**Sunday, July 6, 2014**

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| 6:00AM | **Home Shopping**  Shopping program. | **G** |
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| 6:30AM | **Gadget Geeks (R)**  Colin, Tom and Charles design a window with a stunning-view for a hotel with no-view, and invent a purse that you cannot lose. | **PG** |
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| 7:30AM | **Home Shopping**  Home Shopping | **G** |
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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 | **Home Shopping**  Shopping program. | **G** |
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| 9:30AM | **Just Shoot Me!: Eve Of Destruction (R) 'CC'**  Jack's ex-wife drops in unannounced and their long-standing hostilities are renewed. Meanwhile, Bill Slatton arrives at the office determined to make the staff work harder. | **PG** |
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| 10:00AM | **Construction Zone: Akashi Kaikyo Bridge (R)**  The Akashi Kaikyo Bridge is the world's longest, tallest and the most expensive suspension bridge ever built but is it strong enough? | **PG** |
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| 10:30AM | **Extreme Sailing Series: Saint Petersburg, Russia**  In 2014, the ESS will be the focus of attention in the world of grand prix sailing. Featuring America's Cup headliners alongside multiple Olympic gold medalists and sailing stars in fast 40-footers. |  |
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| 12:30PM | **Seven's V8 Supercars 2014: Townsville 500 'CC'**  It's the second event of the Super Street season and today's Race Day XTRA includes the all of the action from The Porsche Carrera Cup, The V8 Utes Series and the Dunlop Series. |  |
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| 2:00PM | **Seven's V8 Supercars 2014: Townsville 500 'CC'**  Its day two for the V8 Supercars on track at the Castrol Townsville 500. Who will lead the championship after 250km's of adrenaline fuelled racing? Join host Neil Crompton and Mark Skaife. |  |
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| 3:30PM | **Seven's V8 Supercars 2014: Townsville 500 'CC'**  This fast and furious Super Street circuit is sure to produce some accelerating action for Race 22 of the championship, the final race of the weekend. |  |
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| 6:00PM | **Seven's V8 Supercars 2014: Townsville 500 'CC'  \*\*LIVE\*\***  Join host Neil Crompton and commentator Mark Skaife with pit reporters Mark Larkham, Mark Beretta and Riana Crehan for the Townsville 500 podium results. |  |
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| 6:30PM | **7Mate Sunday Movie: Men In Black 3 (R) 'CC' (2012)**  In this third installment, Jay will travel back in time to save the fate of the planet and his agent partner, Kay who has been assassinated by an alien with a personal vendetta. Starring WILL SMITH, TOMMY LEE JONES, JOSH BROLIN, EMMA THOMPSON and JEMAINE CLEMENT. | **PG (V,L,H)** |
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| 8:45PM | **7Mate Sunday Movie: Van Helsing (R) 'CC' (2004)**  While on his quest to vanquish evil, Van Helsing battles classic villains and uncovers mysteries of his own past. Starring HUGH JACKMAN, KATE BECKINSALE, WILL KEMPE, JOSIE MARAN and DAVID WENHAM. | **M (H,V)** |
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| 11:15PM | **Operation Repo: Something in the Air / Contact / Stealth (R)**  Matt, Froy and Sonia enter into a life-threatening situation when they accept a personal favor and repo a monster truck from a group of dubious individuals. | **M** |
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| 11:45PM | **Muscle Car: Plan Your Next Project! (R)**  Get tips on choosing your next project and planning a budget. Rick and Tommy take a trip to the salvage yard to choose a low-budget vehicle to restore. | **G** |
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| 12:00AM | **Gaelic Football: Munster Football Final**  Coverage of the 2014 GAA Football and Hurling Championships. |  |
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| 2:00AM | **Hurling: Leinster Hurling Final**  Coverage of the 2014 GAA Football and Hurling Championships. |  |
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| 4:00AM | **Disorderly Conduct Caught On Tape (R)**  Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
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| 5:00AM | **Gadget Geeks (R)**  Colin, Tom and Charles design a window with a stunning-view for a hotel with no-view, and invent a purse that you cannot lose. | **PG** |

**Monday, July 7, 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 | **Art Attack: Dog Walker, Puppet Theatre (R) 'CC'**  Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 7:30AM | **Pair Of Kings: Big Mama Waka (R) 'CC'**  Mikayla is sick with Moocoo Fever and Brady vows to do whatever it takes to nurse her back to health. | **G** |
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| 8:00AM | **Doc McStuffins: Arcade Escapade/ Starry, Starry Night (R)**  While on a trip with her dad and Donny to the arcade, Doc discovers a stuffed giraffe with a ripped seam in the claw crane game. | **G** |
