



MELBOURNE PROGRAM GUIDE

Sunday 18th December 2011

06:00 am Triathlon: World Cup Magazine (Rpt)

World Cup Magazine 4: Guatape And Egypt

Follow the world's leading triathletes at World Cup events in Guatape, Colombia and Egypt.

07:00 am Fear Factor (Rpt)

PG
Some Coarse
Language,
Adult Themes

In each pulse-racing episode, contestants recruited from across America must decide if they have the guts and determination to face their most primal fears and confront a series of challenging stunts.

08:30 am Volvo Ocean Race Highlights

PG

After 38 years of history, visiting 5 continents, the world's most prestigious offshore race is an exceptional around the world test of sailing prowess and human endeavour.

09:30 am Pro Bull Riding

PG

Las Vegas Part 2

Only the bravest dare to enter the bullring and hold on for dear life. Pro Bull Riding is one of the most popular and thrilling sporting spectacles in the USA and the new season continues here on ONE.

10:30 am World Of Free Sports

PG

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

11:00 am NFL Total Access

PG

Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.

12:00 pm National Football League

LIVE

Week 15 - Tampa Bay Buccaneers V Dallas Cowboys

The Tampa Bay Buccaneers host the Dallas Cowboys at their home ground, Raymond James Stadium in Week 15 of the 2011-2012 NFL season.

03:15 pm Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

03:30 pm Airline (Rpt)

PG

Airline is a reality television series documenting the lives of airline staff, ground workers, and passengers on budget airline EasyJet.

04:00 pm Pat Callinan's 4x4 Adventures (Rpt)

G

Join Pat Callinan as he takes his trusty 4x4 and explores the most amazing, visually stunning places in Australia.

05:00 pm Sailing World Championships 2011

LIVE

Medal Races And Podium Presentations

Sailing's World Champions will be decided in Perth, and if that isn't enough, seventy five per cent of nations to compete at the 2012 London Olympic Games will earn their places at Perth 2011.



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Sunday 18th December 2011

08:00 pm COPS (Rpt)

PG
Drug References,
Adult Themes

A real life drama series that documents the personal and professional lives of the police officers enforcing the troubled streets of America.

08:30 pm 48 Hrs. (1982)

MOVIE

A hard-nosed cop reluctantly teams up with a wise-cracking criminal temporarily paroled to him, in order to track down a killer.

Starring: Nick Nolte, Eddie Murphy, Frank McRae, David Patrick Kelly, Brion James

10:35 pm Basketball: NBL

Round 11: Melbourne Tigers V Townsville Crocodiles

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

12:35 am National Football League

03:00 am Magic Of The FA Cup (Rpt)

G

West Ham's Greatest Players

Beautiful Game Monday continues all summer on ONE. This week we look through the archives to follow the memorable moments of West Ham's Greatest Players. Will Lucas Neill make the grade?

04:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

04:30 am World Of Free Sports (Rpt)

PG

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

05:00 am National Football League

LIVE

Week 15 - New York Giants V Washington Redskins (Early)

The New York Giants host the Washington Redskins at their home ground, MetLife Stadium in Week 15 of the 2011-2012 NFL season.



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Monday 19th December 2011

06:00 am National Football League

LIVE

Week 15 - New York Giants V Washington Redskins

The New York Giants host the Washington Redskins at their home ground, MetLife Stadium in Week 15 of the 2011-2012 NFL season.

08:15 am National Football League

LIVE

Week 15 - Philadelphia Eagles V New York Jets (Early)

The Philadelphia Eagles host the New York Jets at their home ground, Lincoln Financial Field in Week 15 of the 2011-2012 NFL season.

11:15 am World Of Free Sports (Rpt)

PG

World of Free Sports brings you the world - a world of action, adventure and extreme sports. Get your thirty minute dose of adrenalin with an assortment of unbelievable action.

11:45 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:15 pm RPM Moment (Rpt)

G

Tom Cruise Drives An F1 Car

12:20 pm National Football League

LIVE

Week 15 - San Diego Chargers V Baltimore Ravens

The San Diego Chargers host the Baltimore Ravens at their home ground, Qualcomm Stadium in Week 15 of the 2011-2012 NFL season.

03:30 pm TBA

04:00 pm TBA

04:30 pm Airline (Rpt)

PG
Some Coarse
Language

A passenger is grounded when he discovers EasyJet no longer accepts cash for tickets. Meanwhile, a man unexpectedly spends his Christmas at an airport.

