Pilkington **Activ**™
Sponsorship spot times
January

	Thu 01/Jan	Fri 02/Jan
07:00 07:30	A-Listers Unzipped (1) A-Listers Unzipped (1)	A-Listers Unzipped (1) A-Listers Unzipped (1)
08:00 08:30	Cash In The Attic (3) Set 2, Cash In The Attic (3) - Set 2, 3, 00:43:47, ICFD506R/82	Cash In The Attic (3) Set 2, Cash In The Attic (3) - Set 2, 4, 00:43:35, ICFD505X/82
09:00 09:30	Ty's Great British Adventure (1+6 60', 2-5 30'), Ty's Great	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
10:00 10:30	Ty's Great British Ty's Great British	Homes Under the Hammer (S7), Homes Under the
11:00 11:30	Ty's Great British Ty's Great British	Homes Under the Hammer (S7), Homes Under the
12:00 12:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
13:00 13:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
14:00 14:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
15:00 15:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
16:00 16:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
17:00 17:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
18:00 18:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
19:00 19:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
20:00 20:30	Ty's Great British Adventure (1+6 60', 2-5 30'), Ty's Great	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
21:00 21:30	Ty's Great British Ty's Great British Adventure (1+6	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
22:00 22:30	Ty's Great British Adventure (1+6 Ty's Great British Adventure (1+6	Homes Under the Hammer (S7), Homes Under the Hammer (S7), 29, 00:46:00,
23:00 23:30	Extreme Makeover: Home Edition (4), Extreme Makeover:	Homes Under the Hammer (S7), Homes Under the Hammer (S7),
24:00 24:30	Cash In The Attic (6) Set 1, Cash In The Attic: Set 1 (6): Ep 19,	Cash In The Attic (6) Set 1, Cash In The Attic: Set 1 (6): Ep 20,
25:00 25:30	Anthea Turner: The Perfect Housewife, Anthea Turner:	House of Tiny Tearaways (1), House of Tiny Tearaways (1),
26:00	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),
26:30		

	Sat 03/Jan	Sun 04/Jan	Mon 05/Jan	Tue 06/Jan	Wed 07/Jan	Thu 08/Jan	Fri 09/Jan
07:00 07:30	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	A-Listers Unzipped (1) A-Listers Unzipped (1)	A-Listers Unzipped (1) A-Listers Unzipped (1)	A-Listers Unzipped (1) A-Listers Unzipped (1)	A-Listers Unzipped (1) What Not To Wear (2), What	What Not To Wear (2), What What Not To Wear (2), What
08:00 08:30	What Not To Wear (5), What Not To Wear (5): Ep 1, 00:46:10, GFGA875X/82	What Not To Wear (5), What Not To Wear (5): Ep 2, 00:45:55, GFGA876R/82	Cash In The Attic (3) Set 2, Cash In The Attic (3) - Set 2, 5, 00:42:39, ICFD503J/82	Cash In The Attic (3) Set 1, Cash In The Attic (3) Set 1, Cash In The Attic: Set 1 (3),	Cash In The Attic (3) Set 1, Cash In The Attic (3) Set 1, Cash In The Attic: Set 1 (3),	Cash In The Attic (3) Set 1, Cash In The Attic (3) Set 1, Cash In The Attic: Set 1 (3),	Cash In The Attic (3) Set 1, Cash In the Attic (10) Set 1, Cash in the Attic (S10) SET ONE
09:00 09:30	Extreme Makeover: Home Edition (1), Cadigan-Scott, 00:39:47,	Extreme Makeover: Home Edition (2), Extreme Makeover	Ty's Great British Adventure (1+6 60', 2-5 30'), Ty's Great	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,
10:00 10:30	Extreme Makeover: Home Edition (1), Woslem -	Extreme Makeover: Home Edition (2), Extreme Makeover Homes (2): Ep 7 (long ep), Vardon Family (Marlee Martin)	Escape To The Country (S5), Escape To The Country (S5), 1	Escape To The Country (S5), Escape To The Country (S5), 2	Escape To The Country (S5), Escape To The Country (S5), 3	Escape To The Country (S5), Escape To The Country (S5), 4	Escape To The Country (S5), Escape To The Country (S5), 5
11:00 11:30	Extreme Makeover: Home Edition (1), Walswick,		Flog It (4) set 2, Flog it (4) set 2: Ep 10, 00:45:56,	Flog It (4) set 2, Flog it (4) set 2: Ep 12, 00:45:59,	Flog It (4) set 2, Flog it (4) set 2: Ep 14, 00:46:08,	Flog It (4) set 2, Flog it (4) set 2: Ep 16, 00:46:01,	Flog It (4) set 2, Flog it (4) set 2: Ep 18, 00:46:00,
12:00 12:30	Extreme Makeover: Home Edition (1), Mendoza, 00:40:21,	Extreme Makeover: Home Edition (2), Extreme Makeover	Flog It (4) set 2, Flog it (4) set 2: Ep 11, 00:46:00, NBRJ140F/82	Flog It (4) set 2, Flog it (4) set 2: Ep 13, 00:45:36, NBRJ136E/82	Flog It (4) set 2, Flog it (4) set 2: Ep 15, 00:46:12, NBRJ142T/82	Flog It (4) set 2, Flog it (4) set 2: Ep 17, 00:46:12, NBRJ144H/82	Flog It (4) Set 3, Flog It (4) Set 3, 1, 00:45:53, NBRJ150X/82