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| 8:30AM | **Shake It Up: Wild It Up (R) 'CC'**  Rocky tries to change her image when she reads a blog about how she is a goody-two-shoes, and winds up in Vice Principal Winslow's office, facing suspension for defacing the Principal's office. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  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 'CC' (R)**  David Gregory interviews newsmakers from around the world. |  |
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| 11:00AM | **Motor Mate: Story Of The Mini (R)**  Ever since it was introduced in 1959, the Mini has captured the hearts of millions of small-car lovers worldwide. |  |
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| 1:00PM | **Seven's V8 Supercars 2014: Townsville 500 'CC' (R)**  Don't miss any of the action from race 20 of the V8 Supercars Championship. Join your host Neil Crompton and commentator Mark Skaife at the Castrol Townsville 500 with pit reporter Mark Larkham. |  |
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| 2:00PM | **Seven's V8 Supercars 2014: Townsville 500 'CC' (R)**  Queensland hosts the Castrol Townsville 500, the second event of the Super Street format. Join Neil Crompton for Race 21 of the V8 Supercars Championship. |  |
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| 3:00PM | **Supersize Grime (R)**  Find out how nuclear power stations are decommissioned and how the cross-Channel ferries are kept clean. | **PG** |
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| 4:00PM | **Horsepower TV: Project 'Sucker Punch'**  HorsePower sets out to build the absolute ultimate sleeper machine. A 1978 Buick Century wagon that will be loaded with all-new high performance parts and power. | **PG** |
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| 4:30PM | **Muscle Car: Olds Power Coat And Quarters**  The Oldsmobile heads to the blaster gets some metal work, and a top-end prefabbed chassis. Flashback covers a super-fine 442. | **PG** |
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| 5:00PM | **Pimp My Ride: Pontiac (R) 'CC'**  Xzibit and the guys at GAS take in a Pontiac Sunbird, giving it a whole new lease on life as a 'Tiki-mobile’, with Tiki graphics, binoculars, and an Italian ice machine in the trunk. | **PG** |
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| 5:30PM | **Mythbusters: Firearms Folklore / Explosive Hammers (R) 'CC'**  Investigate 3 more Gun Myths. Then, the Mythbusters aim at Civil War bullet Fusion, a direct hit at the scope, and a backwards shot at the revolver. | **PG** |
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| 6:30PM | **Seinfeld: The Cartoon (R) 'CC'**  Jerry's harsh critique of an actress launches her career, an enigmatic cartoon inspires Elaine and Kramer decides to give up talking. | **PG** |
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| 7:00PM | **Seinfeld: The Strongbox (R) 'CC'**  Kramer hides the keys for his new strongbox in Jerry's apartment; meanwhile, George and Elaine look for ways out of their respective romantic relationships. | **PG** |
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| 7:30PM | **Talking Footy 'CC'  \*\*LIVE\*\***  Three-time premiership superstar Tim Watson and arguably the greatest player of all time Wayne Carey sit alongside host and Bulldogs champion Luke Darcy to dissect all the AFL news and issues on and off the football field. | **PG** |
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| 8:30PM | **Pawn Stars: Getting A Head / Monkey Business (R) 'CC'**  The Pawn Stars are presented with a classic piece of Detroit muscle - a 1969 Buick Skylark. Meanwhile, a hat believed to have been worn by Western movie legend John Wayne comes into the store. | **PG** |
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| 9:30PM | **American Restoration: Planes And Flames / Bumper Balls / Cold Cuts  \*\*NEW EPISODE\*\***  Rick is contacted to restore a replica of an F-105 fighter jet. Then he agrees to restore a vintage Italian bumper car. And later, the crew sharpen their service skills on a 1900s Berkel meat slicer. | **PG** |
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| 11:00PM | **Rude Tube: Child's Play (R)**  From the outrageously wacky to the downright rude, see many of the internet's wonderful video offerings in one place. | **M** |
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| 11:30PM | **SportsFan Clubhouse**  Monday and Thursday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in sport and entertainment for a lively hour in sports news, views and social media. | **PG** |
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| 12:30AM | **Supersize Grime (R)**  Find out how nuclear power stations are decommissioned and how the cross-Channel ferries are kept clean. | **PG** |
|  |  |  |
| 1:30AM | **Disorderly Conduct Caught On Tape (R)**  Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
