

SATURDAY/RĀHOROI OCTOBER 12

**TVNZ 1** FREEVIEW 1 SKY 001

- 6.00 **Infomercials**
- 7.25 **Fish of the Day** (G, R, C, AD) s6ep5
- 7.55 **Rural Delivery** (G, R, C, AD) The Timata Method offers farmers a low-cost alternative to native regeneration; a Lighter Touch uses non-chemical methods to control weeds in crops.
- 8.25 **Country Calendar** (G, R, C, AD) A Northland couple grows bananas and other tropical plants, finding the perfect varieties for the local climate.
- 9.00 **Jamie's Easy Meals for Everyday** (G, R, C, AD) s1ep18
- 9.30 **Tagata Pasifika** (C)
- 10.00 **Marcus Wareing: Simply Provence** (G)
- 10.40 **The Great Canadian Baking Show** (G, R, C)
- 11.40 **The Repair Shop** (G, R, C, AD)
- 12.40 **Nick Knowles Heritage Rescue** (G, R, C, AD) s1ep3
- 1.40 **The Secret Genius of Modern Life** (G, R, C, AD) Hannah Fry investigates fake eBay trainers.
- 3.00 **Travelling Auctioneers** (G, R, C)
- 4.00 **Unbeatable** (G, R, C) Jason Manford hosts a UK quiz show.
- 5.00 **The Chase** (G, R, C) Bradley Walsh hosts a UK quiz show.
- 6.00 **1News at Six** (C)
- 7.00 **The Dog House Australia** (PG, C, AD) Charlotte is looking for a dog to give her best friend Zeke the pug some love.
- 8.00 **Lotto**
- 8.05 **Mary Berry Makes It Easy** (PG, C, AD) Mary joins AJ Odudu on a beautiful local allotment. AJ tries her hand at a luscious tiger prawn courgetti and a rich aubergine bhuna.
- 8.40 **Dream Kitchens and Bathrooms** (G, C, AD) In Surrey, a woman has taken on the renovation of a narrowboat, but she has no boat-building or DIY experience.
- 9.40 **The Bay** (M, C, AD) A new SIO is called in to lead the MIU while Jenn's family feel the full force of the grief she's been trying so hard to contain. s5ep5
- 10.40 **Vigil** (M, C, AD) Detectives Amy and Kirsten look to the skies in a brand-new investigation when a weapons test turns deadly. s2ep5
- 11.45 **After the Trial** (M, R, C) Four jurors on a murder trial begin to wonder if they made a terrible mistake. s1ep1
- 12.40am **Deadwood** (16, C) s1ep12
- 2.35 - 6.00 **Infomercials**

**TVNZ 2** FREEVIEW 2 SKY 002

- 6.00 **Care Bears: Unlock the Magic** (G, C)
- 6.20 **Thomas & Friends** (G, R, C, AD)
- 6.30 **Kiri and Lou** (G, R, C, AD)
- 6.45 **Gus the Itsy Bitsy Knight** (G, C)
- 7.05 **The Tom and Jerry Show** (G, R, C)
- 7.30 **Croods Family Tree** (G, R, C)
- 7.55 **Beyblade X** (G, C)
- 8.20 **Megamind Rules!** (G, C)
- 8.40 **Dragonero: Tales of Paladins** (PG, R, C)
- 9.05 **Little Apocalypse** (G, R, C, AD) s1ep1
- 9.30 **Crazy Fun Park** (PG, R, C, AD)
- 10.00 **Fresh** (PG, C, AD) The stakes rise as contestants split into two teams for a Cook Islands Drum Challenge. The entire losing team faces elimination, pushing both sides to give their all to stay in the competition!
- 10.30 **Shortland Street Omnibus** (PG, R, HD, C, AD)
- 1.25 **Animals Aboard** (G, C)
- 2.25 **The Amazing Race** (PG, R, C, AD)
- 3.45 **Dress to Impress** (G, R, C, AD)
- 4.40 **Ghosts** (PG, R, C) s3ep8
- 5.10 **Friends** (G, R, C) s4ep23
- 6.05 **The Big Bang Theory** (PG, R, C, AD) Howard and Raj find Sheldon's ideal woman online, and Penny worries that dating Leonard has ruined her for normal guys. s3ep23
- 7.00 **The Voice Australia** (PG, C) The auditions continue as vocalists perform for coaches. A veteran country music guitarist steps to the front of the stage to take his shot.
- 8.40 **The Adjustment Bureau** (2011, M, R, C, AD) A politician on the verge of winning a seat in the US Senate, falls in love with a ballet dancer. However, a mysterious group of men conspire to keep them apart. Emily Blunt.
- 10.45 **The Usual Suspects** (1995, 18, C) The sole survivor of a pier shoot-out tells the story of how a notorious criminal influenced the events that began with 5 criminals meeting in a random police lineup. Stars Benicio Del Toro.
- 12.50am **The Man from U.N.C.L.E.** (2015, M, R, C, AD)
- 2.50 **Freaks and Geeks** (PG, R, C) s1ep9
- 4.25 **Fresh** (PG, R, C, AD)
- 4.50 **This Is Wheel Life** (G, C, AD)
- 5.00 - 6.00 **Infomercials**

