

TV Listings

AM MOVIES
ACTION

01:55 911 Nightmare
03:35 Captain America: The Winter Soldier
06:00 I Am Number Four
08:00 Fantastic Four
10:00 Mission: Impossible - Rogue Nation
12:20 Kung Fu Yoga
14:15 I Am Number Four
16:15 Captain America: Civil War
18:50 Lost & Found
20:30 Eagle Eye
22:30 Kill'em All

ANIMAL PLANET HD

00:45 Rugged Justice
01:40 Preposterous Pets
02:35 The Pack
03:00 SSPCA: On The Wildside
03:25 Whale Wars
04:15 North Woods Law
05:02 Wildest Islands Of Indonesia
05:49 Lone Star Law
06:36 Meet The Sloths
07:00 Meet The Sloths
07:25 The Pack
07:50 SSPCA: On The Wildside
08:15 Rugged Justice
09:10 Preposterous Pets
10:05 Wildest Islands Of Indonesia
11:00 The Pack
11:28 SSPCA: On The Wildside
11:55 Whale Wars
12:50 North Woods Law
13:45 Preposterous Pets
14:40 Wildest Islands Of Indonesia
15:35 Lone Star Law
16:30 Rugged Justice
17:25 The Vet Life
18:20 Dr. Jeff: Rocky Mountain Vet
19:15 Preposterous Pets
20:10 SSPCA: On The Wildside
20:38 SSPCA: On The Wildside
21:05 The Vet Life
22:00 Dr. Jeff: Rocky Mountain Vet
22:55 Wildest Islands Of Indonesia
23:50 Lone Star Law

BBC FIRST

00:25 The Detectorists
00:55 New Tricks
01:50 Holby City
02:45 The Level
04:15 Mum
04:45 The Detectorists
05:15 Agatha Raisin
06:00 Doctors
06:30 EastEnders
07:00 Holby City
08:00 Doctors
08:30 Doctors
09:00 EastEnders
09:30 Hold The Sunset
10:00 Carters Get Rich
10:25 New Tricks
11:20 Casualty
12:15 Holby City
13:10 Doctors
13:40 EastEnders
14:10 Casualty
15:05 Hold The Sunset
15:35 Carters Get Rich
16:00 Doctors
18:30 Carters Get Rich
19:00 New Tricks
20:00 Trust Me
21:00 Shakespeare And Hathaway: Private Investigators
21:50 Mairgret
23:25 Doctors
23:55 Carters Get Rich

crime & investigation network

00:00 Fred Dineage: Murder Case-book
01:00 Cold Case Files
01:55 Marcia Clark Investigates
03:45 Fred Dineage: Murder Case-book

04:30 Cold Case Files
05:15 The First 48
06:00 The Eleven
07:00 It Takes A Killer
07:20 Cold Case Files
08:05 Homicide Hunter
08:50 The First 48
09:35 The Eleven
10:30 Evil Up Close
11:25 Leah Remini: Scientology And The Aftermath
12:20 Crimes That Shook Britain
13:15 Cold Case Files
14:10 Homicide Hunter
15:05 The First 48
16:00 The Eleven
17:00 The Eleven
18:00 The Eleven
19:00 The Eleven
20:00 Crimes That Shook Britain
21:00 Evil Up Close
22:00 Escaping Polygamy: After The Escape
23:00 The First 48