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| 2:30AM | **Sports Disasters: Extreme Danger (R)**  In Australia, the skies light up with fireworks at a harbour in Perth as a high diver performs his dive. But something goes very wrong and he slams into the water chest first. | **M** |
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| 3:30AM | **Operation Repo (R)**  From luxury boats and planes to expensive sports cars, if you can't make your payments, the Operation Repo team will find you! When it comes to recovering property from deadbeat owners, this colourful team will stop at nothing to get the job done. | **M** |
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| 4:00AM | **Motor Mate: Story Of The Mini (R)**  Ever since it was introduced in 1959, the Mini has captured the hearts of millions of small-car lovers worldwid |  |

**Tuesday, July 8, 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 | **Art Attack: Whale (R) 'CC'**  Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 7:30AM | **Pair Of Kings: Sleepless In The Castle (R) 'CC'**  Fed up with Brady's unusual habit of becoming a sleep ninja at night, Boomer impulsively moves out. | **G** |
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| 8:00AM | **Doc McStuffins: Ben/ Anna Split/ That's Just Clawful (R)**  When Doc's huggy monkey doll Ben loses the velcro patch that attaches him to his sister Anna, Doc glues it back on and tells him that he will have to stay in the clinic overnight while it dries. | **G** |
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| 8:30AM | **Shake It Up: Match It Up (R) 'CC'**  CeCe tries to play matchmaker for Deuce, but her plan backfires when he gets back together with his up to no good girlfriend, Savannah. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: On The Limit (R)**  Follow the story of humble chimney sweeper's apprentice, George Shuttleworth; his dream of becoming a speed demon, TT champion and his assault on the fabled Mountain Course. |  |
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| 12:00PM | **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. |  |
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| 1:00PM | **Seven's V8 Supercars 2014: Townsville 500 'CC'**  This fast and furious Super Street circuit is sure to produce some accelerating action for Race 22 of the championship, the final race of the weekend. |  |
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| 3:00PM | **Starsky & Hutch: Iron Mike (R)**  A pair of dedicated undercover cops use their street smarts and a network of unusual friends as they work the toughest beats in their home of Bay City, California. | **PG (V)** |
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| 4:00PM | **Horsepower TV: 'Sucker Punch' Powerplant**  HorsePower continues its build of a Buick sleeper station wagon. Time to get serious with a Pontiac block, precisely machined at Butler Performance, built up with high performance parts. | **PG** |
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| 4:30PM | **Muscle Car: Oldsmobile Part 3**  The Olds body goes onto the chassis, and the guys do some custom metal working on it as well. Flashback takes a look at a '69 Trans Am. | **PG** |
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| 5:00PM | **Pimp My Ride: Toyota RAV4 (R) 'CC'**  Xzibit and the guys set their sights on Justin's 1997 Toyota RAV4. Justin has terrible luck with the ladies so the guys give him a luxury SUV with 22' chrome wheels and romantic red leather interior. | **PG** |
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| 5:30PM | **Mythbusters: 22,000 Feet Fall / Lights ON/OFF (R) 'CC'**  Adam and Jamie explore the improbable survival of a WWII gunner with some of the biggest explosions in the show's history! Can someone fall 22,000 feet and be saved by a bomb? | **PG** |
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| 6:30PM | **Seinfeld: The Wizard (R) 'CC'**  Kramer moves to Florida, Jerry buys his dad an electronic organizer and George pretends to have a summer home in order to avoid his late fiancée’s parents. | **PG** |
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| 7:00PM | **Seinfeld: The Burning (R) 'CC'**  Elaine discovers her boyfriend is very religious, Jerry wonders if his latest girlfriend has been totally honest with him and George learns how to exit after making a good joke. | **PG** |
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| 7:30PM | **World's Craziest Fools (R)**  Mr T takes a look at some of the craziest clips from around the world. Watch as tyres, alcohol, and people's general stupidity lead to some very funny accidents. | **PG (A)** |
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| 8:30PM | **Family Guy: Family Goy (R) 'CC'**  A medical test reveals that a lump on Lois' breast is benign, but also reveals that she's Jewish. | **M (A)** |
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| 9:00PM | **American Dad: Honey, I'm Homeland 'CC'  \*\*NEW EPISODE\*\***  Stan attempts to infiltrate a leftist cell based on CIA intelligence they're planning a terrorist attack. However, when he's captured and returned home, Hayley suspects her Dad may have been 'turned'. | **M** |