**THREE** FREEVIEW 3 SKY 003

- 6.00 **Charles Stanley** (PG)
- 6.30 **Infomercials**
- 7.00 **Puig Women's America's Cup Replay** (R) Day 5.
- 9.30 **Maritime Masters** (G, R)
- 10.00 **Rescue My Reno** (G, R)
- 10.35 **Dr.Jeff: Rocky Mountain Vet** (PG)
- 11.35 **How Do Animals Do That?** (G, R) s1ep37
- 12.05 **The Zoo: San Diego** (PG)
- 1.05 **Outrageous Pumpkins** (PG)
- 2.05 **Dodgeball Thunderdome** (PG, R)
- 3.05 **Lego Masters Australia** (G)
- 4.25 **America's Cup Highlights**
- 4.55 **Piri's Tiki Tour** (G, R) s5ep6
- 5.25 **Getaway** (PG)
- 6.00 **ThreeNews** (C)
- 6.30 **Beach Cops** (PG, R) s2ep2
- 7.00 **Crikey! It's the Irwins** (PG) Robert feeds 44 hungry alligators, all at the same time.
- 8.00 **Batman & Robin** (1997, PG, R) Batman enlists the help of his daredevil partner Robin and their new secret weapon Batgirl to stop the evil Mr. Freeze and femme fatale Poison Ivy from freezing Gotham City. George Clooney.
- 10.35 **America's Cup Highlights** (R)
- 11.05 **Dude, You're Screwed** (PG, R) s2ep7
- 12.10am **Infomercials**
- 1.00 **LIVE Louis Vuitton 37th America's Cup** Day 1, from Barcelona.
- 3.00 **Infomercials**
- 5.00 **Leading the Way** (PG)
- 5.30 - 6.00 **Charles Stanley** (PG)



**Game show: FAMILY GAME FIGHT**

Comedic actress Kristen Bell might be starring in the much-admired new Netflix romcom *Nobody Wants This*, but her gig co-hosting this game show with husband Dax Shephard, which was executive produced by Ellen DeGeneres (it's based on a segment of her old show), lasted 10 episodes on NBC before it was pulled. Bell and Shepard each join a family team for a series of guessing games involving walk-in freezers, trampolines, and other distractions in the hope of winning \$US100,000. SKY OPEN, 7.30PM

