

**AM MOVIES ACTION**

01:35 Grosse Pointe Blank  
03:35 The Man From U.N.C.L.E.  
05:40 Road Wars  
07:30 Judge Dredd  
09:10 Grosse Pointe Blank  
11:00 The Man From U.N.C.L.E.  
12:55 Forbidden Empire  
14:55 Judge Dredd  
16:35 Rampage: President Down  
18:15 Hard Target 2  
20:00 Sherlock Holmes  
22:10 Troy

**ANIMAL PLANET HD**

00:45 Treehouse Masters  
01:40 Preposterous Pets  
02:35 Gator Boys  
03:25 The Bronx Zoo  
04:15 Insane Pools: Off The Deep End  
05:02 Mutant Planet  
05:49 Untamed & Uncut  
06:36 Swamp Brothers  
07:00 Swamp Brothers  
07:25 Gator Boys  
08:15 Treehouse Masters  
09:10 Preposterous Pets  
09:10 Mutant Planet  
11:00 Gator Boys  
11:55 The Bronx Zoo  
12:50 Insane Pools: Off The Deep End  
13:45 Preposterous Pets  
14:40 Mutant Planet  
15:35 Untamed & Uncut  
16:30 Treehouse Masters  
17:25 Whale Wars  
18:20 Whale Wars  
19:15 Preposterous Pets  
20:10 Gator Boys  
21:05 Whale Wars  
22:00 Whale Wars  
22:55 Mutant Planet  
23:50 Untamed & Uncut

**BBC FIRST**

00:25 EastEnders  
00:55 Poldark  
01:50 Last Tango In Halifax  
02:45 Prime Suspect: Tennison  
03:25 New Blood  
04:20 The Coroner  
05:05 Poldark  
06:00 Holby City  
06:55 EastEnders  
07:20 Death In Paradise  
08:15 Doctor Who  
09:15 Father Brown  
10:00 EastEnders  
10:30 Death In Paradise  
11:25 Doctor Who  
12:25 Father Brown  
13:15 The Coroner  
14:05 EastEnders  
14:35 Death In Paradise  
15:30 Doctor Who  
16:30 Father Brown  
17:20 The Coroner  
18:10 Carters Get Rich  
18:30 EastEnders  
19:05 Death In Paradise  
20:00 Holby City  
21:00 Carters Get Rich  
21:25 Mum  
22:00 Uncle  
22:25 Pramface  
23:00 Benidorm  
23:50 Death In Paradise

**crime investigation network**

00:00 Escaping Polygamy  
01:00 Celebrity Ghost Stories  
02:00 My Haunted House  
03:00 Psychic Kids: Children Of The Paranormal  
04:00 Escaping Polygamy  
05:00 Celebrity Ghost Stories  
06:00 It Takes A Killer  
07:00 It Takes A Killer  
08:00 The First 48  
09:00 Homicide Hunter  
10:00 Crimes That Shook Britain  
14:00 The First 48  
15:00 Cold Case Files  
16:00 Crimes That Shook Britain  
17:00 Crimes That Shook Australia  
18:00 It Takes A Killer  
18:30 It Takes A Killer  
19:00 The First 48  
20:00 Homicide Hunter  
21:00 Cold Case Files  
22:00 Homicide Hunter  
23:00 It Takes A Killer  
23:30 It Takes A Killer

**COMEDY CENTRAL**

00:05 Inside Amy Schumer  
00:30 Inside Amy Schumer  
00:55 Broad City  
01:20 Broad City  
01:45 Another Period  
02:10 Chappelle's Show  
02:35 Important Things With Demetri Martin  
03:00 The Daily Show With Trevor Noah  
03:25 Disorderly Conduct: Video On Patrol  
04:15 Lip Sync Battle  
04:40 Ridiculousness  
05:05 Disaster Date  
05:30 Catch A Contractor  
05:55 Catch A Contractor  
06:20 Framework  
07:15 Disorderly Conduct: Video On Patrol  
08:05 Disaster Date  
08:30 Impractical Jokers  
08:55 Ridiculousness  
09:20 Key And Peele  
09:45 Lip Sync Battle  
10:10 Ridiculousness  
10:35 Disaster Date  
11:00 Urban Tarzan  
11:25 Tattoo Disasters  
11:50 Disaster Date  
12:15 Catch A Contractor  
12:40 Catch A Contractor  
13:05 Disorderly Conduct: Video On Patrol  
13:55 Sweat Inc.  
14:45 Lip Sync Battle  
15:10 Lip Sync Battle  
15:35 Ridiculousness  
16:00 Impractical Jokers  
16:25 Disaster Date  
16:50 Disaster Date  
17:15 Ridiculousness  
17:40 Comedy Central Presents Comedy 3alwagef  
18:10 Impractical Jokers  
18:33 Key And Peele  
18:56 Ridiculousness Arabia  
19:19 Ridiculousness Arabia  
19:43 Disaster Date

