

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 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 Inside Out
- 8:30 The War of the Tunnels
- 9:00 New Tricks
- 10:00 BBC News at Ten
- 10:25 BBC London News
- 10:35 The Secrets
- 11:05 Boomers
- 11:35 Live at the Apollo
- 12:20 Weather for the Week Ahead

BBC TWO

- 7:05 Street Patrol UK
- 7:50 Caught Red Handed
- 8:20 Animal Saints and Sinners
- 9:05 The Stuarts
- 10:05 Animal S.O.S.
- 10:35 Click
- 11:00 BBC News
- 11:30 BBC World News
- 12:00 The Daily Politics
- 1:00 Fred Dibnah's Building of Britain
- 1:30 The Fred Dibnah Story
- 2:00 Cash in the Attic
- 2:30 The Chef's Protege
- 3:00 Celebrity MasterChef
- 3:45 Nature's Weirdest Events
- 4:45 Great British Railway Journeys
- 5:15 Put Your Money Where Your Mouth Is
- 6:00 Two Tribes
- 6:30 Eggheads
- 7:00 Celebrity Antiques Road Trip
- 8:00 University Challenge
- 8:30 Only Connect
- 9:00 Alex Polizzi: The Fixer
- 10:00 Him and Her
- 10:30 Newsnight
- 11:20 The Two Amigos: A Gaucho Adventure
- 12:20 Scrappers
- 12:50 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 Loose Women
- 1:30 ITV News and Weather
- 2:00 Dickinson's Real Deal
- 3:00 The Alan Titchmarsh Show
- 4:00 Who's Doing the Dishes?
- 5:00 The Chase
- 6:00 ITV News London
- 6:15 ITV News and Weather
- 6:45 Emmerdale
- 7:15 Euro 2016 Qualifier
- 10:00 ITV News at Ten and Weather
- 10:40 Euro 2016 Qualifier
- 11:40 All Star Family Fortunes
- 12:35 Jackpot247

itv2

- 6:55 Coronation Street
- 7:25 Coronation Street
- 7:55 Dinner Date
- 8:50 The Only Way is Essex
- 9:35 The Real Housewives of New York City
- 10:30 The Real Housewives of Atlanta
- 11:25 The Millionaire Matchmaker
- 12:15 Emmerdale
- 12:50 Coronation Street
- 1:50 The Jeremy Kyle Show
- 5:05 The Real Housewives of Atlanta
- 6:00 Dinner Date
- 7:00 You've Been Framed!
- 8:00 The X Factor
- 9:00 I Don't Know How She Does it
- 10:50 Plebs
- 11:50 Two and a Half Men

4

- 7:10 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 Jamie's Comfort Food
- 8:30 Gadget Man
- 9:00 Cops and Robbers
- 10:00 8 Out of 10 Cats Does Countdown
- 11:00 NFL
- 12:00 No

BT Sport

- 7:30 Arsenal v Notts County
- 9:00 Major League Soccer
- 3:00 Fluminense v Cruzeiro
- 4:30 Arsenal v Notts County
- 6:00 Baker and Kelly's v.S.P.O
- 7:00 Sportshub
- 7:30 BT Sport Films
- 8:00 Rugby Tonight
- 9:30 Boxing All Access
- 10:00 Sportshub
- 10:15 BTSi: Global Goals
- 10:30 Baker and Kelly's v.S.P.O
- 11:30 Major League Soccer
- 1:00 Sportshub

FIVE

- 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
- 8:15 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 Stranger with My Face
- 5:00 5 News at 5
- 5:30 Neighbours
- 6:00 Home and Away
- 6:30 5 News Tonight
- 7:00 The Billion Dollar Wreck Hunt
- 8:00 Countdown to Murder
- 9:00 Celebrity Big Brother
- 10:00 Under the Dome
- 11:00 Celebrity Big Brother's Bit on the Side
- 12:00 Countdown to Murder
- 12:55 Super Casino

4

- 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
- 12:30 Rude(ish) Tube
- 1:00 How I Met Your Mother
- 2:00 The Big Bang Theory
- 3:00 Melissa and Joey
- 3:30 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 New Girl
- 8:00 The Mindy Project
- 8:30 Brooklyn Nine-Nine
- 9:00 The 100
- 10:00 Virtually Famous
- 10:50 Rude Tube
- 11:50 How I Met Your Mother
- 12:50 2 Broke Girls

GOLD

- 7:00 The Two Ronnies
- 7:55 Sorry!
- 8:30 Bewitched
- 9:00 I Dream of Jeannie
- 9:30 Happy Days
- 10:00 Last of the Summer Wine
- 10:40 'Allo, 'Allo!
- 11:20 Keeping Up Appearances
- 12:00 Seven of One
- 12:40 The Two Ronnies
- 1:35 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 Goodnight Sweetheart
- 6:10 Keeping Up Appearances
- 6:50 Open All Hours
- 7:30 Harry Hill's TV Burp
- 8:00 Only Fools and Horses
- 8:40 Blackadder II
- 10:00 The Office
- 10:40 Extras
- 11:20 Life's Too Short
- 12:00 French and Saunders

Dave

- 7:10 Flip Men
- 8:00 Top Gear
- 9:00 Traffic Cops
- 10:00 Extreme Fishing with Robson Green
- 11:00 Top Gear
- 1:00 Traffic Cops
- 2:00 Extreme Fishing with Robson Green
- 3:00 Top Gear
- 5:00 Traffic Cops
- 5:30 Traffic Cops
- 6:00 Top Gear
- 7:00 Extreme Fishing with Robson Green
- 8:00 Storage Hunters
- 9:00 QI XL
- 10:00 Room 101
- 10:40 Mock the Week
- 11:15 Russell Howard's Good News Extra
- 12:20 QI XL

sky ATLANTIC

- 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 Friday Night Lights
- 9:00 Gomorra
- 10:15 Banshee
- 11:35 Curb Your Enthusiasm
- 12:10 Mad Men

BT Sport 2

- 7:00 Classic Premier League
- 8:00 Saracens v Wasps
- 9:30 London Irish v Harlequins
- 11:00 The WRC Magazine
- 11:30 GT Open Championship
- 12:30 Classic Premier League
- 1:30 Classic Premier League
- 2:30 Northampton Saints v Gloucester Rugby
- 4:00 Saracens v Wasps
- 5:30 London Irish v Harlequins
- 7:00 The WRC Magazine
- 7:30 British GT Championship
- 8:00 F4 Highlights
- 9:00 Live Royals @ Tigers
- 12:00 MLB 162
- 12:30 Rugby Tonight

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