13:00 13:30	Extreme Makeover: Home Edition (1), McCrory, 00:39:42,	Extreme Makeover: Home Edition (2), Extreme Makeover	Ty's Great British Adventure (1+6 60', 2-5 30'), Ty's Great	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,
14:00 14:30	Extreme Makeover: Home Edition (1), Harris - Flooded out,	Extreme Makeover: Home Edition (2), Extreme Makeover	Love The Place You're In, Love The Place You're In, 1 Abby, 00:46:00,	Love The Place You're In, Love The Place You're In, 2 Liz London,	Love The Place You're In, Love The Place You're In, 3 Nick and Sakina,	Love The Place You're In, Love The Place You're In, 4 Billie, 00:46:00,	Love The Place You're In, Love The Place You're In, 5 Alison,
15:00 15:30	Extreme Makeover: Home Edition (1), Zitek, 00:42:12,	Extreme Makeover: Home Edition (2), Extreme Makeover	Escape To The Country (S5), Escape To The Country (S5), 1 BUCKINGHAM	Escape To The Country (S5), Escape To The Country (S5), 2 NORTHAMPT	Escape To The Country (S5), Escape To The Country (S5), 3 DORSET,	Escape To The Country (S5), Escape To The Country (S5), 4 North Devon,	Escape To The Country (S5), Escape To The Country (S5), 5 LINCOLNSHIR
16:00 16:30	Extreme Makeover: Home Edition (1), Hardin, 00:42:24,	Extreme Makeover: Home Edition (2), Extreme Makeover	Wanted Down Under (1), Wanted Down Under Series 1, 1 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 2 PERTH,	Wanted Down Under (1), Wanted Down Under Series 1, 3 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 4 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 5 BRISBANE,
17:00 17:30	Extreme Makeover: Home Edition (1), Tugwell, 00:42:26,	Extreme Makeover: Home Edition (2), Extreme Makeover Homes (2): Ep 14(long), Correa/Mederios, 01:20:13, CTAE964R/83	Car Booty (S7), Car Booty (S7), 3 I'Anson, 00:43:13, CTAT082P/82	Car Booty (S7), Car Booty (S7), 4 Chase, 00:43:13, CTAT083J/82	Car Booty (S7), Car Booty (S7), 5 Mannion, 00:43:09, CTAT084D/82	Car Booty (S7), Car Booty (S7), 6 Valentine, 00:43:00, CTAT085X/82	Car Booty (S7), Car Booty (S7), 7 Ruscoe, 00:45:00, CTAT086R/82
18:00 18:30	Extreme Makeover: Home Edition (1), Imbriani, 00:41:37,		Colin and Justin's Home Heist, Colin and Justin's Home Heist, 1 - Not	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 2 - Baby	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 3 - Spit	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 4 -	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 5 - Tartan
19:00 19:30	Extreme Makeover: Home Edition (1), Cox - featuring	Extreme Makeover: Home Edition (2), Extreme Makeover Homes (2): Ep 15 (long), Piestewa, 01:19:53, CTAE965K/82	Ty's Great British Adventure (1+6 60', 2-5 30'), Ty's Great	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,	Ty's Great British Play Off DIY, , 00:30:00,
20:00 20:30	Extreme Makeover: Home Edition (2), Extreme Makeover		Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),
21:00 21:30	Extreme Makeover: Home Edition (2), Extreme Makeover	Extreme Makeover: Home Edition (2), Extreme Makeover	Escape To The Country (S5), Escape To The Country (S5), 1 BUCKINGHAM	Escape To The Country (S5), Escape To The Country (S5), 2 NORTHAMPT	Escape To The Country (S5), Escape To The Country (S5), 3 DORSET,	Escape To The Country (S5), Escape To The Country (S5), 4 North Devon,	Escape To The Country (S5), Escape To The Country (S5), 5 LINCOLNSHIR
22:00 22:30	Extreme Makeover: Home Edition (2), Extreme Makeover Homes (2): Ep	Extreme Makeover: Home Edition (2), Extreme Makeover Homes (2): Ep	Love The Place You're In, Love The Place You're In, 1 Abby, 00:46:00, CTOK333J/82	Love The Place You're In, Love The Place You're In, 2 Liz London, 00:46:00,	Love The Place You're In, Love The Place You're In, 3 Nick and Sakina, 00:46:00,	Love The Place You're In, Love The Place You're In, 4 Billie, 00:46:00, CTOK336R/82	Love The Place You're In, Love The Place You're In, 5 Alison, 00:46:00,
23:00 23:30	Extreme Makeover: Home Edition (2), Extreme Makeover	Extreme Makeover: Home Edition (2), Extreme Makeover	Wanted Down Under (1), Wanted Down Under Series 1, 1 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 2 PERTH,	Wanted Down Under (1), Wanted Down Under Series 1, 3 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 4 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 5 BRISBANE,