20:05 Lip Sync Battle  
20:30 Lip Sync Battle  
21:00 The Daily Show - Global Edition  
21:30 Another Period  
22:00 Idiotsitter  
22:25 Kroll Show  
22:50 John Oliver's New York Stand Up Show  
23:15 John Oliver's New York Stand Up Show  
23:40 The Daily Show - Global Edition

**Discovery Family**

00:30 Lost & Found With Mike & Jesse  
01:20 World's Toughest Expeditions With James Cracknell  
02:10 Animal Nation With Anthony Anderson  
03:00 Finding Bigfoot  
03:50 Guinness World Records Smashed UK  
04:40 How It's Made  
05:05 How It's Made  
05:30 Lost & Found With Mike & Jesse  
06:20 Mythbusters  
07:00 Kenny The Shark  
07:25 Kids vs Film  
07:50 Dogs/Cats/Pets 101  
08:40 How It's Made  
09:05 How It's Made  
09:30 What Could Possibly Go Wrong?  
10:20 Mythbusters  
11:10 My Cat From Hell  
12:00 Finding Bigfoot  
12:50 How It's Made  
13:15 How It's Made  
13:40 Playhouse Masters  
14:30 Kenny The Shark  
14:55 Kids vs Film  
15:20 Guinness World Records Smashed UK  
16:10 What Could Possibly Go Wrong?  
17:00 Weather Top Tens  
17:50 Engineering Earthquakes  
18:40 Mythbusters  
19:30 How It's Made  
19:55 How It's Made  
20:20 Guinness World Records Smashed UK  
21:10 Weather Top Tens  
22:00 Engineering Earthquakes  
22:50 Finding Bigfoot  
23:40 Guinness World Records Smashed UK

**ID**

00:30 Vanity Fair Confidential  
01:20 Evil Online  
02:10 Murder Comes To Town  
03:00 Your Worst Nightmare  
03:48 Betrayed  
04:36 Betrayed  
05:24 Betrayed  
06:12 Betrayed  
07:00 Deadly Affairs  
07:50 Deadly Affairs  
08:30 Deadly Affairs  
10:20 The Locator  
10:45 The Locator  
11:10 Women In Prison  
12:00 Betrayed  
12:50 Betrayed  
13:40 Betrayed  
14:30 Betrayed  
15:20 The Locator  
15:45 The Locator  
16:10 Evil Online  
17:00 Who On Earth Did I Marry?  
19:55 Who On Earth Did I Marry?  
20:20 Deadline: Crime With Tamron Hall  
21:10 Murder Chose Me  
22:00 Murder Comes To Town  
22:50 The Detectives Club: New Orleans  
23:40 Evil Online

