**Sunday, January 19, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
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| 7:00AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
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| 7:30AM | **Home Shopping** Home Shopping | **G** |
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| 9:00AM | **Home Shopping** Shopping program. | **G** |
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| 9:30AM | **Hercules: The Legendary Journeys: Outcast (R)** Deric the Centaur, crazed by the loss of his wife Lyla and baby son Kefor in a fire, kills one of the men responsible and threatens the others. Starring KEVIN SORBO and ROBERT TREBOR. | **PG (V)** |
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| 10:30AM | **Xena - Warrior Princess: The Giant Killer (R)** Retelling of the David and Goliath story in which Goliath is a friend of Xena's who has fallen into evil ways from grief after losing his family. Starring LUCY LAWLESS and RENEE O'CONNOR. | **PG (V)** |
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| 11:30AM | **Search4hurt (R)** Matt spends a day with Australia's fittest man, Chad MacKay in this Crossfit special which sees Matt passing on some knowledge to Chad that helps him win day 1 at the Crossfit Games. Starring MATT MURPHY and ELYSE MURPHY. | **PG** |
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| 12:00PM | **Search4hurt** With all the camper dramas the team pick up their new Skoda and run it in with a trip to Melbourne for sessions with the Richmond Tigers and the Melbourne Rebels. Starring MATT MURPHY and ELYSE MURPHY. | **PG** |
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| 12:30PM | **Cheating Death: Tuna Cowboys** Join the toughest muster in the world, when fearless tuna cowboys take on the perils of the deadly Southern Ocean and its sharks to round up their precious stock. | **PG** |
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| 1:30PM | **Wonders of the World: Orcas, Turtles & Water Balloons** From a giant mechanical elephant in France, to wingsuit jumpers, to remote control helicopters that survey volcanoes, explore our bizarre, yet fascinating world. | **PG** |
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| 2:30PM | **Monster Nation (R)** Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 3:30PM | **Engineering Connections: Wembley Stadium** Richard Hammond investigates the engineering behind the high-tech home of English football, and reveals the different inspirations that architects and engineers drew from. | **PG** |
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| 4:30PM | **Extreme Engineering: Oakland Bay Bridge** The Oakland Bay Bridge is one of the busiest bridges of America, connecting San Francisco and Oakland. Investigate the challenges engineers faced while creating this seemingly impossible structure. | **PG** |
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| 5:30PM | **Kings of Construction: Gotthard Tunnel** Investigate the construction of the Gothard Base Tunnel, the world's largest rail tunnel. | **G** |
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| 6:30PM | **High Tech Rednecks: Party Barge (R)** High Tech Rednecks follows the antics of the Critter Gitters Hunting Equipment Company. Owner Bob Woodcock and his merry band of redneck mechanics construct and modify some of the most extreme vehicles on the planet. | **PG** |
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| 7:30PM | **World's Deadliest Roads: Facing Fear (R) 'CC'** Alabama trucker Dave stares down the Freefall Freeway, Lisa heads back up to The Ledge, and Rick is brought to the breaking point. Starring ALEX DEBOGORSKI, RICK YEMM and LISA KELLY. | **PG** |
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| 8:30PM | **America's Hardest Prisons: Wyoming State Penitentiary - The New Recruits (R)** Facing desperate understaffing and overcrowding, Wyoming went to extreme measures, recruiting correctional officers from economically depressed areas elsewhere in the United States. | **M** |
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| 9:30PM | **7Mate Sunday Movie: Primeval (R) (2007)** A team is sent to Burundi to capture a legendary serial killer, but the deeper they probe... the deadlier their mission becomes. Starring DOMINIC PURCELL, BROOKE LANGTON, ORLANDO JONES, JURGEN PROCHNOW and GIDEON EMERY. | **AV (V,A)** |
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| 11:30PM | **Danny Dyer's Deadliest Men: Bernard O'Mahoney** Danny stays with fifty-year-old Bernard O'Mahoney, who has been a football hooligan, a bouncer, a soldier and a close associate of the infamous Essex boys. | **MA (L)** |
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| 12:30AM | **Cheating Death: Tuna Cowboys (R)**Join the toughest muster in the world, when fearless tuna cowboys take on the perils of the deadly Southern Ocean and its sharks to round up their precious stock. | **PG** |
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| 5:30AM | **Search4hurt (R)** Matt spends a day with Australia's fittest man, Chad MacKay in this Crossfit special which sees Matt passing on some knowledge to Chad that helps him win day 1 at the Crossfit Games. Starring MATT MURPHY and ELYSE MURPHY. | **PG** |