**SKY OPEN** FREEVIEW 15 SKY 004

- 6.00 **Infomercials**
- 8.00 **Kids' Programmes** (C)
- 9.35 **Kea Kids News** (G, R)
- 10.00 **Infomercials**
- Noon **Heartland Championship: Meads Cup SF1** (G)
- 2.30 **Heartland Championship: Meads Cup SF2** (G)
- 5.00 **Diners, Drive-Ins and Dives** (PG)
- 6.00 **American Pickers** (PG, R)
- 7.00 **Search 4 Hurt: Season Four** (G) The team try out Raw Challenge on the Gold Coast.
- 7.30 **Family Game Fight** (PG) US game show, featuring Kristen Bell and Dax Shephard.
- 8.30 **National Provincial Championship Quarter Final 3** (G) NPC QF3 (G)
- 10.30 **True Detective: Night Country** (16) While Hank leads the search for Clark, Navarro and Danvers get a tip about another former Tsilal worker.
- 1.00am **Gotham Knights** (16)
- 2.00 - 6.00 **Infomercials**



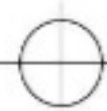
**Yachting: LOUIS VUITTON 37TH AMERICA'S CUP**

Finally, assuming the Barcelona breeze is up to it, Emirates Team New Zealand start their defence of the America's Cup against the challenger, with the first two races in the first-to-seven match-racing contest. There are device-friendly options to watch live in the wee small hours via Stuff, YouTube and Facebook. THREE, 1AM, THRENEW

GETTY IMAGES

NEW RETURN FINAL FILM C Captions AD Audio Description





**SATURDAY/RĀHOROI OCTOBER 12**

**WHAKAATA MĀORI** FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes (G, R)
- 8.00 Pūkana (G, R)
- 9.00 Ariki (G, R)
- 9.30 Tōku Reo (G, R)
- 10.00 Ōpaki (G, R)
- 10.30 Ako (G, R)
- 11.00 Haka Regionals (G, R)
- Noon Hakapediā (G, R)
- 12.45 Haka Life Web Series (G, R)
- 1.30 Iwi Anthems (G, R)
- 2.00 Whakatauki (G, R)
- 2.30 Karanga: The First Voice (G, R)
- 3.00 Whaikōrero (G, R)
- 3.30 Iwi Anthems (G, R)
- 4.30 Uka (G, R)
- 5.00 Lucky Dip on the Road (G, R)
- 5.30 Huro Pepi (G, R)
- 6.00 Kids Don't Come with a Manual (PG, R)
- 6.30 Super Kura (G, R) Clara and the family head to the Bay of Islands for a dolphin cruise. A meltdown jeopardizes their chances of making it.
- 7.00 Moonbound (G) A young boy embarks on an intergalactic mission to save his little sister from a vengeful man on the moon.
- 8.30 Black Sheep (M, R) An experiment in genetic engineering turns harmless sheep into bloodthirsty killers that terrorize a NZ farm.
- 10.00 - 10.30 Sidewalk Karaoke (G, R) with Te Hāmua Nikora.

**Music: SHADOW KINGDOM**

When Bob Dylan was sidelined from touring by the pandemic, he made this concert film. Set in a David Lynch-like bar room, he and the band played songs from his good old days, including such perennials as *Forever Young* and *It's All Over Now, Baby Blue*.  
**SKY ARTS, 8.15PM**



**BRAVO** FREEVIEW 4 SKY 012

- 6.00 Infomercials
- 10.00 Million Dollar Listing: NY (PG, R)
- 11.50 Hoarders Marathon (PG, R)
- 3.25 Top Chef (PG, R)
- 4.30 Hollywood Medium (PG, R)
- 5.30 Botched (PG, R)
- 6.30 Dance Moms (PG)
- 7.30 The Real Housewives of Dubai (M) Sara's love interest pays a visit to Dubai. Taleen confronts Caroline Brooks over comments she made.
- 8.30 Below Deck Mediterranean (M, R) Natasha and Dave deal with the fallout from the Around the World dinner.
- 9.35 Snapped (M) At a VA hospital in West Virginia a string of hypoglycemia results in the deaths of several patients.
- 10.30 Killer Relationship with Faith Jenkins (M, R)
- 11.30 999: What's Your Emergency? (M, R)
- 12.20am Infomercials 5.00am - 6.00 Hollywood Medium (PG, R)

