

## BBC FIRST

09:15 Pramface  
09:45 Doctors  
10:15 Doctors  
10:45 Eastenders  
11:15 Dickensian  
12:00 Holby City  
13:00 Doctors  
13:30 Doctors  
14:00 Eastenders  
14:30 Eastenders  
15:05 Casualty  
16:00 New Tricks  
16:55 Call The Midwife  
17:50 Call The Midwife  
18:45 Casualty  
19:35 Holby City  
20:30 Doctors  
21:00 Eastenders  
21:30 The Musketeers  
00:15 Doctors  
00:45 Doctors  
01:15 Father Brown  
02:00 DCI Banks  
03:00 Thirteen  
03:55 Happy Valley  
04:50 Friday Night Dinner



09:15 The Hive  
09:20 Sabrina Secrets Of A Teenage Witch  
10:10 Hank Zipzer  
10:35 Binny And The Ghost  
11:00 Violetta  
11:45 The Hive  
11:50 Mouk  
12:00 Jessie  
12:25 Jessie  
12:50 Miraculous Tales Of Ladybug And Cat Noir  
13:15 Tsum Tsum Shorts  
13:20 Disney Cookabout  
13:45 Bunk'd  
14:10 Austin & Ally  
14:35 Shake It Up  
15:00 A.N.T. Farm  
15:25 A.N.T. Farm  
15:50 That's So Raven  
16:40 Good Luck Charlie  
17:30 Jessie  
17:55 Disney Mickey Mouse  
18:00 The 7D  
18:15 Miraculous Tales Of Ladybug And Cat Noir  
18:40 Hank Zipzer  
19:05 Star Darlings  
19:10 Austin & Ally  
19:35 Austin & Ally  
20:00 Liv And Maddie  
20:50 Dog With A Blog  
21:15 Jessie  
21:40 Bunk'd  
22:05 Star Darlings  
22:10 Gravity Falls  
22:35 Miraculous Tales Of Ladybug And Cat Noir

23:00 Backstage  
23:25 Full Out  
00:55 The 7D  
01:05 Liv And Maddie  
01:30 Jessie  
01:55 Violetta  
02:45 Backstage  
03:10 H2O: Just Add Water  
03:35 H2O: Just Add Water  
04:00 Binny And The Ghost  
04:25 Sabrina Secrets Of A Teenage Witch  
04:50 Sabrina Secrets Of A Teenage Witch  
05:10 Hank Zipzer  
05:35 Binny And The Ghost



09:10 Henry Hugglemonster  
09:20 Calimero  
09:35 Zou  
09:45 Loopdidoo  
10:00 Art Attack  
10:25 Henry Hugglemonster  
10:35 Calimero  
10:50 Zou  
11:00 Loopdidoo  
11:15 Art Attack  
11:35 Henry Hugglemonster  
11:50 Calimero  
12:00 Zou  
12:20 Loopdidoo  
12:35 Art Attack  
13:00 The Hive  
13:10 Zou  
13:25 Loopdidoo  
13:40 Gummi Bears  
14:05 Sofia The First  
14:30 Goldie & Bear  
14:40 PJ Masks  
14:55 Jake And The Never Land

Pirates  
15:10 Doc McStuffins  
15:20 Miles From Tomorrow  
15:35 Jake And The Never Land  
Pirates  
15:45 Goldie & Bear  
16:00 Sofia The First  
16:25 The Lion Guard  
16:55 Jake And The Never Land  
Pirates  
17:20 Minnie's Bow-Toons  
17:25 Sheriff Callie's Wild West The Hive  
17:50 The Lion Guard  
18:00 Doc McStuffins  
18:30 Mickey Mouse Clubhouse  
19:00 The Lion Guard  
19:30 Jake And The Neverland  
Pirates  
19:45 Aladdin  
20:15 Sheriff Callie's Wild West  
20:45 Doc McStuffins  
21:15 Minnie's Bow-Toons  
21:20 The Adventures Of The



09:40 Fast N' Loud  
10:30 Garage Gold  
11:00 How Stuff's Made  
11:30 How Do They Do It?  
12:00 Mythbusters  
12:50 World's Top 5  
13:40 Trailblazers  
14:30 Boy To Man  
15:20 The Island With Bear Grylls: USA  
16:10 So You Think You'd Survive?  
17:00 Dark Woods Justice  
17:50 Diesel Brothers  
18:40 Alcatraz: Escaping The Rock  
19:30 Fast N' Loud  
20:20 Misfit Garage

