

06:00 am Blaze and The Monster Machines (Rpt)	G	Ready, Set, Roar! Blaze and Stripes transform into ferociously fast jungle cats to race in the Animal Island Championship! But they must beat Crusher disguised as a cheating cheetah. Can they claw their way to victory?
06:30 am Blaze and The Monster Machines (Rpt)	G	The Great Animal Crown When the Great Animal Crown is lost at the bottom of the ocean, Blaze transforms into a super-fast shark to retrieve it for his Animal Island friends before Crusher can grab it first.
07:00 am Blue's Clues & You (Rpt)	G	Sad Day With Blue Blue's feeling sad, so we play Blue's Clues to figure out why. Along the way to figuring out Blue's Clues, we help our Felt Friends and how to deal with emotions and feelings in different situations.
07:26 am Ready Set Dance (Rpt)	G	Get Down Granny A groovy little story about a Granny who knows how to get down, if she would only, wake up.
07:30 am Paw Patrol (Rpt)	G	Pups Save Apollo / Pups Save The Hippos Rubble dreams about saving his idol, Apollo the Super-Pup from an evil spider king. Zuma feels left out when he cannot assist the pups after Raimundo's dancing hippos knock down a circus tent.
08:00 am Paw Patrol (Rpt)	G	Pups Save Daring Danny X / Pups In A Fix The Paw Patrol wows with a mid-air rescue when Daring Danny X attempts a jump over Rattle Snake Canyon! RoboDog's wiring gets mixed up, and he goes on a fixing rampage around Adventure Bay!
08:30 am Abby Hatcher (Rpt)	G	Too Tired To Tuba / Princess Flug Day Chef Jeff is nervous about a tuba concret and keeps everyone up all night with his practicing. / Princess Flug wants Melvin's party to be her own party, she almost spolis his day.
09:00 am Abby Hatcher (Rpt)	G	Hair Flair Fuzzly / The Fuzzlies In The Attic Mrs. Melvin's hairbrush goes missing, and Abby tracks it to a brand new Fuzzly who loves to style hair. / When the Fuzzly twins, Mo and Bo, get separated in the hotel, it's up to Abby to get them back



09:30 am	SpongeBob SquarePants (Rpt)	G	Back To The Past/the Bad Guy Club For Villains
			SpongeBob and Patrick go back in time to see the young Mermaidman and Barnacleboy. Later, SpongeBob and Patrick watch their heroes fight bad guys in a classic Mermaidman and Barnacleboy episode.
10:00 am	SpongeBob SquarePants (Rpt)	G	<u>Day Without Tears/summer Job, A</u> Squidward bets SpongeBob he can't go a day without crying. Mrs. Puff has to work through her summer break at the Krusty Krab.
10:30 am	SpongeBob SquarePants (Rpt)	G	Oner Coarse Meal/gary In Love Mr. Krabs finds out that Plankton's afraid of whales. Gary falls for a snail named Mary.
11:00 am	SpongeBob SquarePants (Rpt)	G	The Play's The Thing/rodeo Daze Mr. Krab opens a Dinner Theater at the Krusty Krab. SpongeBob takes his pals to Texas to see Sandy in a squirrel rodeo.
11:30 am	SpongeBob SquarePants (Rpt)	G	Gramma's Secret Recipe/the Cent Of Money Plankton disguises himself as SpongeBob's grandmother. Mr. Krabs uses Gary to find spare change.
12:00 pm	SpongeBob SquarePants (Rpt)	G	The Monster Who Came To Bikini Bottom/welcome To The Bikini Bottom Triangle A monster terrorises Bikini Bottom until Patrick befriends the huge creature. SpongeBob and all the Bikini Bottom citizens disappear to an underwater resort.
12:30 pm	SpongeBob SquarePants (Rpt)	G	The Curse Of The Hex/the Main Drain Madame Hagfish puts a hex on the Krusty Krab. SpongeBob and Patrick search for a legendary drain on the ocean floor.
01:00 pm	Bunsen Is A Beast (Rpt)	PG	Cookie Monster/ Braces For Disaster Amanda turns into a beast and causes panic at school after eating Bunsen's cookies. Mikey, Bunsen, and Amanda team up to study minks after Amanda's tightened braces causes her to make mink calls.