**EDEN** FREEVIEW 8 SKY 013

- 6.00 Infomercials
- 6.30 Monument Mysteries (PG, R)
- 7.25 Restaurant: Impossible (G, R)
- 8.20 Gordon Ramsay (PG, R)
- 8.50 Salvage Hunters: The Restorers (PG, R)
- 9.45 Monument Mysteries (PG, R)
- 10.40 Shipping Wars (PG, R)
- 11.05 Bondi Rescue (PG, R)
- 11.35 Border Security (PG, R)
- 12.05 Celebrity Catchphrase (PG, R)
- 1.05 Monument Mysteries (PG, R)
- 2.00 Salvage Hunters (PG, R)
- 2.55 Shipping Wars (PG, R)
- 3.20 Bondi Rescue (PG, R)
- 3.50 Restaurant: Impossible (G, R)
- 4.45 Gordon Ramsay (PG, R)
- 5.15 Monument Mysteries (PG, R)
- 6.10 American Pickers (PG, R)
- 7.05 Shed and Buried (G)
- 7.35 Moonshiners (M)
- 8.30 Ghost Adventures (M)
- 9.30 The Osbournes: Night of Terror (M)
- 11.25 Gordon Ramsay's (PG, R)
- 11.55 - 6.00am Infomercials

**RUSH** FREEVIEW 14 SKY 024

- 6.00 Wheelers Dealers (PG, R)
- 6.50 American Chopper (PG, R)
- 8.30 Flying Wild Alaska (PG, R)
- 9.20 Alaskan Bush People Marathon (PG, R)
- 1.30 Diesel Brothers (PG, R)
- 2.20 Building Off the Grid: Montana Mountaintop (G, R)
- 3.10 Marooned with Ed Stafford (PG, R)
- 4.00 Lone Star Law (PG, R)
- 4.50 Goblin Works Garage (PG, R)
- 5.40 American Chopper (PG, R)
- 6.35 Kindig Customs (PG, R)
- 7.30 Gem Hunt (PG, R)
- 8.30 Bering Sea Gold (PG) Summer storms keep the miners off the water, which loses them valuable time.
- 9.25 Backyard Oil (PG, R) Kentucky oil barons go head-on in a winner-take-all drilling competition.
- 10.25 Cops UK: Bodycam Squad (PG, R)
- 11.20 American Chopper (PG, R)
- 12.15am Programmes continue

**TVNZ DUKE** FREEVIEW 6 SKY 023

- 6.00 On Duke Today
- 12.25 Wild Scandinavia (G, R, C, AD)
- 1.40 Grime & Punishment (PG, R, C)
- 2.35 Full Metal Junkies (G, R, C) s1ep2
- 3.35 Aussie Bull Catchers (PG, R) s2ep6
- 4.05 Gem Hunters Down Under (PG, R) s1ep1
- 5.05 Heartland Rugby (PG, C)
- 6.05 Swamp People (PG)
- 7.00 Motorway Patrol (PG, R, C, AD)
- 7.30 Star Trek: Discovery (M, R, C) A new signal prompts Stamets' emotional return to and leads Burnham, Pike and O'Keefe to a pre-warp planet, where they face an ethical dilemma. s2ep2
- 8.30 WWE Legends (M) Through interviews, photos and archival footage, viewers get a behind-the-scenes look at WWE icon Jake Roberts.
- 10.15 CSI: Crime Scene Investigation (M, R, C) s8ep10
- 12.30am Slow Exhale (16) s1ep10 1.15 Duke - Back in the Future