24:00 24:30	House of Tiny Tearaways (1), House of Tiny Tearaways (1), 6, 00:45:55,	House of Tiny Tearaways (1), House of Tiny Tearaways (1), 8, 00:45:59,	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set
25:00 25:30	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),
26:00	Secret Life of the Gym, Secret Life of the Gym: Ep 7,	Secret Life of the Gym, Secret Life of the Gym: Ep 9,	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),
26:30	Secret Life of the Gym, Secret	Secret Life of the Gym, Secret					

	Sat 10/Jan	Sun 11/Jan	Mon 12/Jan	Tue 13/Jan	Wed 14/Jan	Thu 15/Jan	Fri 16/Jan
07:00 07:30	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	What Not To Wear (2), What What Not To Wear (2), What	What Not To Wear (2), What What Not To Wear (2), What	What Not To Wear (2), What What Not To Wear: Have	What Not To Wear: Have What Not To Wear: Have	What Not To Wear (5), What Not To Wear (5): Ep 1, 00:46:10
08:00 08:30	What Not To Wear (5), What Not To Wear (5): Ep 3, 00:46:00, GFGA874D/82	What Not To Wear (5), What Not To Wear (5): Ep 4, 00:45:49, GFGA879Y/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 1, 00:43:37, ICFE542J/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 2, 00:43:43, ICFE540W/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 3, 00:44:15, ICFE547E/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 4, 00:43:43, ICFE539B/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 5, 00:44:14, ICFE545R/82
09:00 09:30	Escape To The Country (3), Escape To The Country (3), 2, 00:46:00,	Escape To The Country (3), Escape To The Country (3), 36, 00:45:51,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 2, 00:22:54,	DIY SOS (16), DIY SOS (16), 3 FLOODS SPECIAL (60mins),	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 5, 00:22:31,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 7, 00:22:23,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 2, 00:22:50,
10:00 10:30	Escape To The Country (3), Escape To The Country (3), 6,	Escape To The Country (3), Escape To The Country (3), 37,	Escape To The Country (S5), Escape To The Country (S5), 6	Escape To The Country (S5), Escape To The Country (S5), 7	Escape To The Country (S5), Escape To The Country (S5), 8	Escape To The Country (S5), Escape To The Country (S5), 9	Escape To The Country (S5), Escape To The Country (S5),
11:00 11:30	Escape To The Country (3), Escape To The Country (3), 7,	Escape To The Country (3), Escape To The Country (3), 38,	Flog It (4) Set 3, Flog It (4) Set 3, 2, 00:45:59, NBRJ155S/82	Flog It (4) Set 3, Flog It (4) Set 3, 4, 00:46:02, NBRJ157F/82	Flog It (4) Set 3, Flog It (4) Set 3, 6, 00:45:50, NBRJ148J/82	Flog It (4) Set 3, Flog It (4) Set 3, 8, 00:45:58, NBRJ151R/82	Flog It (4) Set 3, Flog It (4) Set 3, 10, 00:46:05, NBRJ156L/82
12:00 12:30	Escape To The Country (3), Escape To The Country (3), 24, 00:46:04,	Escape To The Country (3), Escape To The Country (3), 39, 00:46:03,	Flog It (4) Set 3, Flog It (4) Set 3, 3, 00:46:02, NBRJ152K/82	Flog It (4) Set 3, Flog It (4) Set 3, 5, 00:45:54, NBRJ160N/82	Flog It (4) Set 3, Flog It (4) Set 3, 7, 00:46:03, NBRJ149D/82	Flog It (4) Set 3, Flog It (4) Set 3, 9, 00:46:00, NBRJ153E/82	Flog It (4) Set 3, Flog It (4) Set 3, 11, 00:45:58, NBRJ158A/82
13:00 13:30	Escape To The Country (3), Escape To The Country (3), 25, 00:46:06,	Escape To The Country (3), Escape To The Country (3), 40, 00:44:49,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 2, 00:22:54,	DIY SOS (16), DIY SOS (16), 3 FLOODS SPECIAL (60mins),	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 5, 00:22:31,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 7, 00:22:23,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 2, 00:22:50,
14:00 14:30	Escape To The Country (3), Escape To The Country (3), 26, 00:45:57,	Escape To The Country (3), Escape To The Country (3), 41, 00:46:00,	Love The Place You're In, Love The Place You're In, 6 Toni and Peter,	Love The Place You're In, Love The Place You're In, 7 Helen and	Love The Place You're In, Love The Place You're In, 8 Chris and Liz,	Love The Place You're In, Love The Place You're In, 9 Compilation 1,	Love The Place You're In, Love The Place You're In, 10 Compilation 2,