01:30 pm	Bunsen Is A Beast (Rpt)	PG	Mikey-Plication/the Case Of The Cold Case Mucklefunk and Bunsen clone Mikey so his clones can run all of his after- school clubs. Mikey and Bunsen go into detective mode after Commander Cone is framed for stealing Amanda's phone case.
02:00 pm	The Loud House (Rpt)	G	Scales Of Justice / Crimes Of Fashion When Lana learns her favourite fish are in jeopardy of losing their home she springs into action. When Leni gets fired from her job due to missing scarves, Lincoln and Clyde take on the case.
02:30 pm	Star Trek: Prodigy (Rpt)	PG Mild Violence	Kobayashi As Gwyn struggles to find her role aboard the Protostar, Dal tests his leadership skills in the newly discovered holodeck.
03:00 pm	Nicky, Ricky, Dicky & Dawn (Rpt)	G	I Want My Mae B. Back After Mae starts to spend more time with her new boyfriend, Dawn begins to get jealous so enlists Nicky, Ricky, and Dicky to help separate them so that she can have her friend back.
03:30 pm	Nicky, Ricky, Dicky & Dawn (Rpt)	G	#quadgoals The Quads try to take the perfect picture at their Aunt Jackie's farm in order to best their rival quadruplets the Kramdens, but end up hurting their aunt's chances to win a contest in the process.
04:00 pm	iCarly (Rpt)	PG	I Shock America Part 2 Because of Gibby's accident on live TV, the iCarly gang faces the wrath of the television censors board. And their punishment is worse than they could have imagined.
04:30 pm	iCarly (Rpt)	PG	I Find Spencer Friends The iCarly kids set out to find Spencer friends his own age. They eventually find some decent prospects but will friendship bloom?
05:00 pm	Victorious (Rpt)	PG Mild Violence, Mild Themes	The Great Ping-Pong Scam Tori is shocked to discover that her friends have been avoiding her by secretly going to a fancy restaurant instead of playing in the school's ping pong tournament. Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth Gillies, Leon Thomas III



Sunday 22nd January 2023

05:30 pm Victorious (Rpt)

PG Mild Violence, Mild Themes

PG

PG

PG

Cat's New Boyfriend

When Tori finds out that Cat is dating her ex-boyfriend, her jealousy threatens to ruin their relationship. Meanwhile, Trina uses exotic fish to

make everyone's feet super smooth but at what cost?

Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth

Gillies, Leon Thomas III, Daniella Monet

06:00 pm The Middle (Rpt)

Stormy Moon

Frankie is arrested over an overdue library book, Sue is upset over reverend TimTom's new female singing partner, and Axl wants to talk to

Cassidy about their future.

Starring: Patricia Heaton, Neil Flynn

06:30 pm The Middle (Rpt)

The Walk

Sue goes from zero dates to five prom dates, Axl helps Brick put together an interesting book report, and Frankie and Mike discover that ${\sf N}$

they have nothing to talk about with each other.

Starring: Patricia Heaton, Neil Flynn

07:00 pm The Middle (Rpt)

The Smell

Mike is suckered into coaching a girl's soccer team, Frankie introduces Brick to deodorant and cologne, and Axl tries to figure out the meaning

of Cassidy's painting.

Starring: Patricia Heaton, Neil Flynn

07:30 pm Would I Lie To You? (Rpt)

CC M Coarse Language

Coarse Language

How hard can it be to spin a tall tale? We'll find out tonight when our Team Captains ask their guests Charlie Pickering, Michala Banas, Cal

Wilson and Carl Cox to share the wildest of stories.

08:30 pm Just For Laughs Montreal

ALL NEW EPISODES

M All Access: Trevor Noah
Sexual References.

Starring: Trevor Noah, Mark Forward, Katherine Ryan, Hasan Minhaj,

Neal Brennan



Sunday 22nd January 2023

09:30 pm GoggleBox UK

12:00 am South Park (Rpt)

ALL NEW EPISODES

Britain's most opinionated TV viewers comment on the best and worst television shows from the comfort of their sofas.

ALL NEW EPISODES

10:30 pm Workaholics

Sexual References, Coarse Language, Crude Humour <u>Going Viral</u>
Adam, Blake and Ders try to become social media stars.

ALL NEW EPISODES

11:00 pm Workaholics M Night At The Dudeseum Sexual References,

Coarse Language, Drug References, Crude Humour On Ders Day, the guys wreak havoc inside a museum.

ALL NEW EPISODES

11:30 pm Workaholics MA15+ The Fabulous Murphy Sisters

Sexual References, Coarse Language, Drug References, Crude Humour

Alice's sister visits the TelAmeriCorp office.

Crude nullioui

Coarse Language, Mature Themes

MA15+

When bad things happen to a scientist explaining how gluten is fine, the whole of South Park goes gluten free. Scientists search for the cure to the gluten epidemic before it's too late.

Starring: Trey Parker, Matt Stone

Gluten Free Ebola

12:30 am Catfish: The TV Show (Rpt) M John & Kelsey

Sexual References, Coarse Language

John and Kelsey have never spoken outside of online chats but John is sure she's the one. With such a big life change in front of John, can he include Kelsey in plans?

01:20 am Catfish: The TV Show (Rpt) M Solana & Elijah

Solana wants to take her relationship with her boyfriend Danny to the next level but she can't stop thinking about her online love Elijah. Solana

has to know if he is real.

02:10 am Catfish: The TV Show (Rpt)

PG
Mature Themes

After years of online chats and late night calls Miranda discovered that Cameryn was not the man he claimed to be. She confronted him only to be given enother even include profile.

be given another suspicious profile.