**SKY PREMIERE** SKY 030

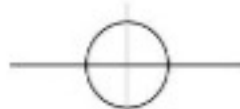
- 7.20 Am I OK? (2024, 16) Dakota Johnson, Sonoya Mizuno
- 8.50 Wonka (2023, PG) Timothee Chalamet, Hugh Grant
- 10.50 To Catch a Killer (2023, 16) Shailene Woodley, Ben Mendelsohn
- 12.50 Summit Fever (2022, M) Ryan Phillippe, Freddie Thorp
- 2.45 Farm 2 (2023, 16) Taissa Farmiga, Storm Reid
- 4.35 Somewhere in Queens (2023, M) Ray Romano, Laurie Metcalf
- 6.25 Aquaman & the Lost Kingdom (2023, M) Action. Jason Momoa, Patrick Wilson
- 8.30 The Caine Mutiny Court-Martial (2023, PG) War/thriller. Kiefer Sutherland, Jason Clarke
- 10.20 Butcher's Crossing (2023, M) A Harvard drop-out travels to the Colorado wilderness. Nicolas Cage, Fred Hechinger
- 12.10am Devil's Peak (2023, 16) 1.45 The Good Mother (2023) (2023, M) 3.15 Gasoline Alley (2022, 16) 4.50 A Thousand and One (2023, M)

**MOVIES CLASSICS** SKY 034

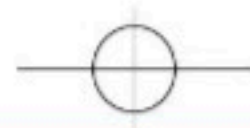
- 6.40 The Quick and the Dead (1995, M) Sharon Stone, Gene Hackman
- 8.25 Wrong Arm of the Law (1963, PG) Peter Sellers, Lionel Jeffries
- 10.00 The Last of the Mohicans (1992, PG) Daniel Day-Lewis, Madeleine Stowe
- 11.50 On the Buses (1971, PG) Reg Varney, Bob Grant
- 1.15 Postcards from the Edge (1990, PG) Meryl Streep, Shirley MacLaine
- 2.55 Shampoo (1975, 18) Warren Beatty, Julie Christie
- 4.45 Blue Thunder (1983, M) Roy Scheider, Warren Oates
- 6.35 American Flyers (1985, PG) Two brothers grapple with a hereditary condition during a gruelling bike race across the Rockies. Kevin Costner.
- 8.30 A Star Is Born (1976, 16) Barbra Streisand, Kris Kristofferson
- 10.45 Indiana Jones and the Raiders of the Lost Ark (1981, PG) Harrison Ford.
- 12.40am The Wild One (1954, PG)
- 2.00am The Lady from Shanghai (1948, PG) 3.30 The Professionals (1966, PG) 5.30 Oliver! (1968, G)

**RIALTO** SKY 039

- 7.20 Origin (2023, M) Jon Bernthal
- 9.40 New Life (2023, 16) Sonya Walger
- 11.05 American Cherry (2021, 16) Hart Denton
- 12.40 Perfumes (2019, M) Emmanuelle Devos
- 2.20 The Last Rider (2022, M) UK documentary.
- 4.00 The Trouble with Jessica (2023, 16) Shirley Henderson
- 5.30 The Art of Silence (2022, M) Switzerland documentary.
- 6.55 Northern Comfort (2023, M) Comedy. Timothy Spall, Rob Delaney
- 8.30 Cold Meat (2023, M) UK/Canada thriller. Allen Leech
- 10.00 The Integrity of Joseph Chambers (2022, M) US drama. Clayne Crawford
- 11.40 Lone Wolf (2021, 16) Australian sci-fi. A group of activists plan an act of urban terrorism. Hugo Weaving, Marlon Williams.
- 1.25am Simple Passion (2020, 18)
- 3.00am The Art of Silence (2022, M) 4.25 The Trouble with Jessica (2023, 16) 5.55 Northern Comfort (2023, M)







**SKY CHANNELS**

**Vibe SKY 006**

**6.00** Hitmen (M) s2ep1 **6.25** The Heights (M) s2ep13 **7.25** Gilmore Girls Marathon (PG) **10.00** East New York (M) s1ep1&2 **Noon** Lost Letter Mysteries: Time to Start Livin' (PG) **1.35** The Great (16) s3ep2 **2.40** Outlander (18) s2ep9&10 **5.00** Rosie Molloy Gives Up Everything (16) s1ep5-F **6.00** Hitmen (M) s2ep1 **6.30** The Cleaning Lady (M) s1ep3 **7.30** All Creatures Great and Small (PG) s2ep6 **8.30** Outlander (18) Claire and Jamie are reunited with Angus, Rupert, and Dougal. As Jamie and Murtagh attempt to train Lovat's men, the camps remind Claire of her traumatic experiences during World War II. s2ep9 **9.35** Outlander (18) Jamie uses Claire's knowledge of the future to lead the Jacobite army into battle against the British. Meanwhile, Claire tends to the wounded and dying warriors. s2ep10 **10.35** ER (M) s9ep10&11 **12.15am** Programmes continue