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 **Monday, January 20, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Fish Hooks: Fish Lips Sink Ships/ Bea's Birthday Surprise (R)** Milo discovers that Mr. Baldwin has a secret crush on Ms. Lips and promises not to tell, but unable to keep the news to himself, he quickly tells Bea and Oscar. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 7:30AM | **A.N.T Farm: Some EnchANTed Evening (R) 'CC'** When Chyna pretends to have a boyfriend in order to let Fletcher down easily, an embarrassed Fletcher pretends to have a girlfriend, prompting Olive to suggest they go on a double date together. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: Pair Of Jokers (R) 'CC'** When Boomer and Brady realize that the islanders do not understand the concept of a practical joke, they set out to prank everyone on the island. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Show It Up (R) 'CC'** Rocky and CeCe team up with Gunther and Tinka to take down the reigning high school talent show champs, overly peppy cheerleaders Candy and Randy. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 10:00AM | **NBC Meet The Press (R) 'CC'** David Gregory interviews newsmakers from around the world. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Under The Broken Sky (R)** Tender love story of a beautiful dancer who tries to bury her grief in men, until her farmer husband finds her and wants to take her home. Starring KEVIN SORBO and ROBERT TREBOR. | **PG (S)** |
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| 12:00PM | **Xena - Warrior Princess: Girls Just Wanna Have Fun (R)** Xena, Gabrielle and Joxer face the evil god Bacchus, who turns innocent girls in to bloody wild women called the Bacchae . Starring LUCY LAWLESS, RENEE O'CONNOR and TED RAIMI. | **PG (V)** |
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| 1:00PM | **Motor Mate: John Surtees (R)** Take a look back at John Surtees world titles, listen in on fascinating, highly nostalgic interviews, and relive the track action that made Surtees such an extraordinary champion. | **G** |
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| 2:00PM | **Motor Mate: Ferrari Festival (R)** One of the greatest Ferrari gatherings the world has ever seen. | **G** |
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| 3:30PM | **Dream Car Garage (R)** A restoration of a Baldwin Motion Camaro then Doug Adams gives his own professional appraisals. Professional tips on maintaining vehicle carpets and mechanical evaluations before purchasing a car. | **G** |
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| 4:00PM | **Dream Car Garage (R)** Interior evaluation, replace or redo? John Proctor talks about prepping before media blasting. Get professional tips on detailing & maintaining chrome trim. Plus, a 1974 un-restored E-type Jaguar. | **G** |
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| 4:30PM | **Seinfeld: The Trip: Part I (R) 'CC'** When Jerry is booked to appear on 'The Tonight Show With Jay Leno,' he takes George with him to Los Angeles to search for Kramer who vanished in a huff months earlier. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Trip: Part II (R) 'CC'** While searching for Kramer in Los Angeles, Jerry and George are picked up for questioning by the police, who suspect Kramer is a notorious serial killer. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **World's Deadliest Roads: Death Is A Blind Corner Away (R) 'CC'** When the mountain begins to crumble underfoot, Lisa is in danger, and Dave's causes a showdown on a narrow ledge, a thousand feet up. Starring ALEX DEBOGORSKI, RICK YEMM and LISA KELLY. | **PG** |
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| 6:30PM | **Pimp My Ride: 508 Maxima / Ford (R) 'CC'** In true rags to riches fashion, 'Pimp My Ride' takes a young automotively-challenged fan and turns their car into a pimped out masterpiece. | **PG** |
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| 7:30PM | **Inside West Coast Customs: Alienware - Alien Takeover (R)** A Hummer is known for its superior off road performance, but after West Coast Customs is done with it, this Hummer will be known as the ultimate PC gamers vehicle at Comic Con. | **PG** |
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| 8:30PM | **Pawn Stars: A Shot And A Shave / Hot Air Buffon (R) 'CC'** Rick is offered some of the craziest items ever for the store, everything from a pricey patchwork quilt made from celebrity autographs to an 1845 Harpers Ferry musket, one with a vintage surprise. | **PG** |
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| 9:30PM | **American Restoration: Wheel And Deal (R)** Rick takes the restoration reins when an early 1900s horse drawn fuel delivery wagon trots into the shop. Will it be safe travels on the galloping gas tank or will this petrol project take a spill? | **PG** |
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| 10:00PM | **Cash Cowboys: Win Some, Lose Some** Excited to arrive in Vancouver for some great picks, Scott and Sheldon waste no time on the ferry when they meet an Aboriginal artist carrying a huge bag of exquisite carvings. | **PG** |
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| 11:00PM | **Hollywood Treasure: In Full Effects (R) 'CC'** Joe meets with relatives of Stan Winston to help appraise some of Stans's artefacts. Including an Incredible Holk statue, the T-600 Endoskeleton plus concept art from Edward Scissorhands and Predator. | **PG** |
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| 11:30PM | **SportsFan Clubhouse** Monday, Tuesday and Wednesday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in port and entertainment for a lively hour of sports news, views and social media. | **PG** |
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| 12:30AM | **Jersey Shore: Should We Just Break Up? (R)** Ronnie's over-drinking causes some painful side effects. Snooki meets a guy who may or may not be engaged. And Pauly makes peace with an old nemesis. Starring JENNI FARLEY, MICHAEL SORRENTINO, NICOLE POLIZZI, PAUL DELVECCHIO and RONNIE ORTIZ-MAGRO. | **M (S)** |