03:00 am	Victorious (Rpt)	G Mild Violence, Mild Themes	Wok Star Tori agrees to help Jade find a theatre to perform a play Jade wrote. But when the sponsor demands changes that will ruin Jade's play, Tori has to make things right before opening night. Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth Gillies, Leon Thomas III, Daniella Monet
03:30 am	Victorious (Rpt)	PG Mild Violence, Mild Themes	The Wood Tori and her friends are excited when they are chosen be the focus of a reality show being filmed at Hollywood Arts. Trina and Robbie are forced to work at The Grub Truck after injuring Festus. Starring: Victoria Justice, Matt Bennett, Elizabeth Gillies, Leon Thomas III, Daniella Monet
04:00 am	Butterbean's Cafe (Rpt)	G	Fluttercakes! / The Perfect Picnic! Ms. Marmalady won't let the garbage man empty Butterbean's dumpster unless she beats her in a pancake-making contest. Ms. Marmalady sabotages the Puddle Scouts' picnic with ants!
04:30 am	Butterbean's Cafe (Rpt)	G	<u>Dazzle's Cake-Tastrophe! / Cricket's First Menu!</u> When Dazzle is left in charge of the cafe, she tries to do everything herself. Will she learn to ask for help? Cricket's first lunch menu is ruined when all the ketchup goes missing!
05:00 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Short Stack Playdate / Ryan's Stamped Playdate Ryan stirs his way through a yummy mix of challenges before meeting his creatively stacked playdate. // Ryan must address some challenges before meeting his special delivery of a playdate.
05:30 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Chopping Playdate / Ryan's Skatin' Playdate Yell timber because Ryan is chopping through his challenges before meeting his playdate. // It's time for playdate skate as Ryan must roll through challenge before meeting his topsy turvy playdate.



06:00 am	Blue's Clues & You (Rpt)	G	It's Your Birthday It's YOUR birthday! DJ Slip has the music, Mr. Salt and Mrs. Pepper are making a very special birthday cake, and we play Blue's Clues to figure out what Blue wants to play at your party!
06:30 am	Blaze And The Monster Machines (Rpt)	G	Royal Rescue A visit to the King's castle goes awry when the King accidentally catapults himself far, far away! To bring him home, Blaze, AJ & the King's pet dragon must transform into knights in shining armor!
07:00 am	Santiago Of The Seas (Rpt)	G	Lorelai's Bracelet/cecelia And The Ghost Ship Bonnie steals Lorelai's bracelet, turning herself into a mermaid and while trapping Lorelai in human form! // Santi and crew must overcome
			ghostly shenanigans to save Cecilia from the dreaded Ghost Ship
07:30 am	Paw Patrol (Rpt)	G	Pups Save A Dragon / Pups Save The Three Little Pigs A fantasy fire breathing dragon comes to life and won't let Ryder and pups into the Lookout! The Paw Patrol help three little pigs build new houses after theirs' mysteriously disappear.
08:00 am	Paw Patrol (Rpt)	G	Pups Save A Stinky Flower/ Pups Save A Monkey-Naut Rocky turns his recycling truck into a boat so that he can return a foul- smelling plant to Mayor Humdinger. A UFO crashes into the bay and the pups discover a monkey astronaut inside of it!
08:30 am	Team Umizoomi (Rpt)	G	Favorite Things Show Milli visits her friend Emily's class for Favourite Things Day! Emily can't wait to show the shells she found at the beach, but when she opens her treasure box, they're gone!
09:00 am	Baby Shark's Big Show (Rpt)	G	When You Wish Upon A Fish / Shark-Off Baby and friends set out to climb Wish Mountain and make a wish on the legendary shooting starfish, Ol' Sea Breeze. / Shadow challenges Baby Shark to a Shark-Off to prove who's the sharkiest shark.



09:30 am	Bubble Guppies (Rpt)	G	The Glitter Games! Learn all about manners with the Guppies, as Molly helps aspiring princess Demanda get polite in time for the Glitter Games! Will they become true princesses together?
10:00 am	Butterbean's Cafe (Rpt)	G	Surprise Cake! / Tic TAC Tomato! Cricket wants to surprise Poppy with a cake! But can she finish it before Poppy returns from running errands? Cricket loses a game at the cafe's Game Day. Will she learn to be a good sport?
10:30 am	Abby Hatcher (Rpt)	G	Fuzzly Camping Trip While on a camping trip, Abby and the Fuzzlies meet a brand new Fuzzly: Grumbles!
11:00 am	Blaze And The Monster Machines (Rpt)	G	Runaway Rocket When Crusher tries to cheat at a carnival game, he accidentally strands himself and Pickle on a giant rocket! Now it's up to Blaze and AJ to rescue the trucks before their runaway rocket crashes.
11:30 am	Blaze And The Monster Machines (Rpt)	G	Sneezing Cold When Blaze's friends come down with a case of the "Sneezles", he, AJ and Gabby have to hurry back to the Monster Dome from the wilderness so they can give their friends some medicine oil to cure them.
12:00 pm	Paw Patrol (Rpt)	G	Mission Paw: Royally Spooked! / Pups Save Monkey-Dinger The Princess of Barkingburg thinks she's seen a ghost and the PAW Patrol needs to get to the bottom of it. While on safari with Carlos and Tracker, Mayor Humdinger steals a magic mask from a temple.
12:30 pm	Paw Patrol (Rpt)	G	Pups Save The Flying Food / Pups Save A Ferris Wheel Mr. Porter's delivery drones are out of control, and now they are air-dropping food everywhere! Ryder uses the Air Patroller to rescue Adventure Bay's Ferris Wheel after Mayor Humdinger steals it.
01:00 pm	Paw Patrol (Rpt)	G	<u>Dino Rescue: Pups Save A Hum-Dino</u> Mayor Humdinger takes his Kitties to the Dino Wilds for some dino acting lessons, but instead finds himself on top of a runaway Brachiosaurus bound for Adventure Bay! Now it's up to the pups to save the town before the dino destroys it!