00:05 Important Things With Demetri Martin
00:30 Friends
00:55 The Daily Show With Trevor Noah
01:20 The Opposition With Jordan Klepper
01:45 Comedy Central Presents Comedy 3alwagef
02:13 Disaster Date
02:35 Important Things With Demetri Martin
03:00 The Daily Show With Trevor Noah
03:25 Disorderly Conduct: Video On Patrol
04:15 Catch A Contractor
05:05 MLE Chowdown: Wedges And Wings
05:55 Disaster Date
06:20 Comedy Central Presents Comedy 3alwagef
06:50 I Used To Be Fat
07:40 Impractical Jokers
08:05 Impractical Jokers
08:30 Disaster Date
08:55 Comedy Central Presents Comedy 3alwagef
09:20 Disorderly Conduct: Video On Patrol
10:10 I Used To Be Fat
11:00 Catch A Contractor
11:50 Ridiculousness Arabia
12:15 House Of Food
13:05 Framework
13:55 Ridiculousness Arabia
14:20 Ridiculousness Arabia
14:45 Disorderly Conduct: Video On Patrol
15:35 Ridiculousness Arabia
16:00 House Of Food
16:55 Martha And Snoop Potluck Dinner Party
17:20 Martha And Snoop Potluck Dinner Party
17:45 Ridiculousness Arabia
18:10 Ridiculousness Arabia
18:35 Takeshis Castle Thailand
19:00 Friends
19:25 Friends
19:50 Friends
20:12 Friends
20:35 Friends
21:00 The Daily Show With Trevor Noah
21:30 The Opposition With Jordan Klepper
22:00 Demetri Martin: Person
22:50 Friends
23:15 Friends
23:40 Comedy Central Presents Comedy 3alwagef



00:30 Destroyed In Seconds
00:55 Destroyed In Seconds
01:20 How It's Made
01:45 How It's Made
02:10 America's Cutest Pets
03:00 Tanked
03:50 Ultimate Survival
04:40 How The Universe Works

05:30 Weather Top Tens
06:20 How It's Made
06:40 How It's Made
07:00 Destroyed In Seconds
07:25 Destroyed In Seconds
07:50 America's Cutest Pets
08:40 How It's Made
09:05 How It's Made
09:30 Tanked
10:20 Ultimate Survival
11:10 Destroyed In Seconds
11:35 Destroyed In Seconds
12:00 How It's Made
12:25 How It's Made
12:50 React To That
13:15 React To That
13:40 The Carbonaro Effect
14:05 The Carbonaro Effect
14:30 America's Cutest Pets
15:20 How It's Made
15:45 How It's Made
16:10 Ultimate Survival
17:00 America's Cutest Pets
17:50 Tanked
18:40 Destroyed In Seconds
19:05 Destroyed In Seconds
19:30 React To That
19:55 React To That
20:20 The Carbonaro Effect
20:45 The Carbonaro Effect
21:10 How It's Made
21:35 How It's Made
22:00 Ultimate Survival
22:50 React To That
23:15 React To That
23:40 The Carbonaro Effect



00:45 Golden State Killer: People Magazine Investigates
01:40 Betrayed
02:35 Blood Relatives
03:30 Deadly Sins
04:25 Nightmare Next Door
05:20 I Almost Got Away With It
06:10 Disappeared
07:00 Who On Earth Did I Marry?
07:25 Shadow Of Doubt
08:15 Nightmare Next Door
09:10 Disappeared
10:05 A Crime To Remember
11:00 Deadly Affairs
11:55 Shadow Of Doubt
12:50 I Almost Got Away With It
13:45 Disappeared
14:40 A Crime To Remember
15:35 Killer Confessions
16:30 Shadow Of Doubt
17:25 Nightmare Next Door
18:20 I Almost Got Away With It
19:15 Disappeared
20:10 A Crime To Remember
21:05 Guilty Rich
22:00 The Boston Strangler
23:50 James Patterson's Murder Is Forever



00:00 Hank Zipzer
00:25 Alex & Co.
00:45 Disney Mickey Mouse
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 Disney Mickey Mouse
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 Disney Mickey Mouse
05:50 Rolling With The Ronks
06:00 Kitty Is Not A Cat
06:25 Elena Of Avalor
06:50 Tsum Tsum Shorts
06:55 Tangled: The Series
07:20 Stuck In The Middle

