

BBC one

- 6:00 Breakfast
- 7:25 Match of the Day
- 9:00 The Andrew Marr Show
- 10:00 Sunday Morning Live
- 11:00 Sunday Politics
- 12:15 MOTD2 Extra
- 1:00 BBC News
- 1:10 Weather for the Week Ahead
- 1:15 The Invictus Games
- 4:15 Points of View
- 4:30 The Great British Bake Off
- 5:30 Songs of Praise
- 6:05 Deadly on a Mission: Pole to Pole
- 6:35 BBC News
- 6:50 Regional News
- 6:55 Weather
- 7:00 Countryfile
- 8:00 Antiques Roadshow
- 9:00 The Village
- 10:00 BBC News
- 10:20 Regional News
- 10:25 Weather
- 10:30 Match of the Day 2
- 11:20 She's Out of My League
- 1:00 Weather for the Week Ahead

FIVE

- 6:00 Milkshake!
- 10:00 Access
- 10:05 Police Interceptors
- 1:05 The Journey of Natty Gann
- 2:55 What a Girl Wants
- 4:55 Willy Wonka and the Chocolate Factory
- 6:50 5 News
- 6:55 The League of Extraordinary Gentlemen
- 9:00 The Rock
- 11:45 The Terminator
- 1:25 Super Casino

BBC TWO

- 6:00 Countryfile
- 7:00 Monty Don's Italian Gardens
- 8:00 Gardeners World
- 8:30 The Beechgrove Garden
- 9:00 The Football League Show
- 10:20 Saturday Kitchen Best Bites
- 11:50 Lorraine Pascale: I Can Help You Cook?
- 12:20 Paul Hollywood's Pies and Puds
- 12:50 Tycoon
- 2:55 Escape to the Country
- 3:40 Flog It!
- 4:40 Equator
- 5:40 Penguins on a Plane
- 6:40 StreetDance 2
- 8:00 The Invictus Games
- 10:15 Mock the Week
- 10:45 Blade Runner
- 12:35 Dangerous Days: Making of Blade Runner

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
- 11:00 Rude Tube
- 12:00 The Big Bang Theory
- 1:00 How I Met Your Mother

itv

- 6:50 Dino Dan
- 7:05 Animals
- 7:20 Om Nom Stories
- 7:25 Sooty
- 7:40 Mr. Bean
- 7:55 Nerds and Monsters
- 8:20 Mr. Bean
- 8:30 Big Time Rush
- 9:00 The Aquabats! Super Show!
- 9:25 ITV News
- 9:30 Dickinson's Real Deal
- 10:20 Murder, She Wrote
- 11:15 ITV News and Weather
- 11:20 Carry on Don't Lose Your Head
- 1:10 The X Factor
- 2:30 Always
- 4:35 Midsomer Murders
- 6:35 Regional News and Weather
- 6:45 ITV News and Weather
- 8:00 The X Factor
- 9:00 The Suspicions of Mr Whicher
- 11:00 ITV News and Weather
- 11:15 Rugby Highlights
- 12:30 The Store

GOLD

- 7:00 The Two Ronnies
- 7:50 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
- 1:30 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 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
- 12:40 Blackadder II

itv2

- 6:55 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 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 Tomorrow Never Dies
- 10:00 FYI Daily
- 10:05 Tomorrow Never Dies
- 11:20 Plebs
- 12:20 Two and a Half Men

Dave

- 7:00 Radical Highs
- 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
- 6:00 Top Gear
- 7:00 Extreme Fishing with Robson Green
- 8:00 Dave Gorman: Modern Life is Goodish
- 9:00 QI XL
- 10:00 Room 101
- 10:40 Mock the Week
- 11:20 Russell Howard's Good News Extra
- 12:20 QI XL