01:30 pm	Paw Patrol (Rpt)	G	Pups Save A Sore Dino/pups Save The Triceratops Tag-Alongs
			Marshall performs some dino dentistry with the help of an ancient geyser and his fellow Dino Pup pals. // Francois and Cap'n Turbot are in Dino wilds for an adventure but a sightseeing expedition quickly turns into a dino ride!
02:00 pm	Ryan's Mystery Playdate (Rpt)	G	Ryan's Jokey Playdate / Ryan's Veggie Playdate
			It's showtime when Ryan meets a mystery playdate who brings along some very silly friends. Ryan gets lots of egg-cersise when he does his challenges and meets a playdate who's not afraid to get dirty.
02:30 pm	Corn & Peg (Rpt)	G	Parade Problems / Do Good Stand
			Corn can't go to the Sassy's Day Parade when he hurts his hoof and must stay in bed. Later, no one in Galloping Grove seems to need a good deed so Corn and Peg set up a Do Good Stand.
03:00 pm	Bunsen Is A Beast (Rpt)	PG	Amanda Gets Schooled/beast In Show
			Mikey and Bunsen help Amanda pass the Preparatory Overview Of Pupils test. Mikey enters Bunsen into the Muckledunk Mutt Show, but Amanda tries to sabotage them and win with her robot dog.
03:30 pm	SpongeBob SquarePants (Rpt)	G	Mustard O' Mine/ Shopping List
			When The Krusty Krab runs out of mustard, Mr. Krabs sends SpongeBob, Patrick and Squidward to dig up some more! SpongeBob & Sandy have to collect Krabby Patty ingredients.
04:00 pm	The Loud House (Rpt)	G	House Of Lies / Game Boys
			After witnessing an excess of lying in the family, Lisa invents liedetecting glasses to try and curb the fibs. Lincoln asks to borrow Clyde's new gaming system.
04:30 pm	Game Shakers (Rpt)	G	The Girl Power Awards
·			Babe and Kenzie are nominated for a Girl Power Award. Kenzie quickly realises the award show is a scam for the hosts to get more dates, but Babe is determined to win her first trophy ever.



Monday 23rd January 2023

05:00 pm iCarly (Rpt) PG <u>I Love You</u>

Carly convinces Sam and Freddie to try each other's hobbies. Meanwhile, Spencer asks his old babysitter out to dinner, but questions his decision

when she starts treating him like a four-year-old.

Starring: Miranda Cosgrove, Jennette McCurdy, Nathan Kress, Jerry

Trainor, Noah Munck

05:30 pm Victorious (Rpt) PG <u>Prom Wrecker</u>

Mild Themes, Mild Horror

Tori convinces Hollywood Arts to host a prom, but the event ruins Jade's art project and now she's out for revenge. Can Tori throw a successful prom with Jade aiming to bring the whole dance down?

Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth Gillies, Leon Thomas III

Guest Starring: Tristin Mays

06:00 pm The Middle (Rpt) PG The Wind Chimes

Frankie gets into a fight over Rita Glossner's wind chimes, Axl and Hutch claim a discarded couch, Frankie and Mike are concerned about Sue and Darrin's relationship.

Starring: Patricia Heaton, Neil Flynn

06:30 pm The Middle (Rpt) PG <u>The Optimist</u>

Sue frantically tries to earn a college scholarship for when she graduates in two years and Brick demands a formal apology from Mike after a

misunder standing.

Starring: Patricia Heaton, Neil Flynn

07:00 pm The Middle (Rpt) PG <u>Office Hours</u>

Frankie decides to hold "office hours" for the kids to discuss their needs in order to unclutter her brain, and Mike becomes worried when Darrin

starts spending all his time at their house with Sue.

Starring: Patricia Heaton, Neil Flynn

07:30 pm The Office (Rpt) PG <u>Trivia</u>

Andy hopes to make up for a sales deficiency by entering and winning a bar trivia competition, while Dwight flies to Sabre headquarters in

Florida to demand a management interview with Robert.