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| 9:30PM | **Bogan Hunters 'CC'  \*\*NEW EPISODE\*\***  In the final round, the bogans will have to prove that they have what it takes to be Australia's Greatest Bogan. There's thong slapping, lots of flesh, flashing and falling down! | **MA (A,S)** |
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| 10:00PM | **Kinne 'CC'  \*\*NEW SERIES\*\***  Half an hour of awesome @KINNEtvshow #kinne | **MA (L,S)** |
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| 10:30PM | **Family Guy: Spies Reminiscent Of Us (R) 'CC'**  Stewie and Brian are suspicious when Dan Aykroyd and Chevy Chase move into Cleveland's old house. | **M** |
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| 11:00PM | **American Dad: School Lies / License To Till (R) 'CC'**  When Stan befriends Senator Buckingham in an effort to climb ranks in the CIA, he finds himself stopping at nothing to get ahead. But soon he is forced to choose between family and career. | **M (D)** |
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| 12:00AM | **Lizard Lick Towing (R)**  A frisky male debtor comes to the office trying to get his truck back and ends up getting a piece of Amy. And Ron and Bobby devise a plan to trick some hippies out of an RV. | **M** |
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| 12:30AM | **SportsFan Clubhouse (R)**  Monday and Thursday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in sport and entertainment for a lively hour in sports news, views and social media. | **PG** |
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| 1:30AM | **Disorderly Conduct Caught On Tape (R)**  Get up close as we witness incredible bravery and a dedication to duty as the police are on the lookout for Disorderly Conduct! | **M** |
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| 2:30AM | **Sports Disasters: Flirting With Disaster (R)**  A driver loses control while hitting speeds up to 300 miles an hour. Then, while vacationing in Austria, a tourist catches a spectacle of hang glider sailing into a power line which explodes. | **PG** |
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| 3:30AM | **Operation Repo (R)**  From luxury boats and planes to expensive sports cars, if you can't make your payments, the Operation Repo team will find you! When it comes to recovering property from deadbeat owners, this colourful team will stop at nothing to get the job done. | **M** |
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| 4:00AM | **Motor Mate: On The Limit (R)**  Follow the story of humble chimney sweeper's apprentice, George Shuttleworth; his dream of becoming a speed demon, TT champion and his assault on the fabled Mountain Course. |  |
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| 5:00AM | **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. |  |

**Wednesday, July 9, 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 | **Art Attack: Soccer, Hula Hoop (R) 'CC'**  Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 7:30AM | **Pair Of Kings: Pair Of Clubs (R) 'CC'**  Boomer opens the teen hotspot of his dreams and hires Brady as his assistant. When Boomer fires him, Brady spitefully opens his own club across the way inside a crypt. | **G** |
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| 8:00AM | **Doc McStuffins: A Good Case Of The Hiccups/ Stuck Up (R)**  When Emmie's toy microphone, Millie, starts to skip and repeat, Doc diagnoses her with 'Repeatitis,' a toy version of the hiccups. | **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. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: Custom - Lead, Sleds and Low Riders (R)**  At the Sacramento Autorama, the main focus of attention is long and low- riding 'custom' cars than hotrod coupes and open roadsters. |  |
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| 12:00PM | **Motor Mate: Mike Hawthorn (R)**  Mike Hawthorn was undoubtedly one of the most talented and flamboyant racing drivers of his generation. |  |
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| 1:00PM | **Starsky & Hutch: Little Girl Lost (R)**  A pair of dedicated undercover cops use their street smarts and a network of unusual friends as they work the toughest beats in their home of Bay City, California. | **PG (V)** |
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| 2:00PM | **Charlie's Angels: Disco Angels (R)**  A trio of beautiful policewomen become undercover detectives when a reclusive millionaire assigns them to a series of challenging cases. | **PG** |
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| 3:00PM | **Supersize Grime (R)**  Join us as more structures around Britain are cleaned up by different teams of specialists. | **PG** |
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| 4:00PM | **Horsepower TV: The Caddy 500 'Other Engine'**  This time they find a junkyard Cadillac 500 big block and use some modern-day performance parts to make a monster out of GM's biggest luxury car engine. | **PG** |
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| 4:30PM | **Muscle Car: 427 Cobra And Factory Five Roadster**  The guys outfit a Factory Five Roadster to go head-to-head against an original Shelby 427 Cobra in a series of track tests. | **PG** |