15:00 15:30	Escape To The Country (3), Escape To The Country (3), 27, 00:45:52,	Escape To The Country (3), Escape To The Country (3), 42, 00:45:54,	Escape To The Country (S5), Escape To The Country (S5), 6 EAST DEVON,	Escape To The Country (S5), Escape To The Country (S5), 7 SHROPSHIRE,	Escape To The Country (S5), Escape To The Country (S5), 8 NORTH	Escape To The Country (S5), Escape To The Country (S5), 9 The Cotswolds,	Escape To The Country (S5), Escape To The Country (S5), 10 East Sussex,
16:00 16:30	Escape To The Country (3), Escape To The Country (3), 28, 00:46:06,	Escape To The Country (3), Escape To The Country (3), 43, 00:46:09,	Wanted Down Under (1), Wanted Down Under Series 1, 6 PERTH,	Wanted Down Under (1), Wanted Down Under Series 1, 7 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 8 PERTH,	Wanted Down Under (1), Wanted Down Under Series 1, 9 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 10 ADELAIDE,
17:00 17:30	Escape To The Country (3), Escape To The Country (3), 29, 00:46:07,	Escape To The Country (3), Escape To The Country (3), 44, 00:46:05,	Car Booty (S7), Car Booty (S7), 8 Burgess, 00:42:59, CTAT087K/82	Car Booty (S7), Car Booty (S7), 9 Latcham, 00:43:18, CTAT088E/82	Car Booty (S7), Car Booty (S7), 10 Gibbison, 00:43:13, CTAT089Y/82	Car Booty (S7), Car Booty (S7), 11 Tunstall, 00:42:56, CTAT090S/82	Car Booty (S7), Car Booty (S7), 12 Rich, 00:42:56, CTAT091L/82
18:00 18:30	Escape To The Country (3), Escape To The Country (3), 30, 00:46:14,	Escape to the Country (S4), Escape to the Country (S4), 1, 00:46:06,	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 6 - Urban	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 7 - Dated,	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 8 - Home	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 9 - Clutter	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 10 -
19:00 19:30	Escape To The Country (3), Escape To The Country (3), 31, 00:45:54,	Escape to the Country (S4), Escape to the Country (S4), 2, 00:45:55,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 2, 00:22:54,	DIY SOS (16), DIY SOS (16), 3 FLOODS SPECIAL (60mins),	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 5, 00:22:31,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 7, 00:22:23,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 2, 00:22:50,
20:00 20:30	Escape To The Country (3), Escape To The Country (3), 32, 00:45:57,	Escape to the Country (S4), Escape to the Country (S4), 4, 00:45:57,	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),
21:00 21:30	Escape To The Country (3), Escape To The Country (3), 33, 00:45:55,	Escape to the Country (S4), Escape to the Country (S4), 5, 00:46:01,	Escape To The Country (S5), Escape To The Country (S5), 6 EAST DEVON,	Escape To The Country (S5), Escape To The Country (S5), 7 SHROPSHIRE,	Escape To The Country (S5), Escape To The Country (S5), 8 NORTH	Escape To The Country (S5), Escape To The Country (S5), 9 The Cotswolds,	Escape To The Country (S5), Escape To The Country (S5), 10 East Sussex,
22:00 22:30	Escape To The Country (3), Escape To The Country (3), 34, 00:46:12, ICFF806E/82	Escape to the Country (S4), Escape to the Country (S4), 6, 00:46:07, ICFH747W/82	Teen Spa Of Embarrassing Illnesses, Teen Spa Of Embarrassing Illnesses, 1,	Teen Spa Of Embarrassing Illnesses, Teen Spa Of Embarrassing Illnesses, 2,	Teen Spa Of Embarrassing Illnesses, Teen Spa Of Embarrassing Illnesses, 3,	Teen Spa Of Embarrassing Illnesses, Teen Spa Of Embarrassing Illnesses, 4,	Teen Spa Of Embarrassing Illnesses, Teen Spa Of Embarrassing Illnesses, 5,
23:00 23:30	Escape To The Country (3), Escape To The Country (3), 35, 00:46:07,	Escape to the Country (S4), Escape to the Country (S4), 7, 00:46:13,	Wanted Down Under (1), Wanted Down Under Series 1, 6 PERTH,	Wanted Down Under (1), Wanted Down Under Series 1, 7 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 8 PERTH,	Wanted Down Under (1), Wanted Down Under Series 1, 9 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 10 ADELAIDE,
24:00 24:30	Who'll Age Worst?, Who'll Who'll Age Worst?, Who'll Age Worst?: Ep	Who'll Age Worst?, Who'll Who'll Age Worst?, Who'll Age Worst?: Ep	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set
25:00 25:30	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),