Starring: James Spader, John Krasinski, Rainn Wilson, Ed Helms, Oscar

Nuñez, B.J. Novak



Monday 23rd January 2023

08:00 pm The Office (Rpt)

Sexual References

Pool Party

Robert throws a party for the staff at his house before he sells it because of his divorce. Erin and Dwight agree to flirt with each other to make Andy jealous, and Jim tries in vain to duck out early.

Starring: James Spader, John Krasinski, Rainn Wilson, Ed Helms, Ellie Kemper, B.J. Novak

MOVIE

08:30 pm The Italian Job (Rpt) (2003)

WS M Violence, Coarse Language

A gang of double-crossed thieves attempt to reclaim their stolen gold and avenge their mentor's death by creating the largest ever traffic jam in Los Angeles.

Starring: Mark Wahlberg, Charlize Theron, Donald Sutherland, Edward Norton, Seth Green

10:50 pm Bojack Horseman (Rpt)

Int. Sub

Diane's therapist encourages her to set boundaries with BoJack. Elsewhere, a missing string cheese ignites a dispute between Todd and Princess Carolyn.

Starring: Will Arnett, Amy Sedaris, Aaron Paul, Alison Brie

Guest Starring: Rami Malek, Wanda Sykes

11:20 pm The Late Show With James

Corden

Μ

Μ

Mature Themes

Join James Corden, the lovable Englishman of late night television as he chats, gossips and jokes with famous guests.

12:20 am Catfish: The TV Show (Rpt)

MA15+

Sexual References, Coarse Language Catfish: The Untold Stories Part 2

Featuring Nev and Max as hosts, this special includes interviews with the real-life participants sharing their wild, crazy, and bizarre but true catfishing tales.

01:15 am Catfish: The TV Show (Rpt)

Μ

Coarse Language

Craig & Zoe

Craig met Zoe on Facebook and quickly developed a deep relationship with her. But things turned sour when Zoe began demanding passwords and backing his accounts.

and hacking his accounts.

 $\textbf{02:10 am} \quad \textbf{Catfish: The TV Show} \, (\mathsf{Rpt})$

Coarse Language

Antwane & Tony

Carmen is concerned about her cousin Antwane's 3-year romance with a man named Tony. Antwane lives a virtually pre-digital age existence making Tony's true identity difficult to reveal.



03:00 am	Victorious (Rpt)	PG Mild Violence, Mild Themes	Film By Dale Squires, A When a hot young filmmaker comes to Hollywood Arts, the kids are excited to work on his project. But the kids turn to revenge when the film is released and they aren't given credit for their hard work Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth Gillies, Leon Thomas III, Daniella Monet
03:30 am	Victorious (Rpt)	PG Mild Violence, Mild Themes	Sleepover At Sikowitz's Sikowitz invites the gang to have a sleepover at his house in order to teach them a lesson in method acting, however if one of them breaks character, they will be banished from the house. Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth Gillies, Leon Thomas III
04:00 am	Butterbean's Cafe (Rpt)	G	The Sweetest Ride! / A Grilled Cheese For The Big Cheese! Butterbean's delivery truck breaks down so Mr. Brookwrench turns it into a glittery cafe on wheels! Later, the President has to cancel her lunch. Will Butterbean be able to bring lunch to her instead?
04:30 am	Butterbean's Cafe (Rpt)	G	Wedding Cake Switcheroo / Fairy Berry Parfait! Ms. Marmalady switches her disastrous wedding cake with Butterbean's beautiful cake. Later, Butterbean needs yoghurt for her Fairy Berry Parfaits, but Ms. Marmalady buys all the yoghurt at the market!
05:00 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Pinned Playdate / Ryan's Sudsy Playdate Ryan's going to need to pin down his challenges before meeting his door smashing playdate. // Watch Ryan slip through his challenges before his mystery playdate pops in to show him some sudsy tricks.
05:30 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Golden Playdate / Ryan's Free Fallin' Playdate Ryan performs his challenge completing floor routine before meeting his golden playdate. // Dive in with Ryan as he completes his challenges before taking the leap with his mystery playdate.