|  |  |  |
| 1:30AM | **Motor Mate: John Surtees (R)** Take a look back at John Surtees world titles, listen in on fascinating, highly nostalgic interviews, and relive the track action that made Surtees such an extraordinary champion. | **G** |
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| 2:30AM | **Motor Mate: Ferrari Festival (R)** One of the greatest Ferrari gatherings the world has ever seen. | **G** |
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| 5:00AM | **Pimp My Ride: 508 Maxima / Ford (R) 'CC'** In true rags to riches fashion, 'Pimp My Ride' takes a young automotively-challenged fan and turns their car into a pimped out masterpiece. | **PG** |
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 **Tuesday, January 21, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Fish Hooks: Oscar Is A Playa/ Chicks Dig Vampires (R)** After Oscar gives off the wrong impression to Esmargot, the girls become convinced that he is cheating on Angela and set up a sting operation to catch him in the act. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 7:30AM | **A.N.T Farm: You're The One That I WANT (R) 'CC'** After Chyna gets the lead in the school musical, a jealous Lexi is determined to sabotage the show with the help of Fletcher, who is worried Chyna will fall for her handsome leading man, Jared. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: The King And Eyes (R) 'CC'** Kinkow has been at odds with the neighbouring island of Cornea and the only way to improve relations is a royal courtship. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Heat It Up (R) 'CC'** When the heat goes out in Rocky's apartment, CeCe invites Rocky and her family to move in with them, but the tight quarters quickly become too close for comfort. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Mother Of All Monsters (R)** Hercules has killed so many monsters that Echidna, the Mother of all Monsters, determines to trap him and make him suffer as she has suffered. Starring KEVIN SORBO and MICHAEL HURST. | **PG (V)** |
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| 12:00PM | **Xena - Warrior Princess: Return Of Callisto (R)** When Callisto escapes from prison, she builds an army of evil and sends Joxer to tell Xena that she's going to continue killing. Starring LUCY LAWLESS, RENEE O'CONNOR and TED RAIMI. | **PG (V)** |
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| 1:00PM | **Motor Mate: Fangio (R)** The story of the 'Maestro' himself - Juan Manuel Fangio - one of the most successful drivers of all time. | **G** |
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| 2:00PM | **Motor Mate: Planet Max (R)** Bring together the world’s best car drifters from Japan and the USA at California's famous Raceway. | **PG (A)** |
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| 3:30PM | **Dream Car Garage (R)** Paint stripping with Greg from Legendary Motorcar. Get professional tips on cleaning & conditioning interior & convertible tops. Plus, Rebuilding engines, and blocks & cylinders with Mike Curly. | **G** |
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| 4:00PM | **Dream Car Garage (R)** In today's Pro Shop: metal replacement on body and metal repair or replacement with Keith Sim. Get professional tips on maintaining plastic windows in convertible tops. Plus, a 1951 LeSabre. | **G** |
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| 4:30PM | **Seinfeld: The Wallet (R) 'CC'** Jerry must be at his most creative when he has to explain to his visiting parents why he isn't wearing the watch they one gave him. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Watch (R) 'CC'** When Jerry's mom and dad come for a visit, Jerry desperately tries to buy back the watch the bought for him. tch Starringe Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **Inside West Coast Customs: Alienware - Alien Takeover (R)** A Hummer is known for its superior off road performance, but after West Coast Customs is done with it, this Hummer will be known as the ultimate PC gamers vehicle at Comic Con. | **PG** |
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| 6:30PM | **Pimp My Ride: Fantastic Four / Ford Econoline / Doggie Van (R) 'CC'** In true rags to riches fashion, 'Pimp My Ride' takes a young automotively-challenged fan and turns their car into a pimped out masterpiece. | **PG** |
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| 7:30PM | **American Dad: A.T. The Abusive Terrestrial / Black Mystery Month (R) 'CC'** When Steve refuses to play with him, Roger finds a new best friend who becomes physically abusive. Meanwhile, Stan and Francine attempt to save Mr. Pibb from being discontinued. | **PG** |
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| 8:30PM | **Family Guy: Brian Sings & Swings (R) 'CC'** After Peter hits Brian with his car, Brian grows depressed until he appears on stage with Frank Sinatra Jr. | **M** |
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| 9:00PM | **American Dad: Joint Custody (R) 'CC'** Roger becomes a bounty hunter, racing cross-country with Stan to turn Jeff in, who is wanted for smuggling pot in Florida. | **M** |
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| 9:30PM | **Family Guy: Patriot Games / I Take Thee Quagmire (R) 'CC'** While attending his high-school reunion Peter befriends Tom Brady, who makes him a member of the New England Patriots. | **M** |
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| 10:30PM | **American Dad: Vacation Goo / Meter Made (R) 'CC'** Stan has been using CIA Goo to brainwash the family instead of taking them on vacation. Then, he goes to court for assault and battery on a meter maid and is sentenced to community service! | **M** |