07:45 K.C. Undercover
08:10 Bunk'd
08:35 Miraculous Tales Of Ladybug & Cat Noir
09:00 Miraculous Tales Of Ladybug & Cat Noir
09:25 Lolirock
09:50 Lolirock
10:15 Sabrina Secrets Of A Teenage Witch
10:40 Sabrina Secrets Of A Teenage Witch
11:05 Hank Zipzer
11:30 Alex & Co.
11:55 Alex & Co.
12:20 Lolirock
12:45 Lolirock
13:10 Miraculous Tales Of Ladybug & Cat Noir
13:35 Miraculous Tales Of Ladybug & Cat Noir
14:00 Hotel Transylvania: The Series
14:15 Bunk'd
14:40 K.C. Undercover
15:05 Disney Mickey Mouse
15:10 Kitty Is Not A Cat
15:35 Elena Of Avalor
16:00 Tangled: The Series
16:25 Miraculous Tales Of Ladybug & Cat Noir
16:50 Bizaardvark
17:15 Stuck In The Middle
17:40 Hotel Transylvania: The Series
18:05 K.C. Undercover
18:30 Bunk'd
18:55 Descendants Wicked World
19:00 Raven's Home
19:25 Liv And Maddie
19:50 Jessie
20:15 Disney Mickey Mouse
20:20 Tangled: The Series
20:45 Bizaardvark
21:10 Hotel Transylvania: The Series
21:35 Stuck In The Middle
22:00 Miraculous Tales Of Ladybug & Cat Noir
22:25 Miraculous Tales Of Ladybug & Cat Noir
22:50 Lolirock
23:10 Sabrina Secrets Of A Teenage Witch
23:35 Binny And The Ghost



00:00 Trulli Tales
00:30 PJ Masks
00:55 Trulli Tales
01:20 Henry Hugglemonster
01:35 Calimero
01:50 Henry Hugglemonster
02:05 Art Attack
02:30 The Hive
02:40 Loopdidoo
02:55 Henry Hugglemonster
03:10 Art Attack
03:35 Loopdidoo
03:50 Calimero
04:05 Art Attack
04:30 Henry Hugglemonster
04:45 Henry Hugglemonster
05:00 Art Attack
05:30 Henry Hugglemonster
05:45 Loopdidoo
06:00 Henry Hugglemonster
06:15 Calimero
06:30 PJ Masks
07:00 Trulli Tales
07:30 Jungle Junction
07:50 Handy Manny
08:10 PJ Masks
08:30 Vampirina
09:00 Mickey Mouse Clubhouse
09:30 Mickey And The Roadster Racers
10:00 Trulli Tales
10:30 Puppy Dog Pals
11:00 Doc McStuffins
11:30 The Lion Guard
12:00 Sofia The First
12:30 Sofia The First
13:00 PJ Masks
13:30 PJ Masks
14:00 P-King Duckling
14:30 Vampirina
15:00 Puppy Dog Pals
15:30 Sofia The First
16:00 Mickey Mouse Clubhouse
16:30 Trulli Tales

17:00 Vampirina
17:30 PJ Masks
18:00 Sofia The First
18:30 Puppy Dog Pals
19:00 Mickey And The Roadster Racers
19:30 The Lion Guard
20:00 Vampirina
20:30 PJ Masks
21:00 Trulli Tales
21:30 Sofia The First
22:00 P-King Duckling
22:30 Puppy Dog Pals
23:00 Miles From Tomorrow
23:30 PJ Masks



00:15 Deadliest Catch
01:05 Mosquito
02:35 Kidnap And Rescue
03:20 Street Outlaws
04:05 Alaskan Bush People
04:50 Kindig Customs
05:35 Storage Hunters
06:00 The Liquidator
06:23 Property Wars
06:45 Storage Hunters
07:10 Storage Wars Canada
07:35 Alaskan Bush People
08:20 The Liquidator
08:45 Property Wars
09:10 Kindig Customs
09:55 Alaskan Bush People
10:45 Kindig Customs
11:30 Deadliest Catch
12:20 The Liquidator
12:43 Property Wars
13:05 Storage Hunters
13:30 Storage Wars Canada
13:55 Kindig Customs
14:40 Deadliest Catch
15:30 Huntwatch
16:20 Street Outlaws
17:05 Flipping Ships
17:50 Bushcraft Build-Off
18:40 The Wheel
19:25 Deadliest Catch
20:15 Street Outlaws
21:00 Fast N' Loud
21:50 Gear Dogs
22:40 Shifting Gears With Aaron Kaufman
23:30 Jungle Gold



