sold at a special one-off event. | **PG**  +DELP3-015+ |

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| 03:00 PM | **Property Ladder: Lori & Tanya (R)**  Lori and Tanya have taken out a loan to revamp a 19th century cottage, but when they learn it is a "tear-down," they meet budget problems. Can Kirsten help them out of the hole they've dug themselves into? | **PG**  +PROL-004+ |

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| 04:00 PM | **Medical Emergency (R) ’CC’**  An accident on the snow fields could be very serious for a twenty-year-old woman. Then, paramedics attend to a woman who fainted on a train and is showing signs of diabetic ketoacidosis - a potentially fatal complication. | **PG**  +MDEM2-004+ |

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| 04:30 PM | **60 Minute Makeover: Burnley, Lancashire (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-028+ |

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| 05:30 PM | **60 Minute Makeover: Billericay (R)**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-046+ |

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| 06:30 PM | **Bargain Hunt: Hemswell 31 (R)**  One team gets a taste for the oriental style while the other can't make up their minds at Helmswell Antiques centre. | **G**  +BHUN28-032+ |

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| 07:30 PM | **2016 Rio Olympics: Day 5 - Highlights ’CC’**  Relive some of the best events from the Games of the XXXI Olympiad in Rio de Janeiro. | +OLY216-805+ |

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| 09:30 PM | **2016 Rio Olympics: Day 6 - Evening ’CC’ LIVE**  Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-606+ |

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| 12:00 AM | **2016 Rio Olympics: Day 6 - Overnight ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-106+ |

**Friday, August 12, 2016**

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| 06:00 AM | **2016 Rio Olympics: Day 6 - Morning ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-206+ |

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| 09:00 AM | **2016 Rio Olympics: Day 6 - Day ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-306+ |

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| 12:00 PM | **Better Homes And Gardens (R) ’CC’**  Joh visits the home of Home And Away star Johnny Ruffo. Adam, Jason and Pete build a home from scratch for under $50,000 using a shipping container. | **G**  +BHAG21-029+ |

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| 01:00 PM | **Mr Selfridge ’CC’**  Follows the journey of American visionary Harry Selfridge, who arrives in London in 1906 with a grand plan - to open the biggest and finest department store the world has ever seen. | **PG**  +MRSE3-010+ |

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| 02:00 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Jonty: Auction (R)**  Jonty Hearnden takes on Kate Bliss in a contest to buy the best collectibles at auction before trying to sell their lots for the biggest profit. | **PG**  +DELP3-016+ |

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| 03:00 PM | **Australia's Best Backyards (R) ’CC’**  A crazy Bali courtyard competes with a re-claimed bush garden, complete with giant growing green giant. Jamie shows us a backyard that looks more like a 5-star resort. | **G**  +ABBY2-004+ |

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| 03:30 PM | **The Outdoor Room With Jamie Durie: Bali - Wedding Special (R) ’CC’**  Jamie travels to beautiful Bali to bring back some fantastic ideas to turn any garden into a little corner of the tropics. | **G**  +ORWJ-005+ |

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| 04:00 PM | **Best Houses Australia (R)**  Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G**  +BHOZ05-007+ |

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| 04:30 PM | **60 Minute Makeover: Pontardawe, South Wales (R)**  60 Minute Makeover returns to complete more incredible house transformations in only one hour. | **PG**  +SMM6-029+ |

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| 05:30 PM | **60 Minute Makeover: Aldershot NEW EPISODE**  The team has just 60 minutes to transform homes across Britain, using all their tricks of the trade to provide an instant style injection and inspire with tips and ideas for fast interior facelifts. | **PG**  +SMM7-047+ |

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| 06:30 PM | **Bargain Hunt: Lewes 5 (R)**  Tim Wonnacott joins the teams as they are let loose in Lewes. Thomas Plant's girls in Blue know exactly what they want but Catherine Southon's Reds just can't decide. | **G**  +BHUN29-001+ |

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| 07:30 PM | **2016 Rio Olympics: Day 6 - Highlights ’CC’**  Relive some of the best events from the Games of the XXXI Olympiad in Rio de Janeiro. | +OLY216-806+ |

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| 08:30 PM | **2016 Rio Olympics: Day 7 - Evening ’CC’ LIVE**  Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-607+ |

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| 12:00 AM | **2016 Rio Olympics: Day 7 - Overnight ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-107+ |

**Saturday, August 13, 2016**

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| 06:00 AM | **2016 Rio Olympics: Day 7 - Morning ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-207+ |

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| 09:00 AM | **2016 Rio Olympics: Day 7 - Day ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-307+ |

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| 12:30 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Jonty: Auction (R)**  Jonty Hearnden takes on Kate Bliss in a contest to buy the best collectibles at auction before trying to sell their lots for the biggest profit. | **PG**  +DELP3-016+ |

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| 01:30 PM | **Dealers Put Your Money Where Your Mouth Is: Kate v. Jonty: Foreign Market (R)**  Jonty Hearnden and Kate Bliss turn a day trip to Belgium into a battle of the buyers, competing to raise the most money for their chosen charities. | **PG**  +DELP3-017+ |

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| 02:30 PM | **Best Houses Australia (R)**  Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G**  +BHOZ05-007+ |

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| 03:00 PM | **The Great Australian Doorstep (R)**  This week, Sheree adventures through Alaska by motorhome! See amazing wildlife around every corner and planes landing on the tallest mountain in North America! | **PG**  +GRAD6-010+ |

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| 03:30 PM | **Great South East ’CC’ NEW EPISODE**  Explore leisure and recreation in South East Queensland. | **G**  +GSTH16-027+ |

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| 04:00 PM | **Creek To Coast ’CC’ NEW EPISODE**  Queensland's ultimate outdoor adventure show, featuring the very latest in camping, cruising, fishing and four-wheel-driving. | **G**  +7CTC16-024+ |

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| 04:30 PM | **Queensland Weekender ’CC’ NEW EPISODE**  Dean Miller and his team cover the length and breadth of Queensland with great suggestions for weekends, short breaks and holidays. | **G**  +7QWE16-025+ |

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| 05:00 PM | **Sydney Weekender (R) ’CC’**  Mike checks out the Sydney International Boat Show. Beck takes Jason to Wollongong, showing off some gems of the local dining scene. | **G**  +7SWE23-026+ |

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| 05:30 PM | **Anthony Bourdain: No Reservations: El Bulli (R)**  Anthony ventures to El Bulli. | **PG**  +NORE07-012+ |

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| 06:30 PM | **Mighty Cruise Ships: Azamara Journey (R) ’CC’**  Explore the jungles of Thailand, the cities of Vietnam, and other Southeast Asian treasures aboard Azamara Journey. | **PG**  +MCRU-003+ |

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| 07:30 PM | **2016 Rio Olympics: Day 7 - Highlights ’CC’**  Relive some of the best events from the Games of the XXXI Olympiad in Rio de Janeiro. | +OLY216-807+ |

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| 08:30 PM | **2016 Rio Olympics: Day 8 - Evening ’CC’ LIVE**  Live Olympic action from the Games of the XXXI Olympiad in Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-608+ |

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| 12:00 AM | **2016 Rio Olympics: Day 8 - Overnight ’CC’ LIVE**  Live Olympic action from Rio de Janeiro featuring Australian athletes and gold medal events across the channels of Seven. | +OLY216-108+ |