**BBC UKTV SKY 007**

**6.00** QI Marathon (M) **7.30** Would I Lie to You? Marathon (PG) **9.35** Dragons' Den (PG) **10.35** The Bill Marathon (M) **2.55** Holby City (M) **3.45** All the Queen's Horses (PG) **4.40** Father Brown (PG) **6.30** Hotel Portofino (M) **7.35** Darcey Bussell's Royal Road Trip (PG) **8.35** Midsomer Murders (M) Master Class: Barnaby and Jones start investigating a possible drowning, and discover unsavoury connections to the past. S13 E5 **10.20** New Tricks (M) Series 1, Episode 3: The UCOS team investigate the 20-year-old murder of Josh Livesey, a young peace protestor, killed at the outskirts of a nuclear base in 1984. S1 E3 **11.25** Who Do You Think You Are? (PG) **12.30am** Programmes continue

**Jones! SKY 008**

**6.00** Mannix Marathon (PG) **8.50** Checkmate (PG) **10.40** Superboy (PG) **11.35** Red Dwarf (PG) **12.40** The Waltons Marathon (PG) **4.25** Murder, She Wrote (PG) **6.15** Full House Marathon (PG) **7.35** 77 Sunset Strip (PG) **8.45** Superboy (PG) A computer that can recreate events in amazing detail arrives at the Bureau. Lana uses it to analyse multiple incidents involving Superboy to figure out his secret identity. **9.15** Superboy (PG) Clark is required to see a psychiatrist to maintain his job at the Bureau. He must find a way to answer her questions truthfully without compromising his Superboy identity. **9.45** Red Dwarf (PG) When Rimmer takes Kryten for a driving lesson in Starbug, they find themselves whisked through a time hole and end up on Earth in 1993. However, on this Earth, time runs backwards. **10.20** Red Dwarf (PG) After Holly spots five black holes in the distance, the crew evacuate the ship. Rimmer and Lister leave together in Starbug, but hit a meteor and crash on an ice planet with no way to escape. **11.00** Mannix (PG) **12.05am** Programmes continue

**SoHo SKY 010**

**6.05** Yellowjackets (18) s1ep8 **7.00** Billions (18) s6ep5 **8.00** The Man Who Fell to Earth (16) s1ep6 **8.55** What We Do in the Shadows (16) s5ep5 **9.20** Last Week Tonight with John Oliver (M) **10.00** Cobra: Rebellion (16) s3ep3 **10.45** Warrior (18) s3ep3 **11.45** Murder in Boston: Roots, Rampage, and Reckoning Marathon (16) **2.25** Fear the Walking Dead Marathon (18) s7ep1-8 **8.30** Wise Guy: David Chase and the Sopranos (M) David Chase recounts his early life in New Jersey, his obsession with filmmaking, and his break into TV writing. The Sopranos pilot is picked up by HBO, and Chase begins the casting process. Pt 1 of 2 **9.45** Wise Guy: David Chase and the Sopranos (M) Chase discusses the challenges of balancing the darkness of the comedy with the drama of the subject matter. The cast share memories of the late James Gandolfini's generosity and genius. Pt 2 of 2 **11.05** American

Horror Story: NYC (18) s11ep2 **11.50** Gentleman Jack (M) s2ep5 **12.50am** Programmes continue