**Disney HD**

00:00 Hank Zipzer  
00:25 Alex & Co.  
00:45 The Hive  
00:50 Evermoor Chronicles  
01:15 Sabrina Secrets Of A Teenage Witch  
01:40 Sabrina Secrets Of A Teenage Witch  
02:05 Binny And The Ghost  
02:30 Binny And The Ghost  
02:55 Hank Zipzer  
03:15 The Hive  
03:20 Hank Zipzer  
03:45 Alex & Co.  
04:10 Alex & Co.  
04:35 Sabrina Secrets Of A Teenage Witch  
05:00 Sabrina Secrets Of A Teenage Witch  
05:25 Binny And The Ghost  
05:45 The Hive  
05:50 The 7D  
06:00 Jessie  
06:25 Jessie  
06:50 Tsum Tsum Shorts  
06:55 Loloirock  
07:20 Elena Of Avalor  
07:45 Bunk'd  
08:10 Stuck In The Middle  
08:35 Bizaardvark  
09:00 Austin & Ally  
09:25 Austin & Ally  
09:50 Good Luck Charlie  
10:15 Good Luck Charlie  
10:40 Alex & Co.  
11:00 Loloirock  
11:30 Miraculous Tales Of Ladybug And Cat Noir  
11:55 Disney Mickey Mouse  
12:00 Welcome To The Plonks  
12:15 Hank Zipzer  
12:40 Dog With A Blog  
13:05 Star Darlings  
13:10 Good Luck Charlie  
13:35 Austin & Ally  
14:00 Jessie  
14:25 Loloirock  
14:50 The Zhuzhus  
15:15 Whisker Haven Tales With The Palace Pets  
15:20 Miraculous Tales Of Ladybug And Cat Noir  
15:45 Elena Of Avalor  
16:10 Liv And Maddie  
16:35 Descendants Wicked World  
16:40 Girl Meets World  
17:00 Stuck In The Middle  
17:30 Bunk'd  
17:55 Bizaardvark  
18:20 Disney Mickey Mouse  
18:25 Alex & Co.  
18:50 Best Friends Whenever  
19:15 Sunny Bunnies  
19:20 Liv And Maddie  
19:45 Mako Mermaids  
20:10 Jessie  
20:35 Crackle  
20:40 Alex & Co.  
21:05 Austin & Ally  
21:30 Stuck In The Middle  
21:55 Tsum Tsum Shorts  
22:00 Bunk'd  
22:25 Miraculous Tales Of Ladybug And Cat Noir  
22:50 Loloirock  
23:10 Sabrina Secrets Of A Teenage

**Witch**

23:35 Binny And The Ghost

**Disney Junior**

00:00 Henry Hugglemonster  
00:15 Calimero  
00:30 Art Attack  
00:55 Zou  
01:05 Loopidoo  
01:20 Henry Hugglemonster  
01:35 Calimero  
01:50 Zou  
02:05 Art Attack  
02:30 The Hive  
02:40 Loopidoo  
02:55 Henry Hugglemonster  
03:10 Art Attack  
03:35 Loopidoo  
03:50 Calimero  
04:05 Art Attack  
04:30 Henry Hugglemonster  
04:45 Zou  
05:00 Art Attack  
05:30 Henry Hugglemonster  
05:45 Loopidoo  
06:00 Zou  
06:15 Calimero  
06:30 Loopidoo  
06:45 Henry Hugglemonster  
07:00 Sofia The First  
07:25 Goldie & Bear  
07:50 The Lion Guard  
08:15 Mickey And The Roadster Racers  
08:40 Doc McStuffins  
09:05 Jake And The Never Land Pirates  
09:30 PJ Masks  
09:45 Miles From Tomorrow  
10:10 Little Mermaid  
10:35 Mickey And The Roadster Racers  
11:00 PJ Masks  
11:25 My Friends Tigger & Pooh  
11:50 Goldie & Bear  
12:15 Sofia The First  
12:40 Miles From Tomorrow  
13:10 Jake And The Never Land Pirates  
13:35 PJ Masks  
14:00 My Friends Tigger & Pooh  
14:30 The Lion Guard  
14:55 Harry And Bop  
15:00 Sheriff Callie's Wild West  
15:30 Mickey And The Roadster Racers  
16:00 Sofia The First  
16:25 Goldie & Bear  
16:50 Doc McStuffins  
17:15 The Lion Guard  
17:40 Jake And The Never Land Pirates  
18:05 PJ Masks  
18:35 Mickey And The Roadster Racers  
19:05 Sofia The First  
19:35 Sheriff Callie's Wild West  
20:05 The Lion Guard  
20:35 Mickey Mouse Clubhouse  
21:00 Goldie & Bear  
21:25 Doc McStuffins  
21:50 Minnie's Bow-Toons  
22:00 Little Mermaid  
22:30 Mickey Mouse Clubhouse  
22:55 PJ Masks  
23:20 Henry Hugglemonster  
23:35 The Hive  
23:45 Loopidoo