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| 5:00PM | **Pimp My Ride: Crown Victoria Station Wagon (R) 'CC'**  Xzibit surprises a nurse named Therese who owns a 1984 Ford Crown Victoria station wagon. The guys at GAS take this 'family truckster' and turn it into a hot-rod style ambulance. | **PG** |
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| 5:30PM | **Mythbusters: Christmas Special (R) 'CC'**  In this episode of Mythbusters, tis the season to bust Holiday myths. The guys blow the lid off the 'Soda and Mentos' phenomenon. | **PG** |
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| 6:30PM | **Seinfeld: The Bookstore (R) 'CC'**  Jerry turns in Uncle Leo for shoplifting while George is forced to buy an expensive book he was caught reading in the store's bathroom. | **PG** |
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| 7:00PM | **Seinfeld: The Frogger (R) 'CC'**  George sets out to preserve his high score on an old arcade game. Meanwhile, Jerry finds a date's habit of finishing his sentences annoying and Kramer warns of a serial killer on the loose. | **PG** |
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| 7:30PM | **Bid and Destroy: Million Dollar Manor / Campus Cash Cow  \*\*NEW EPISODE\*\***  The owner of the current job tells Lee about a gold coin worth thousands lost in the house. And later, Brian and Lee submit a blind bid $2,000 below cost, but could it lead to more work the future? | **PG** |
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| 8:35PM | **Hardcore Pawn: Breakdown At Tiffany's / Banned For Life  \*\*NEW EPISODE\*\***  A customer brings in a rare antique diamond pocket watch, could it be worth thousands? Verification is needed! And later, a woman pays her pawn payment, but loses it when she also has to pay interest. | **M** |
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| 9:30PM | **American Pickers: Frank's Big Shot / NASCAR Challenge (R)**  Dreaming of a California mega score the guys stumble upon a salvage yard that's been in a family for generations. Then later, they get revved up about North Carolina's NASCAR Hall of Fame. | **PG** |
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| 11:30PM | **Rude Tube: Wow (R)**  From the outrageously wacky to the downright rude, see many of the internet's wonderful video offerings in one place. | **M** |
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| 12:00AM | **Police Tech (R)**  Ride along with law enforcement on patrols and stings to learn first-hand the latest science and technology, from car-stopping devices to voice recognition systems, behind catching car thieves. | **PG (V)** |
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| 1:00AM | **Police Tech**  Explore the latest in high-tech tools made available to law enforcement in dealing with and apprehending violent criminals in the most hostile environments. | **M** |
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| 2:00AM | **Home Shopping**  Shopping program. | **G** |
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| 2:30AM | **Home Shopping**  Shopping program. | **G** |
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| 3:00AM | **Home Shopping**  Shopping program. | **G** |
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| 3:30AM | **Sons And Daughters (R) 'CC'**  Another wedding ... but the bride and groom are in for a nasty shock. | **G** |
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| 4:00AM | **Motor Mate: Custom - Lead, Sleds and Low Riders (R)**  At the Sacramento Autorama, the main focus of attention is long and low- riding 'custom' cars than hotrod coupes and open roadsters. |  |
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| 5:00AM | **Motor Mate: Mike Hawthorn (R)**  Mike Hawthorn was undoubtedly one of the most talented and flamboyant racing drivers of his generation. |  |

**Thursday, July 10, 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 | **Art Attack: Crocodile, Submarine (R) 'CC'**  Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 7:30AM | **Pair Of Kings: The Cheat Life Of Brady And Boomer (R) 'CC'**  Brady and Boomer must endure a King Challenge that tests their smarts, strength and spirits. | **G** |
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| 8:00AM | **Doc McStuffins: Rescue Ronda, Ready For Takeoff/ All Washed Up (R)**  Doc extracts a twig from a toy helicopter's propellers. Emmy Award-winning actress Camryn Manheim guest stars in the recurring role of toy helicopter Rescue Ronda. | **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. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: 1976 - Hunt for the Title (R)**  This was the year when Britain's James Hunt, in the McLaren, amazingly clinched the Formula One Drivers Championship during the final Grand Prix of the season in Japan. |  |
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| 12:00PM | **Motor Mate: Fangio (R)**  The story of the 'Maestro' himself - Juan Manuel Fangio - one of the most successful drivers of all time. |  |