26:00	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Tearaways (1), House of Tiny Tearaways (1),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),
26:30							

	Sat 17/Jan	Sun 18/Jan	Mon 19/Jan	Tue 20/Jan	Wed 21/Jan	Thu 22/Jan	Fri 23/Jan
07:00 07:30	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	What Not To Wear (5), What Not To Wear (5): Ep 2, 00:45:55	What Not To Wear (5), What Not To Wear (5): Ep 3, 00:46:00	What Not To Wear (5), What Not To Wear (5): Ep 4, 00:45:49	What Not To Wear (5), What Not To Wear (5): Ep 5, 00:46:04	What Not To Wear (6), What Not To Wear (6), 1, 00:46:06, GFGB536B/82
08:00 08:30	What Not To Wear (5), What Not To Wear (5): Ep 5, 00:46:04, GFGA878E/82	What Not to Wear (S7), What Not to Wear (S7), 1, 00:45:51, LSGB994F/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 6, 00:44:09, ICFE546K/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 7, 00:44:06, ICFE541P/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 8, 00:44:03, ICFE544X/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 9, 00:44:08, ICFE543D/82	Cash In The Attic (4) Set 2, Cash In The Attic (4) Set 2, 10, 00:43:39, ICFE548Y/82
09:00 09:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 2, 00:23:00,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 2, 00:22:54,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 4, 00:23:09,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 6, 00:23:00,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 8, 00:22:50,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,
10:00 10:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14),	DIY SOS (16), DIY SOS (16), 3 FLOODS SPECIAL	Escape To The Country (S5), Escape To The Country (S5),	Escape To The Country (S5), Escape To The Country (S5),	Escape To The Country (S5), Escape To The Country (S5),	Escape To The Country (S5), Escape To The Country (S5),	Escape To The Country (S5), Escape To The Country (S5),15
11:00 11:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14),	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16),	Flog It (4) Set 3, Flog It (4) Set 3, 12, 00:45:53, NBRJ159T/82	Flog It (4) Set 3, Flog It (4) Set 3, 14, 00:46:03, NBRJ164P/82	Flog It (4) Set 3, Flog It (4) Set 3, 16, 00:46:12, NBRJ168R/82	Flog It! (4) Set 4, Flog It! (4) Set 4, 2, 00:45:53,	Flog It! (4) Set 4, Flog It! (4) Set 4, 4, 00:45:53,
12:00 12:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 8, 00:23:00,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 7, 00:22:23,	Flog It (4) Set 3, Flog It (4) Set 3, 13, 00:46:07, NBRJ161H/82	Flog It (4) Set 3, Flog It (4) Set 3, 15, 00:46:04, NBRJ162B/82	Flog It (4) Set 3, Flog It (4) Set 3, 17, 00:45:58, NBRJ170E/82	Flog It! (4) Set 4, Flog It! (4) Set 4, 3, 00:46:05, NBRJ173L/82	Flog It! (4) Set 4, Flog It! (4) Set 4, 5, 00:45:58, NBRJ179B/82
13:00 13:30	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 2, 00:22:54,	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 2, 00:23:00,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 4, 00:23:09,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 6, 00:23:00,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 8, 00:22:50,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,
14:00 14:30	DIY SOS (16), DIY SOS (16), 3 FLOODS SPECIAL (60mins),	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 4, 00:23:00,	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea
15:00 15:30	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 5, 00:22:31,	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 6, 00:23:00,	Escape To The Country (S5), Escape To The Country (S5), 11 Hampshire/	Escape To The Country (S5), Escape To The Country (S5), 12 Lincolnshire,	Escape To The Country (S5), Escape To The Country (S5), 13	Escape To The Country (S5), Escape To The Country (S5), 14	Escape To The Country (S5), Escape To The Country (S5),15 CARMARTHE
16:00 16:30	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 7, 00:22:23,	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 8, 00:23:00,	Wanted Down Under (1), Wanted Down Under Series 1, 11 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 12 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 13 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 14 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 15 PERTH,
