

# BBC one

- 6:00 Breakfast
- 10:00 Saturday Kitchen Best Bites
- 11:30 Football Focus
- 12:00 BBC News
- 12:10 F1: Grand Prix Qualifying
- 2:30 Athletics
- 4:05 Escape to the Country
- 4:50 Pointless
- 5:40 BBC News
- 5:50 BBC London News
- 6:00 Tumble
- 7:30 Doctor Who
- 8:20 The National Lottery: In It to Win It
- 9:10 Casualty
- 10:00 BBC News
- 10:20 Kevin Bridges: Live at the Referendum
- 11:05 The Heartbreak Kid
- 12:55 Weather for the Week Ahead

# FIVE

- 7:05 Milkshake! Show Songs
- 7:10 Ollie the Little White Van
- 7:15 Bananas in Pyjamas
- 7:30 Make Way for Noddy
- 7:40 City of Friends
- 7:50 Milkshake Monkey
- 8:00 Little Princess
- 8:10 The Adventures of Bottle Top Bill and His Best Friend Corky
- 8:25 Wanda and the Alien
- 8:40 Milkshake! Bop Box
- 8:45 Rupert Bear
- 9:00 Ben and Holly's Little Kingdom
- 9:15 Jelly Jamm
- 9:30 LazyTown
- 10:00 Access
- 10:10 Police Interceptors
- 1:10 High Society
- 3:20 To Hell and Back
- 5:30 Attack
- 7:35 5 News Weekend
- 7:40 NCIS
- 9:15 Celebrity Big Brother
- 10:15 Holiday Love Rats Exposed
- 11:15 Celebrity Big Brother's Bit on the Psych
- 12:15 Super Casino

# BBC TWO

- 6:40 F1: Grand Prix Practice
- 11:30 The Great British Bake Off: An Extra Slice
- 12:00 Sweets Made Simple
- 12:30 Paul Hollywood's Pies and Puds
- 1:00 Richard Attenborough: Talking Pictures
- 1:45 Young Winston
- 4:00 Richard Attenborough: A Life in Film
- 5:00 Flog It!
- 6:00 Alex Polizzi: The Fixer
- 7:00 Proms Extra 2014
- 7:45 Dad's Army
- 8:15 Egypt's Lost Queens
- 9:15 The Ides of March
- 10:50 QI XL
- 11:35 TOTP2
- 12:35 First Snow

# 4

- 7:10 Glee
- 8:00 Suburgatory
- 9:30 How I Met Your Mother
- 10:30 Marvel's Agents of S.H.I.E.L.D.
- 11:30 Melissa and Joey
- 12:30 How I Met Your Mother
- 1:30 The Big Bang Theory
- 2:30 Coraline
- 4:35 The Big Bang Theory
- 5:30 Made in Chelsea NYC
- 6:35 The 100
- 7:30 Brooklyn Nine-Nine
- 8:00 The Big Bang Theory
- 9:00 Max Payne
- 11:00 The Big Bang Theory
- 12:00 Virtually Famous
- 12:50 Almost Royal

# itv

- 7:00 Sooty
- 7:10 Nerds and Monsters
- 7:25 Nerds and Monsters
- 7:40 Mr. Bean
- 7:55 Chowder
- 8:10 Chowder
- 8:25 ITV News
- 8:30 Weekend
- 9:25 The Hungry Sailors
- 10:25 Murder, She Wrote
- 11:20 ITV News and Weather
- 11:30 Columbo
- 1:25 Catchphrase
- 2:10 All Star Family Fortunes
- 2:55 The X Factor
- 3:55 The Secret of My Success
- 6:00 ITV News London
- 6:10 ITV News and Weather
- 7:00 The Chase: Celebrity Special
- 8:00 The X Factor
- 9:20 Through the Keyhole
- 10:20 ITV News and Weather
- 10:35 Knocked Up
- 12:55 Jackpot247

# GOLD

- 7:05 Harry Hill's TV Burp
- 8:40 Goodnight Sweetheart
- 10:40 Last of the Summer Wine
- 12:30 The Two Ronnies Sketchbook
- 1:30 The Black Adder
- 2:15 Blackadder II
- 2:55 Blackadder the Third
- 3:35 Blackadder Goes Forth
- 4:15 The Black Adder
- 7:00 Blackadder II
- 7:40 Blackadder the Third
- 8:20 Blackadder Goes Forth
- 9:00 Men Behaving Badly
- 9:40 Bottom
- 10:20 Harry Enfield and Chums
- 11:00 The Comic Strip Presents
- 12:10 The Thick of It
- 12:50 Getting On