06:00 Marvel's Spider-Man
06:25 Lab Rats
06:50 Phineas & Ferb
07:05 DuckTales
07:32 Phineas And Ferb
08:00 Milo Murphy's Law
08:25 Disney Mickey Mouse
08:30 Phineas And Ferb
08:55 Star vs The Forces Of Evil
09:20 Star vs The Forces Of Evil
09:45 Phineas And Ferb
10:00 Kid vs. Kat
10:25 Kid vs. Kat
10:50 Marvel's Rocket And Groot
10:55 Marvel's Ant-Man
11:00 Counterfeit Cat
11:15 Counterfeit Cat
11:30 Randy Cunningham: 9th Grade Ninja
11:55 Randy Cunningham: 9th Grade Ninja
12:20 Gravity Falls
12:45 Milo Murphy's Law
13:00 Lab Rats
13:25 Lab Rats
13:50 Mech-X4
14:15 Star vs The Forces Of Evil
14:40 Milo Murphy's Law
15:05 Supa Strikas
15:32 Lab Rats
16:00 DuckTales
16:25 Disney Mickey Mouse
16:32 Big Hero 6 The Series
16:55 DuckTales
17:00 Milo Murphy's Law
17:25 Big Hero 6 The Series: Shorts
17:32 Gravity Falls
18:00 Mech-X4
18:25 Lab Rats Elite Force
18:50 Lab Rats Elite Force
19:15 Walk The Prank
19:40 Phineas And Ferb
19:55 Disney Mickey Mouse

20:00 DuckTales
20:32 Big Hero 6 The Series
21:00 Marvel's Spider-Man
21:25 Star Wars Rebels
21:50 Disney Mickey Mouse
21:55 Two More Eggs
22:00 Phineas And Ferb
22:25 Phineas And Ferb
23:00 Programmes Start At 6:00am



00:05 Revenge Body With Khloe Kardashian
00:55 Revenge Body With Khloe Kardashian
01:50 E! News
02:50 WAGs
03:40 WAGs
04:35 WAGs
05:30 Celebrity Style Story
06:00 Mariah's World
06:55 E! News Middle East
07:10 Mariah's World
08:10 E! News: Daily Pop
09:10 Botched
10:05 Botched
11:00 E! Royal Wedding Rundown
12:00 E! News Middle East
12:15 WAGs LA
13:10 Live From The Red Carpet
15:00 E! News Middle East
15:15 E! News: Daily Pop
16:15 Botched
17:10 Botched
18:05 E! Royal Wedding Rundown
19:00 E! News
20:00 Revenge Body With Khloe Kardashian
21:00 Revenge Body With Khloe Kardashian
22:00 Revenge Body With Khloe Kardashian
23:00 E! News Middle East
23:15 Hollywood Medium With Tyler Henry



00:10 Broadchurch
01:00 Emmerdale
01:30 Coronation Street
02:00 Coronation Street
02:30 The Chase
03:25 The Moorside
04:20 The Moorside
05:15 Broadchurch
06:15 Cash Trapped
07:10 The Chase
08:05 Royal Wives Of Windsor
09:00 Change Your Tune
09:55 Broadchurch
11:00 Cash Trapped
11:50 The Chase
12:45 Emmerdale
13:15 Emmerdale
13:45 Coronation Street
14:15 Cash Trapped
15:10 The Chase
16:00 Royal Wives Of Windsor
16:55 Inside Windsor Castle
17:50 Broadchurch
18:50 Emmerdale
19:15 Emmerdale
19:45 Coronation Street
20:10 The Chase
21:00 Royal Wives Of Windsor
21:55 Inside Windsor Castle
22:50 Emmerdale
23:15 Emmerdale
23:40 Coronation Street



00:00 Hoard Hunters
01:00 The Universe: Ancient Mysteries Solved
02:00 UFO Hunters
02:50 Ancient Aliens
03:40 Ancient Impossible
04:30 The Colour Of War
05:20 America's Book Of Secrets
06:10 America's Book Of Secrets
07:00 Hoard Hunters
08:00 The Universe: Ancient Mysteries Solved
09:00 UFO Hunters