05:00 pm I Fish (Rpt)

G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm M*A*S*H

06:30 pm Get Smart



MELBOURNE PROGRAM GUIDE

Monday 19th December 2011

07:00 pm COPS

07:30 pm Psych

PG

The Head, The Tail, The Whole Damn

After Lassiter takes a page out of Shawn's book and claims a shark attack victim was actually murdered, the guys must then scramble to find the fish and prove him right.

Starring: James Roday, Dule Hill, Corbin Bernsen

08:30 pm Burn Notice

M
Some Violence

Mind Games

Nate returns to Miami to seek Michael's help to go after a loan shark who's harassing a widow. However, the guys soon discover that the loan shark is not all that he seems.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless, Coby Bell

09:30 pm Blue Bloods

WS

To Tell The Truth

Guest Starring: Jim True-Frost

Just before Danny is to give witness testimony at a Peruvian drug lord's murder trial, Linda is kidnapped. This drug lord has a history of intimidating witnesses.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Len Cariou, Amy Carlson

10:30 pm Streets Of Blood (2009)

MOVIE

The criminal underworld is suspected of using Hurricane Katrina as a cover to hide the murder of a policeman. Their partner is determined to uncover the truth.

Starring: Val Kilmer, Sharon Stone, Michael Biehn

12:35 am The Ultimate Fighter (Rpt)

M
Realistic Violence,
Some Coarse
Language

The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.

01:35 am The Ultimate Fighter (Rpt)

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Realistic Violence,
Some Coarse
Language

The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.

02:35 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.



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Monday 19th December 2011

03:00 am Football: Arsenal TV

Manchester City V Arsenal



MELBOURNE PROGRAM GUIDE

Tuesday 20th December 2011

06:00 am	Football: Bundesliga Weekly Highlights (Rpt)		<u>Matchday 16</u> Follow the highlights and results from all the Bundesliga matches in the weekly highlights show.
07:00 am	Football: The Serie A Highlights Show (Rpt)	PG	<u>Matchday 15</u> The Serie A Highlights Show is a comprehensive recap of the best goals and highlights from every matchday of the 2011/12 Italian football season.
07:30 am	Triathlon: World Cup Magazine (Rpt)		<u>World Cup Magazine 3: Hatulco And Tongyeong</u> ONE mainlines you a fix of endurance events straight into your lounge room. Follow the world's leading triathletes at World Cup events in Hatulco And Tongyeong.
08:30 am	Save Point (Rpt)	PG Stylised Violence	Save Point brings you a fast-paced fix of gaming releases, news and reviews.
09:00 am	Basketball: NBL (Rpt)		<u>Round 11: Melbourne Tigers V Townsville Crocodiles</u> The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.
11:00 am	The WWE Experience (Rpt)	PG Some Violence	Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE. The WWE Experience will cover the most hardcore action from Raw, SmackDown and NXT.
12:00 pm	Motorsport: Goodwood Revival 2011 (Rpt)	PG	<u>Goodwood Revival 2011</u> The Goodwood Revival really is a magical step back in time, a unique chance to revel in the glamour and allure of motor racing in the romantic time capsule of the golden era of motor racing.
01:00 pm	Triathlon: Lausanne Team World Championship Highlights (Rpt)	G	<u>Team World Championship: Lausanne Highlights</u> Race highlights from Lausanne in Switzerland as the Team and Sprint championship puts the sport on a global stage.
02:00 pm	Demolition Derbies		<u>Demolition Derbies</u>
03:00 pm	Omnisport		Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.
03:30 pm	TBA		
04:00 pm	TBA		