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| 11:30PM | **SportsFan Clubhouse** Monday, Tuesday and Wednesday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in port and entertainment for a lively hour of sports news, views and social media. | **PG** |
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| 12:30AM | **Jersey Shore: Cabs Are Here! (R)** Ronnie and Sammi's tumultuous relationship comes to an end. When Ronnie destroys everything Sammi owns, she must decide whether or not to leave the Shore. Starring JENNI FARLEY, MICHAEL SORRENTINO, NICOLE POLIZZI, PAUL DELVECCHIO and RONNIE ORTIZ-MAGRO. | **M (S)** |
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 **Wednesday, January 22, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Fish Hooks: Get A Yob!/ Spiders Bite (R)** Milo gets the brilliant idea to put hair in his food so that he can get a free lunch, but his prank goes too far and causes the lunch lady, Latoada, to lose her job. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 7:30AM | **A.N.T Farm: PerformANTs (R) 'CC'** Chyna and the ANTs want to go to an upcoming concert with the older kids, however, they know Chyna's mom Roxanne will never let them go. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: Brady Battles Boo-mer (R) 'CC'** After watching a scary movie, Brady is convinced that the castle is haunted and sets out to prove to Boomer that ghosts exist. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Glitz It Up (R) 'CC'** Rocky and CeCe choreograph and mentor young contestants in Chicago's Little Cutie Queen Pageant. Deuce has to win over his crush Dina's over- protective father so he can go out with her. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: The Other Side (R)** Persephone is kidnapped by Hades, the God of Underworld, so Demeter, the Goddess of Harvest, turns the earth sterile. Starring KEVIN SORBO and MICHAEL HURST. | **PG (S)** |
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| 12:00PM | **Xena - Warrior Princess: Warrior..Princess..Tramp (R)** Xena comes back to help Princess Diana once more. Starring LUCY LAWLESS, RENEE O'CONNOR and TED RAIMI. | **PG (V)** |
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| 1:00PM | **Motor Mate: Hulme & McClaren (R)** You can't fail to be hooked by Messrs Clark, Hill, Hulme, Stewart and Surtess thundering round Brands in Ferrari, Lola, Lotus and McLaren racers. | **G** |
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| 2:00PM | **Motor Mate: Beasts From The East (R)** Beast of the East showcases the wildest cars and maddest drivers in the Orient. | **PG** |
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| 3:30PM | **Dream Car Garage (R)** In the Pro Shop, we're prepping the Camaro for paint, body filler & repairing gel coat. Get Pro Tips on wheels & tire maintenance and different paint systems. Director's choice - a 1967 Shelby GT 500. | **G** |
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| 4:00PM | **Dream Car Garage (R)** In the Pro Shop, we're looking at Frame damage repair and anchoring a rear axle. Get pro tips on engine compartment detailing and frame twisting prevention. Director's choice - a 1957 Chevrolet Bel-Air. | **G** |
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| 4:30PM | **Seinfeld: The Bubble Boy (R) 'CC'** Jerry agrees to make a side trip to visit a sickly fan - who must live in a protective plastic tent while he and George drive up to a mountain cabin with their dates. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Cheever Letters (R) 'CC'** As he and Jerry start their script, George confronts Susan's father about the cabin fire. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **Mythbusters: Explosive Decompression / Frog Giggin / Rear Axle (R) 'CC'** Can firing a bullet into the shell of an aircraft cause explosive decompression? Can a loaded .22-caliber gun cartridge be used as a replacement fuse in a car's ignition? | **PG**  |
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| 6:30PM | **Pimp My Ride: Jeep Grand Wagoneer / Pontiac (R) 'CC'** Xzibit gets his hands on a Jeep Grand Wagoneer owned by a contractor always on the go. The Jeep a gets a 'lowrider' paint job, airbags and the ultimate contractor’s tool box in the back. | **PG** |
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| 7:30PM | **Classic Car Rescue: Mini (R)** The team find a rustbucket Mini that looks like it will never ride again. As they work around the clock, a series of disasters mean its touch and go right up to the end. | **PG**  |
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| 8:30PM | **Hardcore Pawn: Acid Test / Gold War (R)** Seth has a problem with people pawning rings and not reclaiming. Then, a woman pawns a ring but gets abusive when Les refuses to take it. Starring LES GOLD, SETH GOLD, ASHLEY GOLD and RICH. | **M** |
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| 9:30PM | **American Pickers: Guitars, Guns and Gears (R)** Mike comes across a 150 year old Martin guitar which just might be the big ticket item he's been searching for. A rifle toting homeowner's property is off limits until the guys do some fast talking. Starring MIKE WOLFE and FRANK FRITZ. | **PG** |
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| 10:30PM | **Cash Cowboys: Time To Sell** The Pickers hit Southern Ontario to greet royalty of the collecting world. They meet a seller dubbed the Tin King and pick over his collection of tin buttons, toys, lunch boxes, trays, and signs. | **PG** |
