

BBC one

- 6:00 Breakfast
- 9:15 The Housing Enforcers
- 10:00 Homes Under the Hammer
- 11:00 Street Patrol UK
- 11:45 Caught Red Handed
- 12:15 Bargain Hunt
- 1:00 BBC News at One
- 1:30 BBC London News
- 1:45 Doctors
- 2:15 Celebrity Pressure Pad
- 3:00 Escape to the Country
- 3:45 A Taste of Britain
- 4:30 Flog It!
- 5:15 Pointless
- 6:00 BBC News at Six
- 6:30 BBC London News
- 7:00 The One Show
- 7:30 A Question of Sport
- 8:00 EastEnders
- 8:30 Scrappers
- 9:00 Boomers
- 9:30 Big School
- 10:00 BBC News at Ten
- 10:25 BBC London News
- 10:35 Outnumbered
- 11:05 Live at the Apollo
- 11:35 EastEnders Omnibus
- 1:30 Weather for the Week Ahead
- 1:35 BBC News

BBC TWO

- 6:55 Street Patrol UK
- 7:40 Caught Red Handed
- 8:10 Fake Britain
- 8:55 F1: Grand Prix Practice
- 10:35 The Travel Show
- 11:00 BBC News
- 11:30 BBC World News
- 12:00 The Daily Politics
- 1:00 F1: Grand Prix Practice
- 2:35 World Equestrian Games
- 4:45 Great British Railway Journeys
- 5:15 Put Your Money Where Your
- 6:00 Two Tribes
- 6:30 Eggheads
- 7:00 Celebrity Antiques Road Trip
- 8:00 Mastermind
- 8:30 Hairy Bakers
- 9:00 The Great British Bake Off:
- 9:30 Gardeners' World
- 10:00 The Perfect Morecambe
- 10:30 Newsnight
- 11:05 American Beauty
- 1:00 The Secret History of Our Streets
- 2:00 This is BBC Two

itv

- 6:00 Good Morning Britain
- 8:30 Lorraine
- 9:25 The Jeremy Kyle Show
- 10:30 This Morning
- 10:55 ITV News
- 11:00 This Morning
- 12:30 Jo Frost Family Matters
- 1:30 ITV News and Weather
- 2:00 Judge Rinder
- 3:00 Tipping Point
- 4:00 Who's Doing the Dishes?
- 5:00 The Chase
- 6:00 ITV News London
- 6:30 ITV News and Weather
- 7:00 Emmerdale
- 7:30 Coronation Street
- 8:00 Gino's Italian Escape
- 8:30 Coronation Street
- 9:00 Piers Morgan's Life Stories
- 10:00 ITV News at Ten and Weather
- 10:40 The Boat That Rocked
- 1:05 Jackpot247

itv2

- 6:55 Emmerdale
- 7:50 Dinner Date
- 8:40 The Only Way is Essex
- 9:25 The Real Housewives of New York City
- 11:25 Emmerdale
- 12:25 You've Been Framed!
- 12:55 The Jeremy Kyle Show
- 2:00 The Millionaire Matchmaker
- 2:55 The Jeremy Kyle Show
- 5:05 The Real Housewives of Atlanta
- 6:00 Dinner Date
- 7:00 You've Been Framed!
- 8:00 The Best of You've Been Framed! Animals Special
- 9:00 The Matrix Reloaded
- 11:45 The Magaluf Weekender
- 12:45 Two and a Half Men
- 1:15 Two and a Half Men

4

- 6:00 Countdown
- 6:45 3rd Rock from the Sun
- 7:35 King of Queens
- 8:00 Everybody Loves Raymond
- 9:00 Frasier
- 10:00 Undercover Boss
- 11:00 Location, Location, Location
- 12:00 Channel 4 News Summary
- 12:05 Celebrity Coach Trip
- 12:35 Come Dine with Me
- 1:40 Win it Cook it
- 2:10 Phil Spencer: Secret Agent
- 3:10 Countdown
- 4:00 Deal or No Deal
- 5:00 Come Dine with Me
- 6:00 The Simpsons
- 6:30 Hollyoaks
- 7:00 Channel 4 News
- 8:00 The Million Pound Drop
- 9:00 8 Out of 10 Cats Does Countdown
- 10:00 The Last Leg
- 10:50 Virtually Famous
- 11:40 Jimmy Carr: Telling Jokes
- 12:40 Choke
- 2:20 Anna and Katy

BT Sport

- 6:30 Global Goals
- 7:00 Sportshub
- 7:15 Arsenal v Chelsea
- 8:45 Bundesliga
- 9:45 Global Goals
- 10:00 Sportshub
- 10:15 Rugby Tonight
- 11:45 Sportshub
- 12:00 International Football
- 1:30 Global Goals
- 2:00 World of Football
- 2:30 Game of the Week
- 3:00 Baker and Kelly's v.S.P.O
- 4:00 Arsenal v Chelsea
- 5:30 Rugby Tonight
- 7:00 Aviva Premiership Rugby
- 10:00 The Football's on
- 11:00 Baker and Kelly's v.S.P.O
- 12:00 Barclays Premier League World
- 12:30 Boxing All Access
- 1:00 UFC