**Discovery Channel HD**

00:20 Wheeler Dealers  
01:05 Blowing Up History  
01:50 Strip The City  
02:35 Made By Destruction  
02:57 Made By Destruction  
03:20 Fast N' Loud  
04:05 Running Wild With Bear Grylls  
04:50 Gold Rush  
05:35 How Do They Do It?  
06:00 Deadliest Catch  
06:45 Wheeler Dealers  
07:30 Fast N' Loud  
08:15 Running Wild With Bear Grylls  
09:00 Storage Hunters  
09:25 How Do They Do It?  
09:47 How Do They Do It?  
10:10 Blowing Up History  
10:55 Strip The City  
11:40 Made By Destruction  
12:02 Made By Destruction  
12:25 How Do They Do It?  
12:47 Storage Hunters  
13:10 Gold Rush  
13:15 Running Wild With Bear Grylls  
14:40 Deadliest Catch  
15:25 Fast N' Loud  
16:10 Wheeler Dealers  
17:00 How Do They Do It?  
17:25 How Do They Do It?  
17:50 Storage Hunters  
18:20 Storage Hunters  
18:50 Running Wild With Bear Grylls  
19:40 How Do They Do It?  
20:10 How Do They Do It?  
20:35 How Do They Do It?  
21:00 What On Earth?  
21:50 How Do They Do It?  
22:15 How Do They Do It?  
22:40 Impossible Engineering  
23:30 Fast N' Loud

**Discovery Channel HD**

00:00 Henry Hugglemonster  
00:15 Calimero  
00:30 Art Attack  
00:55 Zou  
01:05 Loopidoo  
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01:35 Calimero  
01:50 Zou  
02:05 Art Attack  
02:30 The Hive  
02:40 Loopidoo  
02:55 Henry Hugglemonster  
03:10 Art Attack  
03:35 Loopidoo  
03:50 Calimero  
04:05 Art Attack  
04:30 Henry Hugglemonster  
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05:30 Henry Hugglemonster  
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22:00 Little Mermaid  
22:30 Mickey Mouse Clubhouse  
22:55 PJ Masks  
23:20 Henry Hugglemonster  
23:35 The Hive  
23:45 Loopidoo

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20:10 How Do They Do It?  
20:35 How Do They Do It?  
21:00 What On Earth?  
21:50 How Do They Do It?  
22:15 How Do They Do It?  
22:40 Impossible Engineering  
23:30 Fast N' Loud

**H2 HD**

00:00 Decoding The Past  
01:00 Command Decisions  
01:30 Command Decisions  
02:00 Missing In Alaska  
02:50 Ancient Aliens  
03:40 True Monsters  
04:30 Million Dollar Genius  
05:20 Decoding The Past  
06:10 The Universe  
07:00 Command Decisions  
07:30 Command Decisions  
08:00 Missing In Alaska  
09:00 Ancient Aliens  
10:00 True Monsters  
11:00 The Universe  
12:00 Decoding The Past  
13:00 Command Decisions  
13:30 Command Decisions  
14:00 Missing In Alaska  
15:00 Ancient Aliens  
16:00 True Monsters  
17:00 The Universe  
18:00 Decoding The Past  
19:00 Command Decisions  
19:30 Command Decisions  
20:00 Missing In Alaska  
21:00 Ancient Aliens  
22:00 Blood And Glory: The Civil War In Color  
23:00 Million Dollar Genius

**H2 HD**

00:20 Counting Cars  
00:45 Counting Cars  
01:10 Forged In Fire  
02:00 Hunting Hiler  
02:50 Storage Wars  
03:15 American Pickers  
03:45 Pawn Stars  
04:30 Pawn Stars  
05:00 Mountain Men  
06:00 Lost In Transmission  
06:50 Duck Dynasty  
07:15 Duck Dynasty  
07:40 Counting Cars  
08:05 Counting Cars

**H2 HD**

00:20 Counting Cars  
00:45 Counting Cars  
01:10 Forged In Fire  
02:00 Hunting Hiler  
02:50 Storage Wars  
03:15 American Pickers  
03:45 Pawn Stars  
04:30 Pawn Stars  
05:00 Mountain Men  
06:00 Lost In Transmission  
06:50 Duck Dynasty  
07:15 Duck Dynasty  
07:40 Counting Cars  
08:05 Counting Cars

**EHD**

00:50 Hollywood Medium With Tyler Henry  
01:50 El News  
02:50 Celebrity Style Story  
03:20 Celebrity Style Story  
03:50 Botched By Nature  
04:40 Botched By Nature  
05:30 Celebrity Style Story  
06:00 EJ NYC  
07:00 EJ NYC  
08:00 El News: Daily Pop  
08:55 Keeping Up With The Kardashians  
09:55 Keeping Up With The Kardashians  
10:50 Keeping Up With The Kardashians  
11:45 Celebrity Style Story  
12:15 Botched  
13:10 Mountain Men  
14:05 Botched  
15:00 El News: Daily Pop  
15:55 Life Of Kylie  
16:20 Life Of Kylie  
16:50 Hollywood Medium With Tyler Henry  
17:40 Hollywood Medium With Tyler Henry  
18:30 Celebrity Style Story  
19:00 El News  
20:00 WAGs Miami  
21:00 WAGs Miami  
22:00 WAGs Miami  
23:00 Famously Single  
23:55 Famously Single

