

BBC one

- 6:00 Breakfast
- 9:15 Rip Off Britain
- 10:00 Homes Under the Hammer
- 11:00 Street Patrol UK
- 11:45 Caught Red Handed
- 12:15 Bargain Hunt
- 1:00 BBC News
- 1:30 Regional 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
- 6:30 Regional News
- 7:00 The One Show
- 7:30 EastEnders
- 8:00 Holby City
- 9:00 Crimewatch
- 10:00 BBC News
- 10:25 Regional News
- 10:30 Weather
- 10:35 Crimewatch
- 10:45 Traffic Cops
- 11:45 The Resident
- 1:10 Weather for the Week Ahead

BBC TWO

- 6:05 Homes Under the Hammer
- 7:05 Street Patrol UK
- 7:50 Caught Red Handed
- 8:20 Animal Saints and Sinners
- 9:05 Beavers Behaving Badly - Natural World
- 10:05 Food and Drink
- 10:35 HARDtalk
- 11:00 BBC News
- 11:30 World News
- 12:00 The Daily Politics
- 1:45 Cash in the Attic
- 2:15 Ready, Steady, Cook
- 3:00 Celebrity MasterChef
- 3:45 Wild Wales
- 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 Tricks of the Trade
- 9:00 The Motorway: Life in the Fast Lane
- 10:00 Later Live... with Jools Holland
- 10:30 Newsnight
- 11:20 Peaky Blinders
- 12:20 Hotel India

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 Local News and Weather
- 6:30 ITV News and Weather
- 7:00 Emmerdale
- 7:30 UEFA Champions League
- 10:00 ITV News at Ten and Weather
- 10:40 UEFA Champions League Highlights
- 11:40 The Cube
- 12:40 Jackpot 247

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 Cube
- 9:00 The Matrix Revolutions
- 10:00 FYI Daily
- 10:05 The Matrix Revolutions
- 11:20 Celebrity Juice
- 12:10 The Job Lot

4

- 6:45 Will and Grace
- 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
- 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 Posh Pawn
- 9:00 Don't Stop the Music
- 10:00 8 Out of 10 Cats Does Countdown
- 11:00 Educating the East End
- 12:00 Pokerstars.Com PCA
- 12:55 NFL

BT Sport

- 7:00 Sportshub
- 7:15 Serie A
- 7:45 Bundesliga
- 8:45 French Ligue 1 Review
- 9:45 BTSp: Global Goals
- 10:00 Sportshub
- 10:15 Barclays Premier League Review
- 11:15 SPFL Highlights
- 11:45 Sportshub
- 12:00 European Football Show Highlights
- 2:00 Major League Soccer
- 3:30 Baker and Kelly's v.S.P.O
- 4:30 SPFL Highlights
- 5:00 Major League Soccer
- 6:00 Barclays Premier League Review
- 7:00 Sportshub
- 7:30 Game of the Week
- 8:00 MotoGP
- 9:00 UFC
- 9:30 BTSp: Last Week, This Week
- 10:00 Sportshub
- 10:15 Boxing Tonight
- 12:15 MotoGP

FIVE

- 6:00 Milkshake!
- 9:15 The Wright Stuff
- 11:10 The Dog Rescuers with Alan Davies
- 12:10 5 News
- 12:15 The Railway: First Great Western
- 1:15 Home and Away
- 1:45 Neighbours
- 2:15 NCIS
- 3:15 Mystery Woman: In the Shadows
- 5:00 5 News
- 5:30 Neighbours
- 6:00 Home and Away
- 6:30 5 News
- 7:00 Meerkat Manor
- 7:30 The Secret Life of Pets
- 8:00 Cowboy Builders
- 9:00 CSI: Crime Scene Investigation
- 10:00 Law and Order: Special Victims Unit
- 11:00 Law and Order: Special Victims Unit
- 12:00 Law and Order: Special Victims Unit
- 12:50 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
- 12:35 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 How I Met Your Mother
- 9:00 New Girl
- 9:30 The Mindy Project
- 10:00 The Big Bang Theory
- 11:00 Almost Royal
- 11:30 Rude Tube
- 12:35 Rules of Engagement

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 Open All Hours
- 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 Only Fools and Horses
- 6:10 Keeping Up Appearances
- 6:50 Porridge
- 7:30 Harry Hill's TV Burp
- 8:00 Only Fools and Horses
- 8:40 Miranda
- 9:20 Gavin and Stacey
- 10:00 Not Going Out
- 10:40 Hebburn
- 11:20 Pramface
- 12:00 French and Saunders
- 12:40 Miranda

Dave

- 7:10 Flip Men
- 8:00 Top Gear
- 9:00 Motorway Cops
- 10:00 Extreme Fishing with Robson Green
- 11:00 Top Gear
- 1:00 Motorway Cops
- 2:00 Extreme Fishing with Robson Green
- 3:00 Top Gear
- 5:00 Motorway Cops
- 6:00 Top Gear
- 7:00 Extreme Fishing with Robson Green
- 8:00 QI XL
- 10:00 Dave Gorman: Modern Life is Goodish
- 11:00 Mock the Week
- 11:40 QI XL
- 1:40 Mock the Week

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 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 The British
- 9:00 Richard E Grant's Hotel Secrets
- 10:00 Ray Donovan
- 11:10 Last Week Tonight with John Oliver
- 11:45 Game of Thrones
- 1:00 Richard E Grant's Hotel Secrets

BT Sport 2

- 6:00 Classic Premier League
- 8:00 Rugby Tonight
- 9:30 British F3
- 10:00 DTM
- 11:30 WRC Review
- 12:30 Classic Premier League
- 2:30 Rugby Tonight
- 4:00 World Series by Renault
- 5:00 World Series by Renault
- 6:00 British F3
- 6:30 WRC Review
- 7:30 Rugby Tonight
- 9:00 Toyota AFL International
- 10:00 BTSp: Global Goals
- 10:30 Game of the Week
- 11:00 Serie A
- 11:30 Baker and Kelly's v.S.P.O
- 12:30 Classic Premier League

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