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| 1:00PM | **Starsky & Hutch: Bloodbath (R)**  A pair of dedicated undercover cops use their street smarts and a network of unusual friends as they work the toughest beats in their home of Bay City, California. | **PG (V)** |
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| 2:00PM | **Charlie's Angels: Terror On Skis Part 1 (R)**  A trio of beautiful policewomen become undercover detectives when a reclusive millionaire assigns them to a series of challenging cases. | **PG** |
|  |  |  |
| 3:00PM | **Supersize Grime (R)**  A specialist team tackles a block of 48 derelict flats in Glasgow, which has been overrun by squatters and left full of hypodermic needles. | **PG** |
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| 4:00PM | **Horsepower TV: AMC 'Other Engine' Build Up**  The 360 was AMC's unsung hero of power. In production for many years, they're an affordable foundation for a performance build. | **PG** |
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| 4:30PM | **Muscle Car: Big Bad Dodge!**  It’s the birth of a new Mopar project as Rick and Tom set their sights on an old Dodge, in the hopes of turning it into an Earth-shattering superbeast. | **PG** |
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| 5:00PM | **Pimp My Ride: Chevy Cavalier (R) 'CC'**  Xzibit and the guys set their sights on a 2002 Chevy Cavalier, turning it into a one of a kind sparkly 'root-beer' painted creation. | **PG** |
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| 5:30PM | **Seinfeld: The Clip Show (R) 'CC'**  A look back at 9 hysterical years of production. | **PG** |
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| 6:30PM | **Mythbusters: Pirate Special (R) 'CC'**  Arggghhh me hearties... Jamie and Adam have plundered the seven seas in search of pirate parables and maritime myths and found four stories of hi-jinx on the high seas according to Pirate folklore. | **PG** |
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| 8:30PM | **Tattoo Nightmares: Cross And Bongs / Gus Scratches Back  \*\*NEW EPISODE\*\***  Tommy goes Renegade as he revamps a tattoo of a 80s heartthrob, Jasmine rescues a policeman from a tattoo that's holding him hostage and Gus melts down in the face of the most hated client ever. | **M (D,L)** |
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| 9:30PM | **Bad Ink: Tat-too Hot For TV / When Tattoo Animals Attack  \*\*NEW EPISODE\*\***  Set against the glitzy backdrop of Las Vegas, better known as 'the mistake capitol of the world', Dirk Vermin and his trusted sidekick Ruckus are Vegas' unofficial aficionados of terrible tattoos. | **M** |
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| 10:30PM | **Operation Repo: Catch My Drift / Hear Me Roar / Dangerous Liasons / Atom Bomb  \*\*NEW EPISODE\*\***  Sonia and Froy are in for a wild ride when they repo from a stunt driver. Then Matt and Ronnie put the brakes on a rich racecar driver when they repo his expensive toy. | **M** |
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| 11:30PM | **SportsFan Clubhouse**  Monday and Thursday nights in the SportsFan Clubhouse, Bill Woods is joined by some of the biggest names in sport and entertainment for a lively hour in sports news, views and social media. | **PG** |
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| 12:30AM | **Zoom TV**  Zoom TV explores everything that drives, flies and floats; focusing on their functions, versatility and of course, reliability. | **PG** |
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| 1:00AM | **7mate Late Movie: Weekend At Bernie's (R) (1989)**  Two enterprising insurance company employees try to pretend that their murdered employer is really alive, but the murderer is out to 'finish him off.' Starring ANDREW MCCARTHY, JONATHAN SILVERMAN, CATHERINE MARY STEWART, TERRY KISER and DON CALFA. | **PG (S,L,V)** |
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| 3:00AM | **Pimp My Ride: Chevy Cavalier (R) 'CC'**  Xzibit and the guys set their sights on a 2002 Chevy Cavalier, turning it into a one of a kind sparkly 'root-beer' painted creation. | **PG** |
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| 3:30AM | **Motor Mate: 1976 - Hunt for the Title (R)**  This was the year when Britain's James Hunt, in the McLaren, amazingly clinched the Formula One Drivers Championship during the final Grand Prix of the season in Japan. |  |
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| 4:30AM | **Motor Mate: Fangio (R)**  The story of the 'Maestro' himself - Juan Manuel Fangio - one of the most successful drivers of all time. |  |
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| 5:30AM | **Home Shopping**  Home Shopping | **G** |

**Friday, July 11, 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 | **Art Attack: Fun Fishtank (R) 'CC'**  Anyone can have an 'art attack' and create works of art from everyday materials. | **G** |
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| 7:30AM | **Pair Of Kings: The Ex Factor (R) 'CC'**  When Mikayla's ex-boyfriend Lucas refuses to participate in the official Kinkowian Dumping Ritual, the kings track him down and discover that Lucas looks just like Boomer. | **G** |