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| 11:30PM | **SportsFan Clubhouse** Monday, Tuesday and Wednesday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in port and entertainment for a lively hour of sports news, views and social media. | **PG** |
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| 12:30AM | **Jersey Shore: The Great Depression (R)** After Sammi leaves the house, Ronnie is an emotional wreck and feels like he doesn't have any friends left in the house. Meanwhile, Mike tries to hook up with Pauly's ex-girlfriend. Starring JENNI FARLEY, MICHAEL SORRENTINO, NICOLE POLIZZI, PAUL DELVECCHIO and RONNIE ORTIZ-MAGRO. | **M (S,L)** |
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| 1:30AM | **Motor Mate: Hulme & McClaren (R)** You can't fail to be hooked by Messrs Clark, Hill, Hulme, Stewart and Surtess thundering round Brands in Ferrari, Lola , Lotus and McLaren racers. | **G** |
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| 2:30AM | **Motor Mate: Beasts From The East (R)** Beast of the East showcases the wildest cars and maddest drivers in the Orient. | **PG** |
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| 4:00AM | **Dream Car Garage (R)** In the Pro Shop, we're prepping the Camaro for paint, body filler & repairing gel coat. Get Pro Tips on wheels & tire maintenance and different paint systems. Director's choice - a 1967 Shelby GT 500. | **G** |
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| 4:30AM | **Dream Car Garage (R)** In the Pro Shop, we're looking at Frame damage repair and anchoring a rear axle. Get pro tips on engine compartment detailing and frame twisting prevention. Director's choice - a 1957 Chevrolet Bel-Air. | **G** |
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| 5:00AM | **Pimp My Ride: Jeep Grand Wagoneer / Pontiac (R) 'CC'** Xzibit gets his hands on a Jeep Grand Wagoneer owned by a contractor always on the go. The Jeep a gets a 'lowrider' paint job, airbags and the ultimate contractor’s tool box in the back. | **PG** |
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 **Thursday, January 23, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Fish Hooks: Fuddy Duddy Studdy Buddy/ Fish Flakes (R)** Oscar and Shellsea find themselves paired up for a science fair project and they disagree about everything. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 7:30AM | **A.N.T Farm: PatANT Pending (R) 'CC'** After Chyna struggles with her heavy backpack, Olive and Fletcher see a business opportunity and come up with an idea for a massaging backpack. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
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| 8:00AM | **Pair Of Kings: The Kings Beneath My Wings (R) 'CC'** With the kings' approval rating down, Boomer and Brady conduct a 'King for a Day Contest' granting one lucky islander permission to witness their decision-making and kingly duties first hand. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Hot Mess It Up (R) 'CC'** CeCe and Rocky host a video webcast offering advice to teens, but wind up giving bad dating advice to a fellow student who they mistake for Gunther. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Fire Down Below (R)** Salmoneus is set up with treasure stolen from Hera. Starring KEVIN SORBO and ROBERT TREBOR. | **PG (V)** |
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| 12:00PM | **Xena - Warrior Princess: Intimate Stranger (R)** Callisto, with Ares' help, takes Xena's body and leaves Xena, in Callisto's body, in Tartarus. Starring LUCY LAWLESS, RENEE O'CONNOR, TED RAIMI and KEVIN SMITH. | **PG (V,H)** |
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| 1:00PM | **Motor Mate: Jack Brabham (R)** Triple World Champion Jack Brabham recalls a full and colourful career with help from close associates Moss, Cooper and Salvadori. | **G** |
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| 2:00PM | **Motor Mate: Capri - The Story (R)** Love it or loathe it, you couldn't ignore the Capri. Regarded today as a modern classic, these sylish cars were popular with the stars at the height of their fame. | **PG** |
|  |  |  |
| 3:30PM | **Dream Car Garage (R)** In the pro shop, we're looking at first coat of paint at BASF Get pro tips on trunk detailing undercoating and trunk finish & overspray at Legendary. Director's choice - a 1965 C-Code Mustang Convertible. | **G** |
|  |  |  |
| 4:00PM | **Dream Car Garage (R)** In the pro shop, we're looking at detailing the suspension parts and front suspension on a 1932 Chevy. Get pro tips on detailing lights & trim. Director's Choice - a 1966 Pontiac GTO Tri-power Convertible. | **G** |
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| 4:30PM | **Seinfeld: The Opera (R) 'CC'** A simple night out turns into a nightmare when Jerry meets Elaine at the opera, unaware that her new boyfriend is the maniac who's been stalking him and vowing revenge. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Virgin (R) 'CC'** A procrastinating Jerry and George strain to think of an idea for a TV series just hours before meeting with impatient network honchos. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **Cash Cowboys: Time To Sell** The Pickers hit Southern Ontario to greet royalty of the collecting world. They meet a seller dubbed the Tin King and pick over his collection of tin buttons, toys, lunch boxes, trays, and signs. | **PG**  |
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| 6:30PM | **Pimp My Ride: Toyota RAV4 / Crown Victoria Station Wagon (R) 'CC'** Xzibit and the guys at GAS set their sights on Justin's 1997 Toyota RAV4. | **PG** |