**Living SKY 017**

**6.00** My Mortgage Free Home **6.50** Halloween Wars (PG) **8.40** Salvage Hunters: The Restorers Marathon (PG) **1.05** 24 in 24: Last Chef Standing (PG) **2.00** Halloween Baking Championship Marathon (PG) **5.40** Outrageous Pumpkins (PG) **7.30** Joanna Lumley's Great Cities of the World (PG) **8.30** Anthony Bourdain: No Reservations (PG) **9.30** Bizarre Foods with Andrew Zimmern (PG) **10.30** Miriam and Alan: Lost in Scotland (M) **11.25** Halloween Baking Championship Marathon (PG) **2.40am** Programmes continue

**Sky Arts SKY 020**

**6.25** One Republic Plays Baloise Sessions **8.15** Off Camera **9.15** The Hollow Crown (M) **10.00** The Directors **10.45** Art Trails of the Riviera (M) **11.45** War of the Worlds **12.40** Into the Spotlight (2023, PG) (PG) **2.25** One Republic Plays Baloise Sessions **4.00** The Great Pottery Throw Down **6.00** Stars of the Silver Screen **7.30** Call Me Country: Beyoncé & Nashville's Renaissance (M) **8.15** Bob Dylan: Shadow Kingdom (PG) **9.05** Joni Mitchell: Lady Blue **10.00** Being Mary Tyler Moore **12.00am** Programmes continue

**Discovery SKY 070**

**6.00** How It's Made (PG) **6.25** Gold Rush Special (M) **7.20** Aussie Gold Hunters Marathon (PG) **Noon** Alien Encounters: Fact or Fiction (M) **12.55** Deadliest Catch (M) **1.55** Gold Rush (M) **2.50** Opal Hunters: Red Dirt Road Trip (PG) **3.45** Sin City Tow Marathon (M) **6.35** Aussie Salvage Squad (PG) **7.30** Reclaimed (PG) **8.30** Building Alaska (PG) **9.30** Sin City Tow (M) **10.25** Moonshiners: Master Distiller (M) **11.20** Dual Survival (M) **12.15am** Programmes continue

**Real History SKY 073**

**6.30** Ancient Aliens (PG) **7.30** Abandoned Americana (PG) **8.30** Time Team (PG) **9.30** Secret War (M) **10.30** The Vietnam War (16) **11.30** Raising the Mary Rose: The Lost Tapes (PG) **12.30** Legendary Heroes (PG) **1.30** Ancient Aliens (PG) **2.30** Abandoned Americana (PG) **3.30** How the Bismarck Sank HMS Hood (PG) **4.30** Egypt (PG) **5.30** Time Team (PG) **6.30** Walt Disney **7.30** Ancient Egypt's Darkest Hours (PG) **8.30** The Decades That Defined Us (PG) **9.30** Berlin 1945 (16) **10.30** The Unexplained (PG) **11.30** Secret Societies: In the Shadows (PG) **12.30am** Programmes continue

**BBC Earth SKY 074**

**6.00** Earth's Natural Wonders (PG) **6.50** Frozen Planet II (PG) **7.45** Polar Bear Family & Me Marathon (PG) **10.25** Spy in the Ocean (PG) **11.25** Life Below Zero (M) **12.15** Arabia with Levison Wood (PG) **1.15** Where the Wild Men Are (PG) **2.10** 10 Puppies and Us (PG) **4.30** Polar Bear Family & Me Marathon (PG) **7.30** Life Below Zero (M) **8.30** From Ice to Fire: Incredible Science (PG) **9.40** Louis Theroux: A Different Brain (M) **10.50** Louis Theroux: A Place for Paedophiles **12.00am** Programmes continue

**BBC First SKY 207**

**6.40** Death in Paradise Marathon (M) **9.45** Stonehouse (16) **10.50** The Jetty (16) **11.55** Sanditon (M) **12.50** Beyond Paradise (PG) **2.00** Smother (M) **3.00** Silent Witness Marathon (M) **7.30** Casualty (M) **8.30** Call the Midwife (M) Peggy's brother Frank is diagnosed with cancer, and Fred hopes to make a fortune from bacon. **9.40** Call the Midwife (M) Sister Monica Joan is accused of theft, and the Nonnatus House community fear she could end up in jail. **10.50** Call the Midwife (PG) **12.00am** Programmes continue