21:10 Street Outlaws  
22:00 Dark Woods Justice  
03:00 Wheeler Dealers  
03:50 Misfit Garage  
04:40 Street Outlaws  
05:30 Alcatraz: Escaping The Rock



12:00 Boyster  
12:10 Super Matrak  
12:35 Super Matrak  
13:00 Star vs The Forces Of Evil  
13:25 K.C. Undercover  
13:50 Supa Strikas  
14:15 Danger Mouse  
14:40 Phineas And Ferb  
15:05 Counterfeit Cat  
15:10 Gravity Falls  
15:35 Lab Rats: Bionic Island  
16:00 Rocket Monkeys  
16:25 Ultimate Spider-Man  
16:50 Boyster  
17:20 Boyster  
17:45 Pair Of Kings  
18:10 Pair Of Kings  
18:35 Lab Rats: Bionic Island  
19:00 Lab Rats: Bionic Island  
19:30 Phineas And Ferb  
19:55 Phineas And Ferb  
20:20 Kickin' It  
20:45 Kickin' It  
21:10 Disney Mickey Mouse  
21:15 Supa Strikas  
21:40 Supa Strikas  
22:05 Lab Rats: Bionic Island  
22:30 Danger Mouse  
22:55 Kirby Buckets  
23:25 K.C. Undercover  
23:50 Annedroids  
00:15 Gamer's Guide To Pretty Much Everything  
00:40 K.C. Undercover  
01:05 Counterfeit Cat  
01:10 Gravity Falls  
01:35 Pickle And Peanut  
02:00 Lab Rats: Bionic Island  
02:25 Supa Strikas  
02:55 K.C. Undercover  
03:20 Gamer's Guide To Pretty Much Everything  
03:45 Guardians Of The Galaxy  
04:10 Marvel Avengers Assemble  
04:40 Disney Mickey Mouse  
05:00 Programmes Start At 6:00am  
KSA

19:15 Emmerdale  
19:45 Coronation Street  
20:15 Who's Doing The Dishes?  
21:10 The Chase  
22:00 Royal Stories  
22:30 Victoria  
22:50 Murdoch Mysteries  
00:45 Emmerdale  
01:15 Emmerdale  
01:45 Coronation Street  
02:10 The Chase  
03:00 Royal Stories  
03:30 Victoria  
04:50 Emmerdale  
05:15 Emmerdale  
05:40 Coronation Street



09:05 Sara's New Nordic Kitchen  
09:30 Eat: The Story Of Food  
10:20 Gok's Chinese Takeaway  
11:10 Seoul: Capital Of K-Pop  
12:00 East Bites West  
12:25 East Bites West  
12:50 Access 360 World Heritage  
13:40 Grandma's Boy  
14:05 Eat Street  
14:30 Sara's New Nordic Kitchen  
15:20 Eat: The Story Of Food  
16:10 Gok's Chinese Takeaway  
17:00 Seoul: Capital Of K-Pop  
17:50 East Bites West  
18:15 East Bites West  
18:40 Access 360 World Heritage  
19:35 Delinquent Gourmet  
20:00 Eat Street  
20:30 Sara's New Nordic Kitchen  
20:55 Sara's New Nordic Kitchen  
21:25 Eat: The Story Of Food  
22:20 Gok's Chinese Takeaway  
23:15 Valentine Warner Eats Scandinavia  
23:40 Valentine Warner Eats Scandinavia  
00:10 East Bites West  
00:35 East Bites West  
01:05 Sara's New Nordic Kitchen  
01:30 Eat: The Story Of Food  
02:25 Gok's Chinese Takeaway  
03:15 Valentine Warner Eats Scandinavia  
03:40 Valentine Warner Eats Scandinavia  
04:05 East Bites West  
04:30 East Bites West  
04:55 Access 360 World Heritage  
05:45 Delinquent Gourmet