**food**

00:00 Chopped  
01:00 Food Network Star Kids  
02:00 Diners, Drive-Ins And Dives  
02:30 Diners, Drive-Ins And Dives  
03:00 Man Fire Food  
03:30 Man Fire Food  
04:00 Chopped  
05:00 Guy's Grocery Games  
06:00 Barefoot Contessa  
06:30 Barefoot Contessa  
07:00 The Kitchen  
08:00 The Pioneer Woman  
08:30 The Pioneer Woman  
09:00 Siba's Table  
09:30 Siba's Table  
10:00 The Pioneer Woman  
10:30 The Pioneer Woman  
11:00 The Kitchen  
12:00 The Pioneer Woman  
12:30 The Pioneer Woman  
13:00 Siba's Table  
13:30 Siba's Table  
14:00 Diners, Drive-Ins And Dives  
14:30 Diners, Drive-Ins And Dives  
15:00 Chopped  
16:00 The Kitchen  
17:00 The Pioneer Woman  
18:00 Chopped  
19:00 Iron Chef America  
20:00 Rev Run's Sunday Suppers  
21:00 Rev Run's Sunday Suppers  
21:30 Smollett Eats  
21:30 Smollett Eats  
22:30 Diners, Drive-Ins And Dives  
23:00 Chopped

**itv CHOICE**

00:00 Don't Tell The Bride  
01:00 Emmerdale  
01:30 Emmerdale  
02:00 Coronation Street  
02:30 Masterpiece With Alan Titchmarsh  
03:25 This Is England '90  
04:45 Catchphrase  
05:15 Couples Come Dine With Me  
06:05 Don't Tell The Bride  
07:05 Masterpiece With Alan Titchmarsh  
08:00 This Is England '90  
09:20 Catchphrase  
10:00 Couples Come Dine With Me  
10:50 Don't Tell The Bride  
11:50 Masterpiece With Alan Titchmarsh  
12:45 Emmerdale  
13:15 Coronation Street  
13:45 Coronation Street  
14:10 Don't Tell The Bride  
15:10 Masterpiece With Alan Titchmarsh  
16:00 I'm A Celebrity...Get Me Out Of Here!  
17:15 Catchphrase  
17:50 Couples Come Dine With Me  
18:45 Emmerdale  
19:15 Coronation Street  
19:45 Coronation Street  
20:10 Masterpiece With Alan Titchmarsh  
21:00 I'm A Celebrity...Get Me Out Of Here!  
22:10 Catchphrase  
22:50 Emmerdale  
23:15 Coronation Street  
23:35 Coronation Street

**NAT GEO WILD HD**

00:20 Crocs Of Katuma  
01:10 Monster Fish  
02:00 Attack Of The Big Cats  
02:50 Spine Chillers: Vampire Bats  
03:45 When Sharks Attack Compilations  
04:40 Unlikely Animal Friends  
05:35 Attack Of The Big Cats  
06:30 Spine Chillers: Vampire Bats  
07:25 When Sharks Attack Compilations  
08:20 Unlikely Animal Friends  
09:15 Dr. K's Exotic Animal 2.5  
10:10 World's Deadliest  
11:05 When Sharks Attack Compilations  
12:00 Search For The Giant Octopus  
12:55 Feast Of The Grizzly  
13:50 My Life Is A Zoo  
14:45 World's Weirdest: Animal Taboo  
15:40 Bandits Of Selous  
16:35 Dr. K's Exotic Animal 2.5  
17:30 World's Deadliest  
18:25 Madagascar's Fantastic Creatures  
19:20 World's Weirdest: Animal Taboo  
20:10 Bandits Of Selous  
21:00 Dr. K's Exotic Animal 2.5  
21:50 World's Deadliest  
22:40 Madagascar's Fantastic Creatures  
23:30 Search For The Giant Octopus