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Tuesday 20th December 2011

04:30 pm Airline (Rpt)	PG Some Coarse Language	Pilot Mike plays Santa for 40 Luton schoolchildren, but festive cheer is scarce on the ground as anxious travellers struggle to reach their families in time for the holiday.
05:00 pm I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm M*A*S*H		
06:30 pm Get Smart		
07:00 pm COPS		
07:30 pm Expedition Impossible	PG	<u>Leap Of Faith</u> It's the halfway point of the competition and the eight teams take an intimidating leap off a cliff. Later, a zip line and a perilous kayaking trip are the challenges faced by the competitors.
08:30 pm COPS: Adults Only (Rpt)	M	<u>What A Sap - Special Edition</u> You won't believe the morons on parade as law enforcement officers go on patrol to protect America's troubled streets. With an unmistakable theme song COPS is the show at the forefront of reality TV.
09:00 pm COPS: Adults Only	MA15+ Strong Adult Themes	<u>Cp836 Orange County</u> A real life drama series that documents the personal and professional lives of the police officers enforcing the troubled streets of America.
09:30 pm Rush	CC M WS Some Violence, Sexual References, Adult Themes	During a routine cell extraction Dom and Stella are caught in a prison siege; an accident throws Kerry a curve ball. Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser
10:30 pm 24	M Some Violence	<u>Day 1: 11:00 P.M. - 12:00 A.M.</u> Guest Starring: Dennis Hopper Jack Bauer heads to the docks for a final climactic showdown with Victor Drazen. Starring: Kiefer Sutherland, Elisha Cuthbert, Dennis Haysbert, Carlos Bernard
11:30 pm The League	MA15+ Sexual References	<u>The Kluneberg</u> Jenny and the guys reconnect with their old friend Russell. Everyone tries to get Rafi out of the League and Andre buys an expensive painting.



MELBOURNE PROGRAM GUIDE

Tuesday 20th December 2011

12:00 am National Football League

02:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

03:00 am Football: Bundesliga (Rpt)

Matchday 16: Werder Bremen V Wolfsburg

05:00 am 500 Great Goals (Rpt)

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

05:30 am FA Cup Classics (Rpt)

G

F.A. Cup Final 1996/97 Chelsea V Middlesbrough

Take a step back in time with another FA Cup classic match - the final of the 1996/97 season between Chelsea FC and Middlesbrough FC.



MELBOURNE PROGRAM GUIDE

Wednesday 21st December 2011

06:00 am Football: Serie A

Matchday 16

08:00 am Football: The Serie A Highlights Show

PG

Matchday 16

The Serie A Highlights Show is a comprehensive recap of the best goals and highlights from every matchday of the 2011/12 Italian football season.

08:30 am Save Point (Rpt)

Save Point brings you a fast-paced fix of gaming releases, news and reviews.

09:00 am Basketball: NBL (Rpt)

Round 11: Adelaide 36ers V Wollongong Hawks

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

11:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

11:30 am National Football League

02:00 pm NFL Total Access

PG

Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.

03:00 pm Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

03:30 pm TBA

04:00 pm TBA

04:30 pm Airline (Rpt)

PG
Some Coarse
Language,
Adult Themes

Late arrivals for an Athens-bound plane are re-routed to Heathrow for a service that gets them home at 4am on Christmas Day.

05:00 pm I Fish (Rpt)

G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm M*A*S*H



MELBOURNE PROGRAM GUIDE

Wednesday 21st December 2011

06:30 pm Get Smart

07:00 pm COPS

07:30 pm Ice Road Truckers (Rpt)

PG
Some Coarse
Language

Arctic Ice

Competition is always fierce between truckers trying to make as many runs as possible in the season. Polar Bear and Alex are head to head while the rookies just try to survive the treacherous roads.

08:30 pm COPS: Adults Only (Rpt)

M

Resisting Arrest #4 Special Edition

The groundbreaking reality series COPS documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm COPS: Adults Only (Rpt)

M

Coast To Coast

Chase down the bad boys and girls caught in the net of law enforcement agents. COPS is on the streets and on patrol to serve and protect law-abiding citizen and make the mean streets safer.

09:30 pm The Killing

M
Adult Themes

Undertow

The police are unsuccessful whilst trying to make an arrest. Richmond contemplates dropping out of the race. Fed up with the police, the Larsens take action.

10:30 pm NFL Total Access (Rpt)

PG

Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.

11:30 pm National Football League

02:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:30 am Football: Bundesliga

Matchday 17: Freiburg V Borussia Dortmund

04:30 am Football: Bundesliga Weekly Highlights

Matchday 17

Follow the highlights and results from all the Bundesliga matches in the weekly highlights show.

05:30 am FA Cup Classics (Rpt)

G

F.A. Cup 3rd Round 1999/00 Hull City V Chelsea

Hull City face Chelsea in an FA Cup Classic match from the third round of the 1999/2000 season.