06:00 am	Blue's Clues & You (Rpt)	G	Spring Is Here! It's getting warmer outside, and the flowers are blooming, that must mean that spring is here! We play an outdoors game of Blue's Clues to figure out what Blue wants to do on the first day of spring.
06:30 am	Blaze And The Monster Machines (Rpt)	G	Blaze And The Magic Genie Blaze & AJ are driving through the desert when they meet a magical Genie who loves to grant wishes! When the Genie loses the jewels that give him his powers, Blaze & AJ go on a quest to get them back!
07:00 am	Santiago Of The Seas (Rpt)	G	To The Lighthouse/the Golden Giant When a storm blows out the lighthouse light, Santi and crew hurry to guide Mami and Abuelo back from sea. // When Enrique awakens a giant, Santi and crew must find a way to save the day.
07:30 am	Paw Patrol (Rpt)	G	Pups Save The Polar Bears / A Pup In Sheep's Clothing Ryder and the pups must fly to the Arctic to rescue some lost polar bear cubs. When little lambs keep running away from Farmer Al's pasture, it's up to the Paw Patrol to find the missing sheep.
08:00 am	Paw Patrol (Rpt)	G	Pups Save A School Bus / Pups Save The Songbirds When all the tyres on the Adventure Bay school bus blow out, Rocky has to help repair them. When the famous singing songbirds of Adventure Bay go missing, it's PAW Patrol to the rescue!
08:30 am	Team Umizoomi (Rpt)	G	The Big Boat Race Today is the Umi City Toy Boat Race but just as the race begins, Sonya's boat sails out of control and falls apart! She calls on Team Umizoomi to rescue the boat and help it win the race!
09:00 am	Baby Shark's Big Show (Rpt)	G	The Show Must Flow On / Detective Baby Shark When Goldie's feeling down, Baby and friends decide to put on a musical to help her shine. / When Grandma's shortcake goes missing before the bake-off, it's a case for Detective Baby Shark



09:30 am	Bubble Guppies (Rpt)	G	Costume Boxing!
			At the height of Fashion Week in Bubbletucky, Molly performs in the quick-change dress-up match. Her skills land her on the cover of Dress-Up!, the hottest fashion mag in town!
10:00 am	Butterbean's Cafe (Rpt)	G	Fairy Sneezy Day! / The Queen Of Quiche!, A Poppy's allergic to something, and everyone thinks it's Cookie! Will the Bean Team have to send their kitty away? Later, Butterbean and Ms. Marmalady both make quiche for the mayor!
10:30 am	Abby Hatcher (Rpt)	G	Teeny Pelican Terry / Tappin Mo And Bo A mama pelican thinks Teeny Terry is a baby bird and adopts him! / Mo and Bo discover tap dancing, but the sound is disturbing everyone in the hotel.
11:00 am	Blaze And The Monster Machines (Rpt)	G	Race To The Top Of The World - World Part 1 Blaze & his friends compete in the most epic race: the Race to the Top of the World! But when Crusher throws them off course, Blaze & his friends must persevere to make it to the finish line.
11:30 am	Blaze And The Monster Machines (Rpt)	G	Race To The Top Of The World - World Part 2 Blaze & his friends compete in the most epic race: the Race to the Top of the World! But when Crusher throws them off course, Blaze & his friends must persevere to make it to the finish line.
12:00 pm	Paw Patrol (Rpt)	G	Pups Save A Sleepwalking Bear / Pups Save Dude Ranch Danny The pups need to get a sleepwalking bear from the Adventure Bay snow sculpture festival back home before he wakes up. Daring Danny X takes his horse off the trail and ends up on a wild ride.
12:30 pm	Paw Patrol (Rpt)	G	<u>Mission Paw: Pups Save The Royal Throne</u> The PAW Patrol must come to the rescue when Sweetie plans to steal the Princess of Barkingburg's royal throne so that she can rule.
01:00 pm	Paw Patrol (Rpt)	G	Pups Save The Big Bad Bird Crew/pups Save A Soapbox Derby Myrna the Mynah bird leads her friends astray and it's up to the Paw Patrol to rescue the wayward flock. // Adventure Bay is holding a kids only soapbox derby race when a mysterious newcomer named "Hum-Kid" shows up and breaks the rules!



01:30 pm	Paw Patrol	G	Pups Save The Skydivers/pups Save The Cupcakes Mayor Goodway and Farmer Al are ready for a day of Skydiving fun, but their adventure is quickly derailed. It's Paw Patrol to the rescue!// Alex and the Mini Patrol get locked inside the flounder, the Paw Patrol dives in to save the day!
02:00 pm	Ryan's Mystery Playdate (Rpt)	G	Ryan's Protective Playdate / Ryan's High-Flying Playdate Ryan is radioed in to complete his challenges before seeing if he's ready to earn his badge. Prepare to take off with Ryan as he flies through challenges and meets his soaring playdate.
02:30 pm	Corn & Peg (Rpt)	G	Living On The Ledge / The Sea Stallion Corn & Peg join a Ski Patrol and learn important lessons about paying attention to safety on the slopes. Later, Corn & Peg's boat cruise turns into a rescue mission when they find a seahorse trapped.
03:00 pm	Bunsen Is A Beast (Rpt)	PG	Adventures In Beastysitting/wildabeast Mikey and Bunsen have to deliver a beast baby after accidentally switching packages at the Monstork Factory. Bunsen's cousin, Wilda, comes to town and develops a crush on Mikey.
03:30 pm	SpongeBob SquarePants (Rpt)	G	Whale Watching/ Krusty Kleaners Mr. Krabs hires Squidward to babysit Pearl for the night, but she just wants to sneak out to a cool teen party! After spilling a milkshake, SpongeBob vows to return and clean the entire building!
04:00 pm	The Loud House (Rpt)	G	Everybody Loves Leni / Middle Men Torn between her work friends and her school friends, Leni tries to bring everyone together. When Lincoln and Clyde go to tour the middle school, Lynn gives them some questionable advice.
04:30 pm	Game Shakers (Rpt)	G	The Diss Track When a rival rapper releases a track about Double G, the Game Shakers convince Dub to release a response track, dissing his dog.
05:00 pm	iCarly (Rpt)	PG	L.Q Carly tries to impress a new boyfriend by trying to look smarter than she is. Meanwhile, the gang tries to find T-Bo a new place to live after he gets kicked out of the Groovy Smoothie. Starring: Miranda Cosgrove, Jennette McCurdy, Nathan Kress, Jerry Trainor, Noah Munck