**nick HD**

00:12 Teenage Mutant Ninja Turtles  
00:36 Rabbids Invasion  
01:00 Rabbids Invasion  
01:24 Sanjay And Craig  
01:48 Sanjay And Craig  
02:12 Winx Club  
02:36 Winx Club  
03:00 Harvey Beaks  
03:24 Harvey Beaks  
03:48 The Loud House  
04:12 The Loud House  
04:36 Breadwinners  
05:00 Breadwinners  
05:24 Get Blake  
05:48 SpongeBob SquarePants  
06:12 SpongeBob SquarePants  
06:36 Teenage Mutant Ninja Turtles  
07:24 Rabbids Invasion  
07:48 Get Blake  
08:12 Harvey Beaks  
08:36 Sanjay And Craig  
09:00 Rank The Prank  
09:24 Henry Danger  
09:48 100 Things To Do Before High School  
10:12 Game Shakers  
10:36 Regal Academy  
11:00 Winx Club  
11:24 SpongeBob SquarePants

**nick HD**

00:12 Teenage Mutant Ninja Turtles  
00:36 Rabbids Invasion  
01:00 Rabbids Invasion  
01:24 Sanjay And Craig  
01:48 Sanjay And Craig  
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03:00 Harvey Beaks  
03:24 Harvey Beaks  
03:48 The Loud House  
04:12 The Loud House  
04:36 Breadwinners  
05:00 Breadwinners  
05:24 Get Blake  
05:48 SpongeBob SquarePants  
06:12 SpongeBob SquarePants  
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09:48 100 Things To Do Before High School  
10:12 Game Shakers  
10:36 Regal Academy  
11:00 Winx Club  
11:24 SpongeBob SquarePants

08:30 Pawn Stars  
08:55 Pawn Stars  
09:20 Storage Wars: Best Of  
09:45 Storage Wars: Best Of  
10:10 American Pickers  
11:00 Alone  
11:50 Duck Dynasty  
12:15 Duck Dynasty  
12:40 Counting Cars  
13:05 Counting Cars  
13:30 Ice Road Truckers  
14:20 Mountain Men  
15:10 Lost In Transmission  
16:00 Storage Wars: Best Of  
16:25 Storage Wars: Best Of  
16:50 Pawn Stars  
17:15 Pawn Stars  
17:40 Counting Cars  
18:05 Counting Cars  
18:30 Forged In Fire  
19:20 Mountain Men  
20:10 American Pickers  
21:00 Football: A Brief History By Alfie Allen  
21:50 Lost Worlds  
22:40 Outlaw Chronicles: Hells Angels  
23:40 American Pickers

**NAT GEO people HD**

00:45 Testing The Menu With Nic Watt  
01:10 Fish Of The Day  
01:40 Taste Of Tropic: Taiwan  
02:35 Eat Street  
03:00 Eat Street  
03:30 The Food Files  
03:55 The Food Files  
04:25 Poh & Co.  
04:50 Fish Of The Day  
05:20 Sinful Sweets  
05:45 Sinful Sweets  
06:15 Living Free With Kimi Werner  
07:10 Taste Of Tropic: Taiwan  
08:05 Eat Street  
08:30 Eat Street  
09:00 The Food Files  
09:25 The Food Files  
09:55 Poh & Co.  
10:20 Fish Of The Day  
10:50 Sinful Sweets  
11:15 Sinful Sweets  
11:45 Living Free With Kimi Werner  
12:40 Bad Trip  
13:35 Eat Street  
14:00 Eat Street  
14:30 The Food Files  
14:55 The Food Files  
15:25 Poh & Co.  
15:50 Fish Of The Day  
16:20 Sinful Sweets  
16:45 Sinful Sweets  
17:15 Living Free With Kimi Werner  
18:10 Restoration Man  
19:05 Poh & Co.  
19:30 Fish Of The Day  
20:00 Sinful Sweets  
20:30 Sinful Sweets  
21:00 Living Free With Kimi Werner  
22:00 Restoration Man  
22:55 Bad Trip  
23:00 Eat Street

**NATIONAL GEOGRAPHIC CHANNEL HD**

00:10 Surgery Ship  
01:00 Fidel Castro: The Lost Tapes  
02:00 Challenger Disaster: Lost Tapes  
03:00 Nazi Megastructures  
04:00 Surgery Ship  
05:00 Generals At War  
06:00 Highway Thru Hell  
07:00 Megastructures  
08:00 King Fishers  
09:00 WWII's Greatest Raids  
10:00 Supercar Megabuild  
11:00 Big Fix Alaska  
12:00 Nazi Megastructures  
13:00 Highway Thru Hell  
14:00 Living Free With Kimi Werner  
15:00 World's Most Extreme  
16:00 Supercar Megabuild  
17:00 Big Fix Alaska  
18:00 Locked Up Abroad  
19:00 World's Most Extreme  
20:00 Supercar Megabuild  
20:50 Big Fix Alaska  
21:40 Locked Up Abroad  
22:30 World's Most Extreme  
23:20 King Fishers