4

- 6:35 NFL
- 7:35 British F3
- 8:00 World Superbikes
- 8:30 Everybody Loves Raymond
- 9:00 Frasier
- 9:30 Sunday Brunch
- 12:30 George Clarke's Amazing Spaces
- 1:30 The Big Bang Theory
- 3:00 The Simpsons
- 3:30 Star Trek: Generations
- 5:45 Deal or No Deal
- 6:40 Channel 4 News
- 7:00 Guy Martin: How Britain Worked
- 9:00 Houdini
- 1:00 NFL

sky ATLANTIC

- 6:00 Stargate Atlantis
- 7:00 Blue Bloods
- 8:00 Star Trek: Enterprise
- 9:00 Without a Trace
- 10:00 Blue Bloods
- 11:00 House
- 1:00 Stargate Atlantis
- 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
- 10:00 Boardwalk Empire
- 11:15 Curb Your Enthusiasm
- 11:50 House
- 12:50 The Sopranos

BT Sport

- 6:00 Serie A
- 7:00 Barclays Premier League Review
- 8:00 Fletch and Sav - The Best Bits
- 8:30 French Ligue 1
- 10:00 Major League Soccer
- 11:30 Barclays Premier League Review
- 12:30 European Football Show Highlights
- 2:30 Barclays Premier League Review
- 3:30 French Ligue 1 Review
- 4:30 Bundesliga
- 5:30 SPFL Highlights
- 6:00 Baker and Kelly's v.S.P.O
- 7:00 Sportshub
- 8:00 Rugby Tonight
- 9:30 BTSi: Global Goals
- 10:00 Sportshub
- 10:15 Baker and Kelly's v.S.P.O
- 11:15 SPFL Highlights
- 11:45 Bundesliga
- 12:45 French Ligue 1 Review

BT Sport 2

- 6:30 World of Athletics
- 7:00 World Rally Championship
- 7:30 MotoGP
- 9:00 Aviva Premiership Rugby
- 10:30 Exeter Chiefs v Leicester Tigers
- 12:00 Wasps v Northampton Saints
- 1:30 World Series by Renault
- 2:30 World Series by Renault
- 3:30 WRC Review
- 4:30 DTM
- 6:00 MotoGP
- 7:30 British F3
- 8:00 European Football Show Highlights
- 10:00 Brasileirao
- 11:30 Rugby Tonight
- 1:00 British F3

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MONDAY TO THURSDAY	FRIDAY	SATURDAY	SUNDAY
<ul style="list-style-type: none"> 0-8 The Rhythm of the Night 8-10 The Early Bit with Neil Faraday 10-12 Rather Late Breakfast with Jon Max 12-14 The Power Lunch - non-stop great songs 14-17 Brian Jones 17-19 The Home Run with Colin Woolven 19-20 Geoff Dorsett - Supersonic 70s 20-21 Geoff Dorsett - A Kick up the 80s 21-24 The Rhythm of the Night 	<ul style="list-style-type: none"> 0-8 The Rhythm of the Night 8-10 The Early bit with Neil Faraday 10-12 Rather Late Breakfast with Jon Max 12-14 The Power Lunch - non-stop great songs 14-17 Brian Jones 17-19 The Home Run with Colin Woolven 19-20 The Supersonic 70s 20-24 The Disco Experience 	<ul style="list-style-type: none"> 0-7 The Rhythm of the Night 7-9 Ron Nicholson 9-12 Neil Faraday 12-13 A Kick up the 80s (new edition) 13-15 The Power Lunch 15-18 Saturday Scene with Peter Quilty 18-19 Whiskey Plays the Blues 19-20 Sean Bell's Club Classics 20-24 100 Great Songs - Non Stop Party Time 	<ul style="list-style-type: none"> 0-2 100 Great Songs (Continued) 2-7 The Rhythm of the Night 7-9 Ron Nicholson 9-12 Gordon King 12-13 Solid Gold 60s (New edition) 13-14 The Power Lunch 14-17 Leah's Sunday Roast 17-19 Big Ones and New Ones with Andy Henly 19-21 Dominic Forbes' Brit Rock 21-24 Mellow Moments with Andy Saunders