Tuesday 24th January 2023

05:30 pm Victorious(Rpt)

PG Mild Violence, Mild Themes Locked Up! Part 1

Spring Break looks bleak until Tori gets everyone a free vacation. But the destination is a tourist nightmare and things go from bad to worse when Tori accidentally assaults the Chancellor of Yerba.

Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth Gillies, Leon Thomas III, Daniella Monet

06:00 pm The Middle (Rpt)

PG Heck On A Hard Body

Rusty joins Mike and Brick on a road trip to Brick's spelling bee, Frankie helps AxI find his missing dorm desk so she can get her deposit back, and Sue enters a contest at Ehlert Motors to win a car.

Starring: Patricia Heaton, Neil Flynn

06:30 pm The Middle (Rpt)

PG Orlando

The Hecks take a road trip to Walt Disney World when Axl wins a bet, Sue demands to take a driving shift, and Brick asks to take a detour to North Carolina to visit his online girlfriend.

Starring: Patricia Heaton, Neil Flynn

07:00 pm The Middle (Rpt)

The Wonderful World Of Hecks

The Hecks arrive at Walt Disney World in Orlando, only to discover that their reservations and tickets are for Disneyland in California. And their vacation only goes downhill from there.

Starring: Patricia Heaton, Neil Flynn

07:30 pm The Office (Rpt)

M Sexual References

PG

Jury Duty

Jim gets caught in a lie about his week of jury duty, and new questions emerge when Angela gives birth to a "premature" baby.

Starring: John Krasinski, Rainn Wilson, Jenna Fischer, Ed Helms, Angela Kinsey

Guest Starring: Jack Coleman

08:00 pm The Office (Rpt)

PG Drug References **Special Project**

Dwight is given a task in Tallahassee and needs to pick some staffers to join him. Pam and Angela come back from maternity leave, and Darryl tries to figure out the meaning of Val's Valentine's gift.

Starring: James Spader, Rainn Wilson, John Krasinski, Jenna Fischer, Ed Helms, Craig Robinson



Tuesday 24th January 2023

MOVIE

08:30 pm Blades Of Glory (Rpt)(2007)

M Violence, Sexual References

Can these titans of skating recover their careers after setting a mascot on fire? It wont be easy! Fierce rivals combine their talents to become the worlds first men's pairs team.

Starring: Will Ferrell, Jon Heder, Amy Poehler, Will Arnett, Jenna Fischer, Craig T. Nelson, Scott Hamilton, William Fichtner, Romany Malco

10:25 pm South Park (Rpt)

MA15+ <u>The Cissy</u>

Coarse Language, Mature Themes

The pressure of holding on to a giant secret is starting to get to Randy. Cartman claims to be transgender in order to use the girls' toilets at school.

Starring: Trey Parker, Matt Stone

Guest Starring: Sia

10:55 pm South Park (Rpt)

MA15+ <u>Handicar</u>

Coarse Language, Mature Themes

Timmy starts a transportation business to raise money for summer camp for the disabled, but one kid who had a terrible time at camp last year tries to ruin it.

Starring: Trey Parker, Matt Stone

11:25 pm The Late Late Show With James Corden

Coraen

M Mature Themes

Join James Corden, the lovable Englishman of late night television as he chats, gossips and jokes with famous guests.

12:25 am Catfish: The TV Show (Rpt)

M Coarse Language Antwane & Tony

Carmen is concerned about her cousin Antwane's 3-year romance with a man named Tony. Antwane lives a virtually pre-digital age existence making Tony's true identity difficult to reveal.

01:20 am Catfish: The TV Show (Rpt)

PG Catfish: The Untold Stories Part 1

Hosted by Nev Schulman and Max Joseph, this special features tales from the past that have already been fully resolved. Each story is told by the people who actually experienced them.

the people who actually experienced them.

 $\textbf{02:10 am} \quad \textbf{Catfish: The TV Show} \, (\mathsf{Rpt})$

MA15+ Sexual References, Coarse Language Catfish: The Untold Stories Part 2

Featuring Nev and Max as hosts, this special includes interviews with the real-life participants sharing their wild, crazy, and bizarre but true $\frac{1}{2}$

catfishing tales.