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| 8:00AM | **Doc McStuffins: The New Girl/ Wrap It Up (R)**  When Doc's new doll Kiko arrives from Japan with stiff legs, Doc explains the importance of regular exercise, especially after a long trip. | **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. | **G** |
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| 9:00AM | **NBC Today 'CC' (R)**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. |  |
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| 11:00AM | **Motor Mate: Hot Wheels, Heavy Metal (R)**  A fascinating overview of one of the world's most visually stimulating spectator sports. |  |
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| 12:00PM | **Motor Mate: Rindt & Von Trips (R)**  Take a look at historical footage of Formula One drivers Jochen Rindt and Wolfgang von Trips. |  |
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| 1:00PM | **Starsky & Hutch: The Psychic (R)**  A pair of dedicated undercover cops use their street smarts and a network of unusual friends as they work the toughest beats in their home of Bay City, California. | **PG (V)** |
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| 2:00PM | **Charlie's Angels: Terror On Skis Part 2 (R)**  A trio of beautiful policewomen become undercover detectives when a reclusive millionaire assigns them to a series of challenging cases. | **PG** |
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| 3:00PM | **Supersize Grime (R)**  Chapelcross power station in Scotland is stripped of deadly asbestos, and a brave team descends into an east London sewer. | **PG** |
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| 4:00PM | **Horsepower TV: Newstalgia Blown Hemi**  Teaming up with Arrington Performance, Horsepower builds a modern-day 3rd generation engine. Its hot new-world technology meets cool, old-world looks and power. | **PG** |
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| 4:30PM | **Muscle Car: Dodge Suspension**  The front and rear suspension go bye-bye on Project Bisnisstime, Rick and Tommy get a hand with back-halfing their big bad Dodge. Plus, a hand-made custom Olds spoiler. | **PG** |
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| 5:00PM | **Pimp My Ride: Subaru Impreza (R) 'CC'**  Xzibit and the guys at GAS take aim at a 1996 Subaru Impreza owned by a paintball player named Louis. | **PG** |
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| 5:30PM | **Mythbusters: Hindenburg Skin / Croc Zig-Zag (R) 'CC'**  Adam and Jamie turn dirigible detectives to try and solve one of aeronautics biggest puzzles. | **PG** |
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| 6:30PM | **Seinfeld: The Maid (R) 'CC'**  When Jerry starts sleeping with his maid, her work begins to decline. Meanwhile, George decides he wants a nickname and Elaine is upset over being assigned a new telephone area code. | **PG** |
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| 7:00PM | **AFL Pre-Game Show 'CC'  \*\*LIVE\*\***  Join the Friday Night Footy team for all the news, views, issues and fun inside the footy world. |  |
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| 7:30PM | **7Mate Friday Night Movie: Mars Needs Moms (R) 'CC' (2011)**  A young boy is on a quest to save his mum from Martians - a wild adventure involving hiding on a spaceship, navigating an elaborate, multi-level planet and taking on the alien leader. Starring SETH GREEN, DAN FOLGER, JOAN CUSACK, ELISABETH HARNOIS and MINDY STERLING. | **PG (V,H)** |
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| 9:30PM | **7Mate Friday Night Movie** | **NC** |
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| 12:00AM | **7Mate Friday Night Movie: 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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| 2:00AM | **Building Sea City (R)**  140 kilometres south of Kuwait City lies a near-barren landscape of sand and silt baking in some of the hottest temperatures on the planet. Little lives or grows here, and few people have ever chosen to live here. Until now. | **G** |
|  |  |  |
| 3:00AM | **Building Sea City (R)**  140 kilometres south of Kuwait City lies a near-barren landscape of sand and silt baking in some of the hottest temperatures on the planet. Little lives or grows here, and few people have ever chosen to live here. Until now. | **G** |
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| 4:00AM | **Pimp My Ride: Subaru Impreza (R) 'CC'**  Xzibit and the guys at GAS take aim at a 1996 Subaru Impreza owned by a paintball player named Louis. | **PG** |
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| 4:30AM | **Motor Mate: United We Stunt (R)**  Get ready to watch 15 of the top US stunt teams show their best stunts; with over 40 riders involved this means non-stop action! See all the danger with crashes, broken bikes and bones and much more. | **(L)** |

**Saturday, July 12, 2014**

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| 6:00AM | **Market Values: Athens**  Take a look at Monastiraki market, a market that attracts everyone in town, not only monks. Established in the 19th century, the flea market today sells countless products. | **PG** |