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| 7:30PM | **Gator Boys (R)** Paul uses an experimental trap to capture a gator facing certain death from the baited hook of another trapper and Tre books a shoot with alligators & swimsuit models. Starring PAUL BEDARD and JIMMY RIFFLE. | **PG** |
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| 8:30PM | **Tattoo Nightmares: Tattoo Secrets / Good Girl Gone Bad  \*\*NEW EPISODE\*\*** Jasmine is shocked by a client who reveals a heart wrenching secret, then tries to turn a horrific demon clown into an angel. Later, Gus takes on the wildest cover up yet: 8 nipples on a man's chest. | **M (L)** |
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| 9:30PM | **Hillbilly Handfishin': Come On You Noodling Diva!  \*\*NEW EPISODE\*\*** Two women from Atlanta look forward to throwing a party after their first catch. Brothers-in-law and rivals from Phoenix compete to catch the biggest fish. Starring SKIPPER BIVINS. | **PG** |
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| 10:30PM | **American Stuffers: Keep Your Dead Animals Out of My Kitchen (R)** Rushing to get the day's pet projects done, Daniel uses the oven to dry a few animal parts. When his wife finds out that her oven has been used for this, she loses it. Starring DANIEL ROSS. | **PG** |
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| 11:30PM | **Jetpack Nation** All the best from the world of video gaming. | **M** |
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| 12:00AM | **Danny Dyer's Deadliest Men: Best Of** Who was the toughest and hardest man Dan ny spent time with? Did Danny get into any serious trouble? Find out in this best of edition. | **M** |
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| 1:00AM | **Motor Mate: Jack Brabham (R)** Triple World Champion Jack Brabham recalls a full and colourful career with help from close associates Moss, Cooper and Salvadori. | **G** |
|  |  |  |
| 2:00AM | **Motor Mate: Capri - The Story (R)** Love it or loathe it, you couldn't ignore the Capri. Regarded today as a modern classic, these sylish cars were popular with the stars at the height of their fame. | **PG** |
|  |  |  |
| 3:30AM | **Dream Car Garage (R)** In the pro shop, we're looking at first coat of paint at BASF Get pro tips on trunk detailing undercoating and trunk finish & overspray at Legendary. Director's choice - a 1965 C-Code Mustang Convertible. | **G** |
|  |  |  |
| 4:00AM | **Dream Car Garage (R)** In the pro shop, we're looking at detailing the suspension parts and front suspension on a 1932 Chevy. Get pro tips on detailing lights & trim. Director's Choice - a 1966 Pontiac GTO Tri-power Convertible. | **G** |
|  |  |  |
| 4:30AM | **Pimp My Ride: Toyota RAV4 / Crown Victoria Station Wagon (R) 'CC'** Xzibit and the guys at GAS set their sights on Justin's 1997 Toyota RAV4. | **PG** |
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| 5:30AM | **Home Shopping** Home Shopping | **G** |
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 **Friday, January 24, 2014**

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| 6:00AM | **Home Shopping** Shopping program. | **G** |
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| 6:30AM | **Home Shopping** Home Shopping | **G** |
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| 7:00AM | **Fish Hooks: Principal Bea - Part 1 & 2 (R)** After Principal Stickler goes missing, Bea takes over as school principal. However, some of her new policies upset Nurse Fishington, who encourages Bea to play by her rules. Starring KYLE MASSEY, CHELSEA STAUB and JUSTIN ROILAND. | **G** |
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| 7:30AM | **A.N.T Farm: Ballet DANTser (R) 'CC'** There's a new A.N.T. in school, Violet, who isn't afraid of the big kids, including Lexi, who ends up tasking Chyna with the responsibility of keeping Violet far away from her. Starring CHINA ANNE MCCLAIN, SIERRA MCCORMICK, JAKE SHORT, STEFANIE SCOTT and CARLON JEFFERY. | **G** |
|  |  |  |
| 8:00AM | **Pair Of Kings: Tone Deaf Jam (R) 'CC'** The kings must perform for the islanders at the Annual Harvest Festival, and Boomer can't wait to show off his singing skills. Starring MITCHEL MUSSO, DOC SHAW, GENO SEGERS, KELSEY CHOW and RYAN OCHOA. | **G** |
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| 8:30AM | **Shake It Up: Reunion It Up (R) 'CC'** CeCe and Rocky get the chance to dance with Ronnie and Angie, two of the original 'Shake It up Dancers' for the show's fifteenth anniversary. Starring BELLA THORNE, ZENDAYA, ADAM IRIGOYEN, DAVIS CLEVELAND and KENTON DUTY. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Cast A Giant Shadow (R)** Hercules and Iolaus fall in with fellow traveller Typhon, a gentle and friendly giant. Meanwhile, Typhon is saddened to hear Echidna is causing problems. Starring KEVIN SORBO and MICHAEL HURST. | **PG** |
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| 12:00PM | **Xena - Warrior Princess: Ten Little Warlords (R)** Someone has made Ares mortal by stealing his sword, which leaves him incapable of putting Xena back in her own body. Starring LUCY LAWLESS, RENEE O'CONNOR, TED RAIMI and KEVIN SMITH. | **PG (V)** |
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| 1:00PM | **Motor Mate: Stirling Moss (R)** Sir Stirling Moss is a true sporting legend, a man whose exceptional skills and determined character saw him overcome the odds on his way to victory in motorsports most famous events. | **G** |
|  |  |  |
| 2:00PM | **Motor Mate: Cortina - The Story (R)** Follow one of Ford's greatest success stories, the Cortina. | **G** |
|  |  |  |