Jones!: Red Dwarf, 9.45pm

**SKY SPORT**

**Sky Sport 1 SKY 051**

**6.30** No Boundaries **7.00** The ACC Does Game of 2 Halves **7.30** WXV1, USA v France round 2 highlights **7.45** WXV1, Canada v Ireland round 2 highlights **8.00** WXV1, Black Ferns v England round 2 highlights **8.20** WXV1, USA v Ireland round 3, **live** **10.30** ICC T20WC, Australia v Pakistan highlights **11.00** WXV2, Wales v Italy round 2 **1.00** WXV1, USA v Ireland round 3 **3.00** NPC **3.15** ICC T20WC, Bangladesh v West Indies highlights **3.45** ICC T20WC, Australia v Pakistan highlights **4.15** Rugby, NPC highlights, Quarterfinal 1 (213) **4.30** Rugby, NPC, Quarterfinal 2 (214), **live** **6.30** ICC T20WC, Bangladesh v West Indies highlights **6.45** ICC T20WC, Australia v Pakistan highlights **7.00** Rugby, NPC, Quarterfinal 3 (217), **live** **9.00** WXV1, USA v Ireland round 3 highlights **9.15** WXV2, Wales v Japan round 3 highlights **9.30** No Boundaries **10.00** ICC T20WC, Australia v Pakistan highlights **10.30** ICC T20WC, White Ferns v Sri Lanka, **live** **2.30am** ICC T20WC, Bangladesh v S Africa, **live**

**Sky Sport 2 SKY 052**

**7.00** The Crowd Goes Wild **7.35** Nations League, HUN v Netherlands **10.00** Super Triathlon, Toulouse **10.30** Search4Hurt, Hyrox **11.00** Rapid League round 2, Whai v Kahu **11.45** Taihi Basketball, Whai v Kahu **1.45** Cronulla Sharks, race 2024, Event **2.45** Event Paris-Tours, Event Paris-Tours (3) **3.15** NPC Quarterfinal 1 (213) **3.30** Nations League, Matchday 3 Night1 **4.30** WXV1, USA v France round 2 **6.30** Rapid League round 2, Hoiho v Pouakai, **live** **7.10** Taihi Filler, **7.30** Live Taihi Basketball, Hoiho v Pouakai, **live** **9.30** Search4Hurt, Obstacle Enduro **10.00** NPC, Replay, Quarterfinal 2, NPC, Quarterfinal 2 (215) **12.00am** NPC Quarterfinal 1 (213) **12.15** WXV1, USA v Ireland round 3 **12.30** WXV2, Wales v Japan round 3 **12.50** WXV2, South Africa v Italy round 3, **live** **3.00** LPGA, round 3 **3.40** WXV2, Wales v Japan round 3 **3.55** WXV2, Australia v Scotland round 3, **live**

**Sky Sport 3 SKY 053**

**6.00** India v Bangladesh, 1st T20 highlights **6.15** India v Bangladesh, 2nd T20 highlights **6.30** ICC T20WC, Bangladesh v West Indies highlights **7.00** ICC T20WC, Australia v White Ferns highlights **7.35** Nations League, Iceland v Wales **9.55** Cronulla Sharks, race 2024, Event highlights **10.55** Cycling, Paris-Tours **11.30** ICC T20WC, Australia v Pakistan **3.30** LPGA, round 2 highlights **4.00** DP World Tour, round 2 highlights **4.30** Aussie Rules, AFLW, round 7, WBD v Essendon Bombers **6.30** ICC T20WC, Australia v Pakistan **10.30** Sal's Hoop Heads **11.00** UFC on Sky **11.30** The Crowd Goes Wild **12.00am** NPC **12.15** NPC **2.20** India v Bangladesh, 3rd T20, **live**