**NAT GEO WILD HD**

00:20 Crocs Of Katuma  
01:10 Monster Fish  
02:00 Attack Of The Big Cats  
02:50 Spine Chillers: Vampire Bats  
03:45 When Sharks Attack Compilations  
04:40 Unlikely Animal Friends  
05:35 Attack Of The Big Cats  
06:30 Spine Chillers: Vampire Bats  
07:25 When Sharks Attack Compilations  
08:20 Unlikely Animal Friends  
09:15 Dr. K's Exotic Animal 2.5  
10:10 World's Deadliest  
11:05 When Sharks Attack Compilations  
12:00 Search For The Giant Octopus  
12:55 Feast Of The Grizzly  
13:50 My Life Is A Zoo  
14:45 World's Weirdest: Animal Taboo  
15:40 Bandits Of Selous  
16:35 Dr. K's Exotic Animal 2.5  
17:30 World's Deadliest  
18:25 Madagascar's Fantastic Creatures  
19:20 World's Weirdest: Animal Taboo  
20:10 Bandits Of Selous  
21:00 Dr. K's Exotic Animal 2.5  
21:50 World's Deadliest  
22:40 Madagascar's Fantastic Creatures  
23:30 Search For The Giant Octopus

**nick HD**

00:12 Teenage Mutant Ninja Turtles  
00:36 Rabbids Invasion  
01:00 Rabbids Invasion  
01:24 Sanjay And Craig  
01:48 Sanjay And Craig  
02:12 Winx Club  
02:36 Winx Club  
03:00 Harvey Beaks  
03:24 Harvey Beaks  
03:48 The Loud House  
04:12 The Loud House  
04:36 Breadwinners  
05:00 Breadwinners  
05:24 Get Blake  
05:48 SpongeBob SquarePants  
06:12 SpongeBob SquarePants  
06:36 Teenage Mutant Ninja Turtles  
07:24 Rabbids Invasion  
07:48 Get Blake  
08:12 Harvey Beaks  
08:36 Sanjay And Craig  
09:00 Rank The Prank  
09:24 Henry Danger  
09:48 100 Things To Do Before High School  
10:12 Game Shakers  
10:36 Regal Academy  
11:00 Winx Club  
11:24 SpongeBob SquarePants

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10:12 Game Shakers  
10:36 Regal Academy  
11:00 Winx Club  
11:24 SpongeBob SquarePants

11:48 Teenage Mutant Ninja Turtles  
12:12 The Loud House  
12:36 Breadwinners  
13:00 School Of Rock  
13:24 Hunter Street  
13:48 Nicky, Ricky, Dicky & Dawn  
14:12 Henry Danger  
14:36 The Thundermans  
15:00 100 Things To Do Before High School  
15:24 Rabbids Invasion  
15:48 SpongeBob SquarePants  
16:12 Teenage Mutant Ninja Turtles  
16:36 The Loud House  
17:00 Regal Academy  
17:24 Winx Club  
17:48 Hunter Street  
18:12 Henry Danger  
18:36 Nicky, Ricky, Dicky & Dawn  
19:00 School Of Rock  
19:24 Game Shakers  
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21:48 Rabbids Invasion  
22:12 Breadwinners  
22:36 Harvey Beaks  
23:00 SpongeBob SquarePants  
23:24 SpongeBob SquarePants  
23:48 Teenage Mutant Ninja Turtles

**nick jr.**

00:01 Max & Ruby  
00:25 Ben & Holly's Little Kingdom  
00:36 Ben & Holly's Little Kingdom  
00:47 The Day Henry Met  
00:52 The Day Henry Met  
00:57 Blaze And The Monster Machines  
01:19 Blaze And The Monster Machines  
01:41 Zack & Quack  
02:03 Team Umizoomi  
02:25 Olive The Ostrich  
02:30 Olive The Ostrich  
02:35 Paw Patrol  
02:58 Little Charmers  
03:10 Ben & Holly's Little Kingdom  
03:22