| 3:30PM | **Dream Car Garage (R)** In today's pro shop, we look at installing headliner, carpet & firewall pad and repairs on dash pads. Get pro tips on cleaning & maintaining glass. Director's Choice - a 1968 Chevrolet Camaro street car. | **G** |
|  |  |  |
| 4:00PM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 4:30PM | **Seinfeld: The Contest (R) 'CC'** Jerry challenges George, Kramer and Elaine to pool their money in a contest of self-denial. Meanwhile, an excited Elaine looks forward to her date with hunky John Kennedy, Jr. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:00PM | **Seinfeld: The Airport (R) 'CC'** On a flight home, Jerry parties in first class with a beautiful woman while Elaine suffers in a cramped coach seat next to a dead fat man. Starring JERRY SEINFELD, JASON ALEXANDER, MICHAEL RICHARDS and JULIA LOUIS-DREYFUS. | **PG** |
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| 5:30PM | **Pimp My Ride: Chevy Cavalier / Subaru Impreza (R) 'CC'** Xzibit and the guys set their sights on a 2002 Chevy Cavalier and a 1996 Subaru Impreza. | **PG** |
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| 6:30PM | **Mythbusters: Vacuum Toilet / Biscuit Bullet / Falling Lawyer (R) 'CC'** Can a person get stuck to an airline toilet while it's in flight? Is there such a thing as a biscuit bazooka? | **PG** |
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| 7:30PM | **Mythbusters: James Bond Special - Electromagnetic Watch / Propane Peril / 'CC'** Our stealthy secret agents are on a mission to explode the myths about Bond's gadgets, getaways, and guns. | **PG** |
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| 8:30PM | **Bomb Patrol: Afghanistan: Reunion (R) 'CC'** For five months, the heroes of EOD Platoon 3-4-2 took on the deadly task of destroying bombs in Afghanistan. Now, four of the men talk about their deployment and how it’s changed their lives. | **PG (L,V)** |
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| 9:30PM | **Icon Features (Digital Channels): Paranormal Activity (R) (2007)** A young couple suspects that their house is haunted by a malevolent entity, so they set up video surveillance to capture evidence of what happens at night as they sleep. Starring KATIE FEATHERSTON, MICAH SLOAT, MARK FREDRICHS, AMBER ARMSTRONG and ASHLEY PALMER. | **M (H,L)** |
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| 11:30PM | **Danny Dyer's Deadliest Men: Elijah Kerr** Danny moves in with former gangster Elijah Kerr; bank robber, crack dealer, you name it, he has done it. When Elijah is stopped by police, is Danny living with a former gangster or an active one? | **MA (L,V)** |
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| 12:30AM | **Jersey Shore: A Cheesy Situation (R)** Sammi's return to the Shore house leaves Ronnie at a loss for words. Snooki's feelings for Vinny continue to deepen. Mike doesn't realise he's been pranked in a major way. Starring JENNI FARLEY, MICHAEL SORRENTINO, NICOLE POLIZZI, PAUL DELVECCHIO and RONNIE ORTIZ-MAGRO. | **M (S)** |
|  |  |  |
| 1:30AM | **Motor Mate: Stirling Moss (R)** Sir Stirling Moss is a true sporting legend, a man whose exceptional skills and determined character saw him overcome the odds on his way to victory in motorsports most famous events. | **G** |
|  |  |  |
| 2:30AM | **Motor Mate: Cortina - The Story (R)** Follow one of Ford's greatest success stories, the Cortina. | **G** |
|  |  |  |
| 4:00AM | **Dream Car Garage (R)** In today's pro shop, we look at installing headliner, carpet & firewall pad and repairs on dash pads. Get pro tips on cleaning & maintaining glass. Director's Choice - a 1968 Chevrolet Camaro street car. | **G** |
|  |  |  |
| 4:30AM | **Dream Car Garage (R)** This motoring series showcases the latest exotic cars, test drives and vintage collectables from museums and the rich and famous, and also includes unbelievable auto restorations. | **G** |
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| 5:00AM | **Pimp My Ride: Chevy Cavalier / Subaru Impreza (R) 'CC'** Xzibit and the guys set their sights on a 2002 Chevy Cavalier and a 1996 Subaru Impreza. | **PG** |
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 **Saturday, January 25, 2014**

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| 6:00AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
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| 6:30AM | **App Central** Join hosts Amber MacArthur and Michael Hainsworth and the team as they share reviews of the latest gadgets and help navigate the tech world. | **PG** |
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| 7:00AM | **Monster Nation (R)** Four highly skilled, ingenious artisans are under the pressure of a 12 hour clock, designing, constructing and testing machines that are as mind boggling as they are difficult to build. | **PG** |
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| 8:00AM | **Home Shopping** Shopping program. | **G** |
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| 8:30AM | **Home Shopping** Shopping program. | **G** |
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| 9:00AM | **NBC Today (R) 'CC'** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Hercules: The Legendary Journeys: Highway To Hades (R)** King Sisyphus has tricked Timuron into dying in Sisyphus' place on his wedding night, taking his place for eternal punishment. Starring KEVIN SORBO and MICHAEL HURST. | **PG** |
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| 12:00PM | **BCF Adventure TV: Swords Life On The Line** A Japanese sword fishing boat enters the Grand Banks and becomes the bane of the US sword fishing fleet. Starring CAPTAIN SCOTTY DRABINOWICZ, CAPTAIN LINDA GREENLAW, CAPTAIN SLICK and CAPTAIN CHOMPS. | **PG** |
|  |  |  |