MELBOURNE PROGRAM GUIDE

Thursday 22nd December 2011

06:00 am NFL: America's Game	PG	<u>Story Of The 1989 San Francisco 49ers</u>
The San Francisco 49ers capped a decade of success winning the final NFL title of the 80s. Follow the journey of their back-to-back Super Bowl victory. Narrated by Gene Hackman.		
07:00 am National Football League		
09:30 am Omnisport (Rpt)		
Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.		
10:00 am Basketball: NBL (Rpt)		<u>Round 11: Gold Coast Blaze V Perth Wildcats</u>
The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.		
12:00 pm MotoGP Classics (Rpt)	G	<u>Donington 1993</u>
ONE will be the exclusive home of the MotoGP championship starting with the 2010 season. In the lead up, we look back at memorable racing action from Donington in 1993 in another MotoGP Classic.		
01:00 pm Triathlon: World Cup Magazine (Rpt)		<u>World Cup Magazine 2: Edmonton And Tiszaujvaros</u>
Follow the world's leading triathletes at World Cup events in Edmonton, Canada and Tiszaujvaros, Hungary.		
02:00 pm Our Arctic Challenge		<u>Our Arctic Challenge</u>
A documentary which will open everyone's eyes to the realities of climate change. The fragile Arctic environment is testimony to the biggest and fastest signs of climate change.		
03:00 pm Omnisport		
Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.		
03:30 pm TBA		
04:00 pm TBA		
04:30 pm Airline (Rpt)	PG	
Airline is a reality television series documenting the lives of airline staff, ground workers, and passengers on budget airline EasyJet.		



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Thursday 22nd December 2011

05:00 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	M*A*S*H		
06:30 pm	Get Smart		
07:00 pm	COPS		
07:30 pm	Extreme Fishing With Robson Green (Rpt)	PG Some Coarse Language	<p>USA</p> <p>The Extreme Fishing adventures continue as Robson Green explores the deep south of the USA. The esteemed British actor attempts to catch giant catfish without the use of a rod in Tennessee.</p>
08:30 pm	Field Of Dreams (Rpt) (1989)	CC PG WS Some Coarse Language	<p>MOVIE</p> <p>If you build it, they will come ... that's what Ray believes when he starts hearing voices telling him to turn his Iowa corn fields into a baseball diamond.</p> <p>Starring: Kevin Costner, Amy Madigan, Gaby Hoffman, Ray Liotta, James Earl Jones, Burt Lancaster</p>
10:45 pm	The Ultimate Fighter	M Realistic Violence, Some Coarse Language	The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.
11:45 pm	National Football League		
02:15 am	Omnisport (Rpt)		Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.
02:30 am	500 Great Goals (Rpt)	G	Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.
03:00 am	Football: Liverpool TV		<u>Liverpool V Aston Villa</u>



Friday 23rd December 2011

06:00 am Football: Bundesliga Weekly Highlights (Rpt)		<p><u>Matchday 17</u> Follow the highlights and results from all the Bundesliga matches in the weekly highlights show.</p>
07:00 am Magic Of The FA Cup (Rpt)	G	<p><u>Manchester City - Greatest Games</u></p>
08:30 am Motorsport: Goodwood Revival 2011 (Rpt)	PG	<p><u>Goodwood Revival 2011</u> The Goodwood Revival really is a magical step back in time, a unique chance to revel in the glamour and allure of motor racing in the romantic time capsule of the golden era of motor racing.</p>
09:30 am Australian Rally Championship (Rpt)		<p><u>R5 Victoria</u> It is both the final Australian and Victorian Rally Championship of the season. Head to the Baw Baw Shire and the popular forest roads around Noojee for the final heart stopping action and one winner.</p>
10:30 am NFL Total Access (Rpt)	PG	<p>Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.</p>
11:30 am Save Point (Rpt)		<p>Save Point brings you a fast-paced fix of gaming releases, news and reviews.</p>
12:00 pm Omnisport (Rpt)		<p>Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.</p>
12:25 pm National Football League		<p>LIVE <u>Week 16 - Indianapolis Colts V Houston Texans</u> The Indianapolis Colts host the Houston Texans at their home ground, Lucas Oil Stadium in Week 16 of the 2011-2012 NFL season.</p>
03:30 pm TBA		
04:00 pm TBA		
04:30 pm Airline (Rpt)	PG Some Coarse Language	<p>Staff deal with an irate woman who is not allowed to take a box of Christmas crackers on board her flight and a pregnant traveller demands a new pushchair as hers has been broken in transit.</p>



Friday 23rd December 2011

05:00 pm Pat Callinan's 4x4 Adventures

G

Join Pat Callinan as he takes his trusty 4x4 and explores the most amazing, visually stunning places in Australia.