# itv2

- 6:10 Emmerdale Omnibus
- 8:55 Coronation Street Omnibus
- 11:20 The X Factor
- 12:40 The X Factor
- 1:45 Take Me Out
- 2:55 You've Been Framed!
- 3:55 The Best of You've Been Framed! Animals Special
- 5:00 You've Been Framed!
- 5:35 The Little Vampire
- 7:25 Year One
- 9:20 The Xtra Factor
- 10:20 Utterly Outrageous
- 11:15 The X Factor
- 12:30 The Xtra Factor

# Dave

- 7:10 Driving Wars
- 8:00 Top Gear
- 9:00 Top Gear
- 10:00 Storage Hunters
- 10:30 Storage Hunters
- 11:00 Lizard Lick Towing
- 12:00 Red Bull Soapbox Race
- 1:00 Top Gear
- 2:00 Storage Hunters
- 2:30 Storage Hunters
- 3:00 Trawlermen
- 3:40 Trawlermen
- 4:20 Red Bull Soapbox Race
- 5:20 Top Gear
- 7:00 Traffic Cops
- 8:00 QI XL
- 10:00 Have I Got a Bit More News for You
- 11:00 Earth: Milton Jones Live Universe Tour
- 12:35 QI XL

# 4

- 7:00 Great North Swim
- 7:55 The Morning Line
- 8:55 Everybody Loves Raymond
- 9:55 Frasier
- 10:50 The Big Bang Theory
- 12:10 The Simpsons
- 1:10 Gadget Man
- 1:40 Channel 4 Racing
- 4:10 Come Dine with Me
- 6:45 Channel 4 News
- 7:05 Sarah Beeny's Double Your House for Half the Money
- 8:00 Grand Designs
- 9:00 Peter Kay: Live and Back on Nights!
- 10:05 Solomon Kane
- 12:00 The Last Leg
- 12:45 Homeland

# sky ATLANTIC

- 6:00 Cleverdicks
- 7:00 Networks of Power
- 8:00 Seinfeld
- 9:00 Urban Secrets
- 10:00 Kingdom of Plants
- 12:00 The British
- 1:00 Anthony Bourdain: No Reservations
- 2:00 Team Sky: Road to Glory
- 3:00 Blue Bloods
- 4:00 Blue Bloods
- 5:00 Blue Bloods
- 6:00 Without a Trace
- 7:00 Without a Trace
- 8:00 Richard E Grant's Hotel Secrets
- 9:00 True Detective
- 10:15 Silicon Valley
- 10:50 Veep
- 11:25 Gomorra
- 12:25 Vegas

# BT Sport

- 7:00 The Football's on
- 8:00 BTSP
- 8:30 Aviva Premiership Rugby
- 10:00 Arsenal v Chelsea
- 11:30 The Football's on
- 12:30 BTSP
- 1:00 Sportshub
- 1:45 Aviva Premiership Rugby
- 4:15 Aviva Premiership Rugby
- 6:45 Sportshub
- 7:00 The Clare Balding Show
- 8:00 The Football's on
- 9:00 UFC
- 12:00 Live College Football

# BT Sport 2

- 7:00 MLB 162
- 7:30 Sport in Focus
- 7:45 ITU World Triathlon Series Magazine
- 8:45 Red Bull MotoGP Rookies Cup
- 10:15 WRC Classic
- 11:15 Wrc Classic - Greatest Drivers
- 12:15 Wrc Classic - Greatest Drivers
- 1:15 WRC Classic
- 2:45 Live GT Open Championship
- 4:30 The Football's on
- 5:30 Major League Soccer
- 7:00 Major League Soccer
- 9:00 Live Royals @ Yankees
- 12:00 Aviva Premiership Rugby

## TELEPHONE RATES for calling UK landlines

Comparison of all premier telephone companies in Spain per minute (as at: 01.09.2012)

UK TELECOM CANARY ISLANDS	922 384 255 928 145 334	from	1,00 Ct
Direct Telecom	902 107 111	from	3,30 Ct
BritishTelecom (BT)	900 811 800	from	4,81 Ct
Vicom	971 677 469	from	6,90 Ct
Midas	900 901 091	from	7,90 Ct
Tele2	902 500 090	from	19,90 Ct
Ono	902 012 220	from	23,40 Ct
Telefónica	902 012 220	from	23,87 Ct
Orange	902012220	from	31,00 Ct

All prices + IGIC

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