| 1:00PM | **BCF Adventure TV: Marine Machines** How would our lives change under the sea? Look at the details and scientific capabilities of seafloor habitation, and the innovative submarines and tools that will take us there and help us stay submerged for long periods. | **G** |
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| 2:00PM | **BCF Adventure TV: Hook Line and Sinker (R)** Nick and Andrew climb Victoria's beautiful Grampien Mountains and catch trout on mudeyes. Plus an epic off-shore race between a wave runner and a boat. | **PG** |
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| 2:30PM | **Shannons Supercar Showdown (R)** One of the hottest race teams in the country embarks on a global search to find the next young gun driver to join their ranks. | **PG** |
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| 3:00PM | **Search & Restore: '94 GMC Part III** She works to feed needy kids, he works the 12hr night shift, together the Rowes have fostered some 30 children. We found the couple asking for help fixing his daily driver, a 94 GMC 1500. | **PG** |
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| 3:30PM | **Jesse James Is A Dead Man: Desert Hare** To prepare for the toughest off-road motorcycle race in the world, Jesse becomes a human shock absorber and hydroplane his bike across water. | **PG** |
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| 4:30PM | **Special: Outlaw Nitro Funny Cars**   | **PG** |
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| 5:00PM | **Xtreme 4x4: Diesel Buggy Part 1 - Step By Step Design** Build a buggy from scratch in part one of our super cool diesel buggy project. Plus how to use a roll bender. | **PG** |
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| 5:30PM | **Muscle Car: Blue Collar Buick Tail Lights** Learn how to make your own tail lights, and polish scratches out of glass. | **PG** |
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| 6:00PM | **Horsepower TV: GT To Roush Conversion** Joe and Mike transform a stock Mustang GT to a Roush car with a supercharger, suspension and brake upgrade. Then, they test results on the chassis dyno and on the pavement. | **PG** |
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| 6:30PM | **Ultimate Factories: Porsche (R)** We go inside the famous House of Porsche to see how they create the Porsche 911, one of the most influential and recognizable vehicles in the world. | **G** |
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| 7:30PM | **Supersize Grime (R)** Join us as more structures around Britain are cleaned up by different teams of specialists. | **PG** |
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| 8:30PM | **World's Worst Tenants: Held At Gunpoint / Motel California  \*\*NEW EPISODE\*\*** Hostile residents, dangerous dogs and peeping neighbours, Todd & Co have seen it all. They are the tough uncompromising team that landlords call in to evict their most aggressive and outrageous occupants. | **M** |
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| 9:30PM | **1000 Ways To Die: Death Bites / Putting A Happy Face On Death  \*\*NEW EPISODE\*\*** Take a look at the 'real death' stories of unfortunate people who meet their makers in a variety of ways. | **AV (V,S)** |
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| 10:30PM | **Legends Football League** What has been called 'Sport's Ultimate Must-See TV', Legends Football League arrives to the shores of Australia. |  |
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| 12:00AM | **Danny Dyer's Deadliest Men: David McMillan** Danny meets with a former independent drug smuggler, David McMillan, who was one of the pioneers of drug smuggling during the late 1970s and early 1980s. | **MA (D,L)** |
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| 1:00AM | **Swords: Life On The Line: Foreign Relations (R)** A Japanese sword fishing boat enters the Grand Banks and becomes the bane of the US sword fishing fleet. Starring CAPTAIN SCOTTY DRABINOWICZ, CAPTAIN LINDA GREENLAW, CAPTAIN SLICK and CAPTAIN CHOMPS. | **PG** |
|  |  |  |
| 2:00AM | **Marine Machines: Sea Base (R)** How would our lives change under the sea? Look at the details and scientific capabilities of seafloor habitation, and the innovative submarines and tools that will take us there and help us stay submerged for long periods. | **G** |
|  |  |  |
| 3:00AM | **Hook Line and Sinker: Mudeye Trout (R)** Nick and Andrew climb Victoria's beautiful Grampien Mountains and catch trout on mudeyes. Plus an epic off-shore race between a wave runner and a boat. | PG  |
|  |  |  |
| 3:30AM | **Search & Restore: '94 GMC Part III** She works to feed needy kids, he works the 12hr night shift, together the Rowes have fostered some 30 children. We found the couple asking for help fixing his daily driver, a 94 GMC 1500. | PG  |
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| 4:00AM | **Xtreme 4x4: Diesel Buggy Part 1 - Step By Step Design (R)** Build a buggy from scratch in part one of our super cool diesel buggy project. Plus how to use a roll bender. | **PG** |
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| 4:30AM | **Muscle Car: Blue Collar Buick Tail Lights (R)** Learn how to make your own tail lights, and polish scratches out of glass. | **PG** |
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| 5:00AM | **Horsepower TV: GT To Roush Conversion (R)** Joe and Mike transform a stock Mustang GT to a Roush car with a supercharger, suspension and brake upgrade. Then, they test results on the chassis dyno and on the pavement. | **PG** |
|  |  |  |
| 5:30AM | **Home Shopping** Home Shopping | **G** |
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