17:00 17:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 2, 00:23:00,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 2, 00:22:54,	Car Booty (S7), Car Booty (S7), 13 Wennerstrom, 00:42:44,	Car Booty (S7), Car Booty (S7), 14 Ventin, 00:42:54, CTAT093A/82	Car Booty (S7), Car Booty (S7), 15 Chancellor, 00:43:00, CTAT094T/82	Car Booty (S3), Car Booty (S3), 1 (Large), 00:43:07, CTAS737X/82	Car Booty (S3), Car Booty (S3), 2 (Talliadoros), 00:43:09, CTAS738R/82
18:00 18:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 4, 00:23:00,	DIY SOS (16), DIY SOS (16), 3 FLOODS SPECIAL (60mins),	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 11 - Not	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 12 -	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 13 -	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 14 - Cool	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 15 - 40
19:00 19:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 6, 00:23:00,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 5, 00:22:31,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 4, 00:23:09,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 6, 00:23:00,	DIY SOS (15), DIY SOS (15), DIY SOS (15), DIY SOS (15), 8, 00:22:50,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,
20:00 20:30	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 8, 00:23:00,	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 7, 00:22:23,	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (S6), Homes Under the Hammer (S6),	Homes Under the Hammer (5), Homes Under the Hammer (5), 1, 00:46:14,	Homes Under the Hammer (5), Homes Under the Hammer (5), 2, 00:45:54,	Homes Under the Hammer (5), Homes Under the Hammer (5), 3, 00:46:15,
21:00 21:30	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 2, 00:22:54,	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 2, 00:23:00,	Escape To The Country (S5), Escape To The Country (S5), 11 Hampshire/	Escape To The Country (S5), Escape To The Country (S5), 12 Lincolnshire,	Escape To The Country (S5), Escape To The Country (S5), 13	Escape To The Country (S5), Escape To The Country (S5), 14	Escape To The Country (S5), Escape To The Country (S5),15 CARMARTHE
22:00 22:30	DIY SOS (16), DIY SOS (16), 3 FLOODS SPECIAL (60mins), 00:45:54,	DIY SOS (14), DIY SOS (14), 3, 00:23:00, DIY SOS (14), DIY SOS (14), 4, 00:23:00,	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 1	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 2	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 3	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 4	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 5
23:00 23:30	DIY SOS (16), DIY SOS (16), DIY SOS (16), DIY SOS (16), 5, 00:22:31,	DIY SOS (14), DIY SOS (14), DIY SOS (14), DIY SOS (14), 6, 00:23:00,	Wanted Down Under (1), Wanted Down Under Series 1, 11 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 12 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 13 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 14 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 15 PERTH,
24:00 24:30	Who'll Age Worst?, Who'll Who'll Age Worst?, Who'll Age Worst?: Ep	Who'll Age Worst?, Who'll Who'll Age Worst?, Who'll Age Worst?: Ep	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set
25:00 25:30	House of Tiny Tearaways (2), House of Tiny Tearaways	House of Tiny Tearaways (2), House of Tiny Tearaways	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),
26:00	House of Tiny Tearaways (2), House of Tiny Tearaways	House of Tiny Tearaways (2), House of Tiny Tearaways	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),
26:30							

	Sat 24/Jan	Sun 25/Jan	Mon 26/Jan	Tue 27/Jan	Wed 28/Jan	Thu 29/Jan	Fri 30/Jan
07:00 07:30	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	Stylin' Gypsies, Stylin' Gypsies: Stylin' Gypsies, Stylin' Gypsies:	What Not To Wear (6), What Not To Wear (6), 2, 00:46:08, GFGB538P/82	What Not To Wear (6), What Not To Wear (6), 3, 00:46:07, GFGB537W/82	What Not To Wear (6), What Not To Wear (6), 4, 00:46:02, GFGB540D/82	What Not to Wear (S7), What Not to Wear (S7), 1, 00:45:51	What Not to Wear (S7), What Not to Wear (S7), 2, 00:45:58