06:00 pm M*A*S*H

06:30 pm Get Smart

07:00 pm COPS

07:30 pm Master Of Disaster

Avalanche

Tim and his team has a mission: to create a device that can be placed directly in the path of an avalanche and live to tell about it.

08:30 pm An Idiot Abroad

09:30 pm Miami Swat

Miami is home to some of America's meanest streets where ruthless gangsters live by their own rules. Standing in their way is the Special Response Team, one of the best trained police units in the USA

10:30 pm Basketball: NBL

Round 12: Sydney Kings V Townsville Crocodiles

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

12:30 am Basketball: NBL (Rpt)

Round 11: Melbourne Tigers V Townsville Crocodiles

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02:30 am Omnisport

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03:00 am Football: Arsenal TV

Aston Villa V Arsenal



Saturday 24th December 2011

06:00 am Football: Serie A

Matchday 16

08:00 am Ironman: Kelloggs Nutri Grain Series

11:00 am X Venture Corporate Games

PG

Australia's leading corporate games featuring 32 corporations competing in an 8 x 1-hour nationally televised adventure series. "It's Survivor meets the Amazing Race meets Eco Challenge".

12:00 pm World Of Free Sports

PG

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

12:30 pm Basketball: NBL (Rpt)

Round 12: Sydney Kings V Townsville Crocodiles

The 2011-12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

02:30 pm Australian Rally Championship Season Review

Season Review

The Australian Rally Championship is one of the world's oldest national rallying competitions. Relive the action from the 2011 season in this hour review show.

03:30 pm NFL: America's Game (Rpt)

PG

Story Of The 1989 San Francisco 49ers

The San Francisco 49ers capped a decade of success winning the final NFL title of the 80s. Follow the journey of their back-to-back Super Bowl victory. Narrated by Gene Hackman.

04:30 pm Airline At Christmas

Airline At Christmas

At this time of year, thousands of travellers strive to make it to their destinations in time to celebrate the holidays. With the airport's busy schedule, there are no exceptions for late-comers.

05:30 pm I Fish (Rpt)

G

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm Save Point

Save Point brings you a fast-paced fix of gaming releases, news and reviews.

06:30 pm The WWE Experience

PG
Some Violence

Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE. The WWE Experience will cover the most hardcore action from Raw, SmackDown and NXT.



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Saturday 24th December 2011

07:30 pm	Fear Factor	PG Some Coarse Language, Adult Themes	<u>Christmas</u> In each pulse-racing episode, contestants recruited from across America must decide if they have the guts and determination to face their most primal fears and confront a series of challenging stunts.
08:30 pm	COPS: Adults Only (Rpt)	M	<u>Anger Management Special Edition</u> You won't believe the morons on parade as law enforcement officers go on patrol to protect America's troubled streets. With an unmistakable theme song COPS is the show at the forefront of reality TV.
09:00 pm	COPS: Adults Only (Rpt)	M	<u>Ho! Ho! Ho! #6 Special Edition</u> You won't believe the morons on parade as law enforcement officers go on patrol to protect America's troubled streets. With an unmistakable theme song COPS is the show at the forefront of reality TV.
09:30 pm	48 Hours	M Adult Themes	<u>Murder In The O.C</u> 48 Hours is a documentary series focussing on real life mysteries and crime stories.
10:30 pm	UFC 109		<u>U.F.C 109: Relentless</u> Randy Couture goes to battle with Mark Coleman in the main event. Chael Sonnen takes on Nate 'The Great' Marquardt. Can Dan Miller defeat Brazilian Jiu Jitsu world champion Demian Maia?
12:30 am	The Ultimate Fighter (Rpt)	M Realistic Violence, Some Coarse Language	The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.
01:30 am	Australian Rally Championship Season Review (Rpt)		<u>Season Review</u> The Australian Rally Championship is one of the world's oldest national rallying competitions. Relive the action from the 2011 season in this hour review show.
02:30 am	Omnisport		Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.
03:00 am	Football: Bundesliga Weekly Highlights (Rpt)		<u>Matchday 17</u> Follow the highlights and results from all the Bundesliga matches in the weekly highlights show.
04:00 am	NFL Total Access	PG	Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.



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Saturday 24th December 2011

05:00 am National Football League

LIVE

Week 16 - New York Jets V New York Giants (Early)

The New York Jets host the New York Giants at their home ground, MetLife Stadium in Week 16 of the 2011-2012 NFL season.