09:00 Catch A Contractor  
10:15 Workaholics  
10:40 Workaholics  
11:05 Lip Sync Battle  
11:30 Workaholics  
11:55 Workaholics  
12:20 Tosh.0  
12:50 Tosh.0  
13:15 Key And Peele  
13:40 Key And Peele  
14:05 Workaholics  
14:30 Workaholics  
14:55 Tosh.0  
15:20 Tosh.0  
15:45 Key And Peele  
16:10 Key And Peele  
16:35 Catch A Contractor  
17:00 Frankenfood  
17:25 Frankenfood  
17:50 Tosh.0  
18:15 Workaholics  
18:40 Workaholics  
19:05 Workaholics  
19:30 Tosh.0  
19:55 Tosh.0  
20:20 Workaholics  
21:35 Tosh.0  
22:00 Tosh.0  
22:30 Key And Peele  
22:55 Key And Peele  
23:25 Workaholics  
23:50 Ridiculousness  
01:27 Urban Tarzan  
01:50 Urban Tarzan  
02:13 Lip Sync Battle  
02:37 Brotherhood  
03:00 The Daily Show With Trevor Noah  
03:30 Inside Amy Schumer  
03:54 Broad City  
04:18 South Park  
04:42 TUT



09:00 Destroyed In Seconds  
09:25 Destroyed In Seconds  
09:50 Ultimate Survival  
10:40 How It's Made  
11:05 How It's Made  
11:30 World's Toughest Jobs  
12:20 Mythbusters  
13:00 Kids vs Film  
13:25 Dick 'n' Dom Go Wild  
13:50 My Cat From Hell  
14:40 How It's Made  
15:05 How It's Made  
15:30 Invent It Rich  
16:20 Mythbusters  
17:10 Animal Airport  
17:35 Animal Airport  
18:00 My Cat From Hell  
18:50 Ultimate Survival  
19:40 How It's Made  
20:05 How It's Made  
20:30 World's Toughest Jobs  
21:20 Mythbusters  
22:10 Kids vs Film  
22:35 Dick 'n' Dom Go Wild  
23:00 World's Funniest  
23:50 Outrageous Acts Of Psych  
00:15 Outrageous Acts Of Psych  
00:40 Invent It Rich



INTO THE STORM ON OSN MOVIES HD ACTION



09:40 #RichKids Of Beverly Hills  
10:35 #RichKids Of Beverly Hills  
11:30 Botched  
12:00 Hollywood Medium With Tyler Henry  
12:55 E! News  
13:10 Hollywood Medium With Tyler Henry  
14:10 E! News  
15:10 Hollywood Medium With Tyler Henry  
18:00 E! News  
18:15 Hollywood Medium With Tyler Henry  
19:10 LA Clippers Dance Squad  
20:05 LA Clippers Dance Squad  
21:00 E! News  
21:15 LA Clippers Dance Squad  
01:00 E! News  
02:00 WAGs  
03:00 Keeping Up With The Kardashians  
04:00 Keeping Up With The Kardashians  
05:00 E! News  
05:15 WAGs



09:20 Science Of Stupid  
09:50 Machine Impossible  
10:45 Science Of Stupid  
11:10 Science Of Stupid  
11:40 Ape Man  
12:35 Locked Up Abroad  
13:30 Breakout  
14:25 Wicked Tuna  
15:20 Science Of Stupid  
15:45 Science Of Stupid  
16:15 4 Babies A Second  
17:10 Migrations  
18:05 Brain Games  
19:00 I Wouldn't Go In There: WW2 Special  
20:00 No Man Left Behind  
21:00 Locked Up Abroad  
22:00 4 Babies A Second  
23:00 Migrations  
00:00 Man Hunt  
01:00 World's Weirdest  
02:00 4 Babies A Second  
02:50 Migrations  
03:40 Man Hunt  
04:30 World's Weirdest  
05:20 Ape Man



09:25 When Ant & Dec Met The Prince  
10:45 Callie-Anne Cooks Into The Wild  
11:15 Murdoch Mysteries  
12:10 Who's Doing The Dishes?  
13:05 The Chase  
14:00 When Ant & Dec Met The Prince  
15:30 Callie-Anne Cooks Into The Wild  
16:00 Murdoch Mysteries  
16:55 Who's Doing The Dishes?  
17:50 The Chase  
18:45 Emmerdale



09:45 My Dog Ate What?  
10:40 Soul Of The Elephant  
11:35 Amazonia's Giant Jaws  
12:30 Dr. K's Exotic Animal ER  
13:25 My Dog Ate What?  
14:20 Soul Of The Elephant  
15:15 Crimes Against Nature  
16:10 Wild Scotland: Highlands  
17:05 Making Panda  
18:00 Shark Junction  
18:55 Tiger's Revenge  
19:50 World's Deadliest Animals  
20:45 Snakes In The City  
21:40 Little Giant