FIVE

- 6:35 The Wotwots!
- 6:45 Peppa Pig
- 6:55 Milkshake! Show Songs
- 7:00 Pip Ahoy!
- 7:10 Ben and Holly's Little Kingdom
- 7:20 The Mr. Men Show
- 7:35 Thomas and Friends
- 7:50 Noddy in Toyland
- 8:00 Little Princess
- 8:10 Peppa Pig
- 8:35 Toby's Travelling Circus
- 8:45 Bananas in Pyjamas
- 9:00 Tickety Toc
- 9:15 The Wright Stuff
- 11:10 The Dog Rescuers
- 12:10 5 News Lunchtime
- 12:15 Celebrity Big Brother
- 1:15 Home and Away
- 1:45 Neighbours
- 2:15 NCIS
- 3:15 Mystery Woman: In the Shadows
- 5:00 5 News at 5
- 5:30 Neighbours
- 6:00 Home and Away
- 6:30 5 News Tonight
- 7:00 Cricket on 5
- 8:00 Marston's Brewery: One Ale of a Job!
- 9:00 Celebrity Big Brother
- 10:35 Celebrity Big Brother's Bit on the Side
- 11:35 Celebrity Big Brother
- 12:15 Super Casino

4

- 6:00 Rude(ish) Tube
- 6:25 90210
- 7:10 Glee
- 8:00 Suburgatory
- 8:30 Happy Endings
- 9:00 Rules of Engagement
- 9:30 Melissa and Joey
- 10:00 Charmed
- 11:00 The Tomorrow People
- 12:00 Hollyoaks
- 12:35 Rude(ish) Tube
- 1:00 How I Met Your Mother
- 2:00 The Big Bang Theory
- 3:00 Melissa and Joey
- 3:35 Rules of Engagement
- 4:00 The Tomorrow People
- 5:00 How I Met Your Mother
- 6:00 The Big Bang Theory
- 7:00 Hollyoaks
- 7:30 Suburgatory
- 8:00 How I Met Your Mother
- 8:30 How I Met Your Mother
- 9:00 Scott Pilgrim vs. The World
- 11:15 Rude Tube
- 12:20 PhoneShop
- 12:55 The Ricky Gervais Show

GOLD

- 7:10 Ever Decreasing Circles
- 7:55 Sorry!
- 8:40 Bewitched
- 9:10 I Dream of Jeannie
- 9:40 Happy Days
- 10:10 Last of the Summer Wine
- 10:50 'Allo, 'Allo!
- 11:30 Keeping Up Appearances
- 12:10 Yes, Prime Minister
- 12:50 Ever Decreasing Circles
- 1:30 Sorry!
- 2:10 Bewitched
- 2:40 I Dream of Jeannie
- 3:10 Happy Days
- 3:40 Last of the Summer Wine
- 4:20 'Allo, 'Allo!
- 5:00 Harry Hill's TV Burp
- 5:30 Only Fools and Horses
- 6:10 Keeping Up Appearances
- 6:50 Yes, Prime Minister
- 7:30 Harry Hill's TV Burp
- 8:00 The Two Ronnies Sketchbook
- 9:00 The Black Adder
- 11:00 Shooting Stars
- 11:40 The Mighty Boosh
- 12:20 15 Storeys High
- 1:00 The Smell of Reeves and Mortimer

Dave

- 7:10 Flip Men
- 8:00 Top Gear
- 9:00 Storage Hunters
- 10:00 Extreme Fishing with Robson Green
- 11:00 Top Gear
- 1:00 Storage Hunters
- 2:00 Extreme Fishing with Robson Green
- 3:00 Top Gear
- 5:00 Storage Hunters
- 5:30 Storage Hunters
- 6:00 Top Gear
- 7:00 Extreme Fishing with Robson Green
- 8:00 Red Bull Soapbox Race
- 9:00 Would I Lie to You?
- 9:40 Would I Lie to You?
- 10:20 Have I Got a Bit More News for You
- 11:20 QI
- 11:55 Only Connect
- 12:35 Dara O'Briain: School of Hard Sums

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- 7:00 Blue Bloods
- 8:00 Star Trek: Enterprise
- 9:00 Without a Trace
- 10:00 Blue Bloods
- 11:00 House
- 1:00 Stargate SG-1
- 2:00 Without a Trace
- 3:00 Star Trek: Enterprise
- 4:00 House
- 6:00 Blue Bloods
- 7:00 Without a Trace
- 8:00 Richard E Grant's Hotel Secrets
- 9:00 Blue Bloods
- 11:00 Silicon Valley
- 11:35 Veep
- 12:10 The Wire

BT Sport 2

- 7:00 World of Athletics
- 7:30 Road to Rio
- 8:00 Toyota AFL International
- 9:00 Classic Premier League
- 10:00 WRC Classic
- 11:30 Road to Rio
- 12:00 World Wide Sports
- 12:30 World of Athletics
- 1:00 Classic Premier League
- 2:00 WRC Classic
- 3:30 Classic Premier League
- 4:00 Classic Premiership Rugby
- 5:30 Classic Premier League 12/13
- 6:00 Baker and Kelly's v.S.P.O
- 7:00 Major League Soccer
- 8:30 BTSP
- 9:00 Road to Rio
- 9:30 World Wide Sports
- 10:00 Boxing All Access
- 10:30 ITU World Triathlon Series Magazine
- 11:30 BTSP

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