08:00 08:30	What Not to Wear (S7), What Not to Wear (S7), 3, 00:46:07, LSGB996T/82	What Not to Wear (S7), What Not to Wear (S7), 4, 00:46:00, LSGB995A/82	Cash In the Attic (5) set 1, Cash in the Attic (5) set 1, 1, 00:45:50, ICFF209D/82	Cash In the Attic (5) set 1, Cash in the Attic (5) set 1, 2, 00:46:00, ICFF212K/82	Cash In the Attic (5) set 1, Cash in the Attic (5) set 1, 3, 00:46:00, ICFF211R/82	Cash In the Attic (5) set 1, Cash in the Attic (5) set 1, 4, 00:46:00, ICFF210X/82	Cash In the Attic (5) set 1, Cash in the Attic (5) set 1, 5, 00:45:59, ICFF208J/82
09:00 09:30	Escape to the Country (S4), Escape to the Country (S4), 8, 00:45:56,	Escape to the Country (S4), Escape to the Country (S4), 24, 00:46:11,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 2, 00:22:58,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 4, 00:23:00,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 6, 00:22:52,
10:00 10:30	Escape to the Country (S4), Escape to the Country (S4), 9,	Escape to the Country (S4), Escape to the Country (S4),	Escape To The Country (S5), Escape To The Country (S5),	Escape To The Country (S5), Escape To The Country (S5),17	Escape To The Country (S5), Escape To The Country (S5),	Escape To The Country (S5), Escape To The Country (S5),	Escape To The Country (S5), Escape To The Country (S5),
11:00 11:30	Escape to the Country (S4), Escape to the Country (S4),	Escape To The Country (S5), Escape To The Country (S5), 1	Flog It! (4) Set 4, Flog It! (4) Set 4, 6, 00:45:58,	Flog It! (4) Set 4, Flog It! (4) Set 4, 8, 00:45:54,	Flog It! (4) Set 4, Flog It! (4) Set 4, 11, 00:45:57,	Flog It! (4) Set 4, Flog It! (4) Set 4, 13, 00:46:19,	Flog It! (4) Set 4, Flog It! (4) Set 4, 16, 00:46:12,
12:00 12:30	Escape to the Country (S4), Escape to the Country (S4), 11, 00:46:02,	Escape To The Country (S5), Escape To The Country (S5), 2 NORTHAMPT	Flog It! (4) Set 4, Flog It! (4) Set 4, 7, 00:46:11, NBRJ181P/82	Flog It! (4) Set 4, Flog It! (4) Set 4, 9, 00:45:56, NBRJ165J/82	Flog It! (4) Set 4, Flog It! (4) Set 4, 12, 00:44:58, NBRJ163W/82	Flog It! (4) Set 4, Flog It! (4) Set 4, 14, 00:45:58, NBRJ174F/82	Flog It! (4) Set 4, Flog It! (4) Set 4, 17, 00:45:44, NBRJ169K/82
13:00 13:30	Escape to the Country (S4), Escape to the Country (S4), 12, 00:45:54,	Escape To The Country (S5), Escape To The Country (S5), 3 DORSET,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 2, 00:22:58,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 4, 00:23:00,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 6, 00:22:52,
14:00 14:30	Escape to the Country (S4), Escape to the Country (S4), 13, 00:46:09,	Escape To The Country (S5), Escape To The Country (S5), 4 North Devon,	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea
15:00 15:30	Escape to the Country (S4), Escape to the Country (S4), 14, 00:45:56,	Escape To The Country (S5), Escape To The Country (S5), 5 LINCOLNSHIR	Escape To The Country (S5), Escape To The Country (S5), 16	Escape To The Country (S5), Escape To The Country (S5),17 SUFFOLK,	Escape To The Country (S5), Escape To The Country (S5), 18 WILTSHIRE	Escape To The Country (S5), Escape To The Country (S5), 19 MID	Escape To The Country (S5), Escape To The Country (S5), 20 PEAK
16:00 16:30	Escape to the Country (S4), Escape to the Country (S4), 15, 00:45:53,	Escape To The Country (S5), Escape To The Country (S5), 6 EAST DEVON,	Wanted Down Under (1), Wanted Down Under Series 1, 16 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 17 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 18 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 19 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 20 PERTH,
17:00 17:30	Escape to the Country (S4), Escape to the Country (S4), 16, 00:46:00,	Escape To The Country (S5), Escape To The Country (S5), 7 SHROPSHIRE,	Car Booty (S3), Car Booty (S3), 3 (Foster), 00:43:07, CTAS739K/82	Car Booty (S3), Car Booty (S3), 4 (Humprey), 00:43:14, CTAS740E/82	Car Booty (S3), Car Booty (S3), 5 (Hyman), 00:43:05, CTAS741Y/82	Car Booty (S3), Car Booty (S3), 6 (Gower), 00:43:11, CTAS742S/82	Car Booty (S3), Car Booty (S3), 7 (Law), 00:43:14, CTAS743L/82
18:00 18:30	Escape to the Country (S4), Escape to the Country (S4), 17, 00:46:00,	Escape To The Country (S5), Escape To The Country (S5), 8 NORTH	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 16 - My	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 17 -	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 18 - Little	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 19 - No	Colin and Justin's Home Heist, Colin and Justin's Home Heist, 20 - Style