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| 7:00AM | **Gadget Geeks: Formula 1 Special (R)**  Colin Furze has set himself a challenge: he's going to take a second hand rust bucket and turn it into a racing car that can beat a top of range sports car. | **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 | **T.J Hooker: King Of The Hill (R)**  A series of supermarket hold ups lead Hooker to suspect the crooks are using the money to build illegal racing cars. | **PG** |
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| 10:00AM | **Zoom TV**  Zoom TV explores everything that drives, flies and floats; focusing on their functions, versatility and of course, reliability. | **PG** |
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| 10:30AM | **Seven's Motorsport: Carrera Cup 'CC'**  Today's coverage includes all of the action from the Carrera Cup. Join your commentator Aaron Noonan and his special guest for this jamm packed half hour of racing. |  |
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| 11:00AM | **Seven's Motorsport: Dunlop 'CC'**  Coverage of the accelerating action from the Dunlop Series. Join your commentator Aaron Noonan and special guest for this jam packed hour of racing. |  |
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| 12:00PM | **V8 Xtra 'CC'**  Join Neil Crompton and his team for all the latest V8 news. |  |
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| 12:30PM | **Seven's Motorsport: V8 Utes 'CC'**  Today's coverage includes all of the action from the V8 Utes. Join commentator Aaron Noonan and special guest for this jamm packed hour of racing. |  |
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| 1:30PM | **The North Sea: Trawlers, Rigs and Rescue (R)**  The RAF scramble their search and rescue unit to save an injured pilot who's ejected from his plane. And the RNLI rush to what appears to be a massive explosion on a barge to save multiple casualties. | **PG** |
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| 2:30PM | **Mark Berg's Fishing Addiction: Bundaberg With Paul**  Fishing expert Mark Berg visits some of the best fishing destinations around. Chasing a wide variety of fish, Mark is always hoping to capture a new species or develop a new technique. | **PG** |
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| 3:30PM | **Style in Steel (R)**  Style in Steel explores the multiple and complex roles that automobiles have played in our lives. This series is a celebration of the automobile and its enduring beauty. | **PG** |
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| 4:00PM | **Trucks!: Ford F-350 Dually Upgrades**  We're making some upgrades to Ford's newly re-designed F-350 Dually. | **PG** |
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| 4:30PM | **Xtreme 4x4: Shock Tuning 101**  Fresh out of the box, your shocks perform at 80% of their potential. But finding that last 20% can make a huge difference! The shock experts at Bilstein show us how to get the most out of our rides. | **PG** |
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| 4:45PM | **Muscle Car: Pro Street Dodge Cage**  Project Bisnisstime, the 1974 Dodge Pro-Street Project, gets a roll cage installed to spec, then the guy’s head to a Mopar Graveyard. | **PG** |
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| 5:00PM | **Horsepower TV: Bang For The Buck Performance Mods**  Today, Horsepower brings back a smallblock Chevy 'Mule Motor' to test several popular bolt-on components to test each for power gains. Everything from different style headers to nitrous oxide. | **PG** |
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| 5:30PM | **Mythbusters: Buried In Concrete / Daddy Long Legs / Jet Taxi (R) 'CC'**  Will Jamie and Adam find Jimmy Hoffa, who is allegedly buried in concrete? Can the power and force of a 737 launch a taxicab 75 feet in the air? Is the daddy longlegs the most venomous spider? | **PG** |
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| 6:30PM | **7Mate Saturday Night Movie** |  |
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| 9:15PM | **7Mate Saturday Night Movie** |  |
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| 11:55PM | **1000 Ways To Die: Lighter Side Of Death / The Good, The Bad And The Dead (R)**  Follow the 'real-death' stories of people who have met with extraordinary ends. Some die tragically, others accidentally and there's a few caused by just plain stupidity. | **MA (D,A)** |
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| 1:00AM | **Operation Repo (R)**  Luis and Froy are at the bowling alley to snag a 2008 Honda Ridgeline. Their debtor answers back with a bowling ball through the driver's side window. | **M** |
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| 1:30AM | **Gaelic Football: Football Round 2b and 3a or Hurling Rd 2 TBC  \*\*LIVE\*\***  Coverage of the 2014 GAA Football and Hurling Championships. |  |
|  |  |  |
| 4:00AM | **Gaelic Football: Football Round 2b and 3a or Hurling Rd 2 TBC  \*\*LIVE\*\***  Coverage of the 2014 GAA Football and Hurling Championships. |  |