19:00 19:30	Escape to the Country (S4), Escape to the Country (S4), 19, 00:45:11,	Escape To The Country (S5), Escape To The Country (S5), 9 The Cotswolds,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (S14), , 00:30:00, DIY SOS (S14), , 00:30:00,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 2, 00:22:58,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 4, 00:23:00,	DIY SOS (13), DIY SOS (13), DIY SOS (13), DIY SOS (13), 6, 00:22:52,
20:00 20:30	Escape to the Country (S4), Escape to the Country (S4), 20, 00:46:04,	Escape To The Country (S5), Escape To The Country (S5), 10 East Sussex,	Homes Under the Hammer (5), Homes Under the Hammer (5), 4, 00:46:28,	Homes Under the Hammer (5), Homes Under the Hammer (5), 5, 00:46:06,	Homes Under the Hammer (5), Homes Under the Hammer (5), 6, 00:45:49,	Homes Under the Hammer (5), Homes Under the Hammer (5), 7, 00:46:08,	Homes Under the Hammer (5), Homes Under the Hammer (5), 8, 00:46:06,
21:00 21:30	Escape to the Country (S4), Escape to the Country (S4), 21, 00:46:12,	Escape To The Country (S5), Escape To The Country (S5), 11 Hampshire/	Escape To The Country (S5), Escape To The Country (S5), 16	Escape To The Country (S5), Escape To The Country (S5),17 SUFFOLK,	Escape To The Country (S5), Escape To The Country (S5), 18 WILTSHIRE	Escape To The Country (S5), Escape To The Country (S5), 19 MID	Escape To The Country (S5), Escape To The Country (S5), 20 PEAK
22:00 22:30	Escape to the Country (S4), Escape to the Country (S4), 22, 00:46:08, ICFH765P/82	Escape To The Country (S5), Escape To The Country (S5), 12 Lincolnshire, 00:43:57,	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 6	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 7	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 8	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 9	Fantasy Homes By The Sea (Series 3), Fantasy Homes By The Sea Series 3, 10
23:00 23:30	Escape to the Country (S4), Escape to the Country (S4), 23, 00:46:02,	Escape To The Country (S5), Escape To The Country (S5), 13	Wanted Down Under (1), Wanted Down Under Series 1, 16 SYDNEY,	Wanted Down Under (1), Wanted Down Under Series 1, 17 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 18 BRISBANE,	Wanted Down Under (1), Wanted Down Under Series 1, 19 ADELAIDE,	Wanted Down Under (1), Wanted Down Under Series 1, 20 PERTH,
24:00 24:30	Who'll Age Worst?, Who'll Who'll Age Worst?, Who'll Age Worst?: Ep	Trust Me I'm a Teenager, Trust Me I'm a Teenager, 1, 00:46:08,	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set	Homes Under The Hammer (2), Homes Under The Hammer (2) Set
25:00 25:30	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),
26:00	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),	House of Tiny Terraways (2), House of Tiny Terraways (S2),
26:30							

	Sat 31/Jan
07:00 07:30	What Not to Wear (S7), What Not to Wear (S7), 5, 00:45:41
08:00 08:30	What Not to Wear (S7), What Not to Wear (S7), 6, 00:46:10, LSGB993L/82
09:00 09:30	DIY SOS (6), DIY SOS series DIY SOS (6), DIY SOS series 6: Ep 2,
10:00 10:30	DIY SOS (6), DIY SOS series DIY SOS (6), DIY SOS series
11:00 11:30	DIY SOS (6), DIY SOS series DIY SOS (6), DIY SOS series
12:00 12:30	DIY SOS (6), DIY SOS series DIY SOS (6), DIY SOS series 6: Ep 8,
13:00 13:30	DIY SOS (8), DIY SOS (8): DIY SOS (8), DIY SOS (8): Ep 2,
14:00 14:30	DIY SOS (8), DIY SOS (8): DIY SOS (8), DIY SOS (8): Ep 4,
15:00 15:30	DIY SOS (8), DIY SOS (8): DIY SOS (8), DIY SOS (8): Ep 6,
16:00 16:30	DIY SOS (8), DIY SOS (8): DIY SOS (6), DIY SOS series 6: Ep 1,
17:00 17:30	DIY SOS (6), DIY SOS series DIY SOS (6), DIY SOS series 6: Ep 3,
18:00 18:30	DIY SOS (6), DIY SOS series DIY SOS (6), DIY SOS series 6: Ep 5,
19:00 19:30	DIY SOS (6), DIY SOS series DIY SOS (6), DIY SOS series 6: Ep 7,
20:00 20:30	DIY SOS (6), DIY SOS series DIY SOS (8), DIY SOS (8): Ep 1,
21:00 21:30	DIY SOS (8), DIY SOS (8): DIY SOS (8), DIY SOS (8): Ep 3,
22:00 22:30	DIY SOS (8), DIY SOS (8): Ep 4, DIY SOS (8), DIY SOS (8): Ep 5,
23:00 23:30	DIY SOS (8), DIY SOS (8): DIY SOS (8), DIY SOS (8): Ep 7,
24:00 24:30	Trust Me I'm a Teenager, Trust Me I'm a Teenager, 2, 00:46:08,
25:00 25:30	House of Tiny Terrors (Series 1), House of Tiny Terrors
26:00	House of Tiny Terrors (Series 1), House of Tiny Terrors
26:30	