03:00 am	Dora The Explorer (Rpt)	G	<u>Dora's Easter Adventure</u> Dora & Boots & waiting for a visit from the Hip-Hop-Bunny, who's bringing all the Easter Eggs for the big Egg Hunt! But when Swiper swipes the Hip-Hop-Bunny's basket.
03:30 am	Dora The Explorer (Rpt)	G	Ribbon For Pinto, A When the train to the Big Horse Show breaks down, Dora, Boots, and Pinto the Pony need your help to get there with the ribbons, so Pinto can win his first blue prize ribbon!
04:00 am	Butterbean's Cafe (Rpt)	G	The Grand Opening! When Butterbean & her friends open Butterbean's Cafe, their jealous rival Ms. Marmalady tries to ruin everything. But she's no match for friendship, teamwork, and fairy yummy food.
04:30 am	Butterbean's Cafe (Rpt)	G	Rainbow Noodle Soup / Pizza Party! Butterbean is at home sick. Will the crew be able to make rainbow noodle soup for their customers without her?
05:00 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Rose Worth Playdate / Ryan's Animated Playdate Ryan must nail these challenges before seeing how rose worthy his medal wielding playdate is. // Ryan Phantoms his way through Tuff challenges before putting his playdate up to the ultimate draw.
05:30 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Camera Ready Playdate / Ryan's Rattlin' Playdate Ryan gets the scoop on his challenges before meeting his mystery playdate. // Ryan must rattle through some challenges before the mystery playdate helps him sell a thing or two.



06:00 am	Blue's Clues & You (Rpt)	G	Blue Makes A Movie With You! Josh and Blue are making a movie and they need YOUR help! We play Blue's Clues to figure out the ending of our movie.
06:30 am	Blaze And The Monster Machines (Rpt)	G	The 100 Egg Challenge The Great Egg Hunt has begun - Blaze & Crusher are racing all over town to see who can find the most eggs. Only the first truck to collect 100 eggs will win the egg-ceptionally tasty chocolate trophy!
07:00 am	Santiago Of The Seas (Rpt)	G	The Magic Spyglass/the Stone Of Life Santi and crew are after the legendary Magic Spyglass! But things get tricky when Enrique Real de Palacios III joins the chase. / Santi and crew follow a map to a special treasure, but Bonnie and Sir Butterscotch are hot on their trail.
07:30 am	Paw Patrol (Rpt)	G	Pups Save Old Trusty / Pups Save A Pony Ryder and the pups need to unplug Old Trusty the geyser to stop water sprouting up all over town. Priscilla the pony helps the Paw Patrol rescue their own vehicle after they help her out of a canyon.
08:00 am	Paw Patrol (Rpt)	G	Pups Save A Robosaurus / Pups Save A Film Festival When a Robotic Dino comes to life, the pups need to find him and bring him home. The pups are shooting their Film Festival entry but their hard work is halted by Daring Danny X's outrageous stunt.
08:30 am	Team Umizoomi (Rpt)	G	Santa's Little Fixers It's Christmas Eve and someone is calling in on the Umi Alarm from far awayIt's Santa Claus! Santa's Toy-Making Machine is broken. The team must get to Santa's Workshop and fast!
09:00 am	Baby Shark's Big Show (Rpt)	G	Baby Mayor / Sink Or Swim The fate of the city's squidapple supply lies in Baby's fins when he accidentally assumes the role of Mayor on a big day. / The Sharks go on the family game show Sink or Swim
09:30 am	Bubble Guppies (Rpt)	G	Guppy Style! Part 1 The Guppies hit the road to see a concert by Stylee, a singing sensation known for her fabulous styles!



10:00 am	Butterbean's Cafe (Rpt)	G	Café Ballet / Cricket Goes Camping!
			Poppy has to practice for ballet tryouts, but her cafe duties keep getting in the way! Can she do both? Cricket is nervous about her first camping trip. Can Butterbean help overcome her fear?
10:30 am	Abby Hatcher (Rpt)	G	Fuzzlies' New Year Dragon / Full Moon Fuzzly Abby wants to make the best Chinese New Year's celebration for her Wai Po. / Teeny Terry wants to go to the moon to see the Fuzzly in the Moon.
11:00 am	Blaze And The Monster Machines (Rpt)	G	Truck Or Treat It's Halloween in Axle City, and all of the friends are excited to "Truck or Treat". But when Crusher's plan to steal all of their candy goes wrong, the treats get sent far away from Axle City.
11:30 am	Blaze And The Monster Machines (Rpt)	G	<u>Dino Dash</u> Blaze & AJ are playing with Zeg when he accidentally gets blasted by a geyser into a far away mud pit. It's up to Blaze and AJ to save him, with the help of their new dinosaur-truck friends.
12:00 pm	Paw Patrol (Rpt)	G	Pups Save Big Hairy / Pups Save A Flying Kitty The pups need to lure a big ape onto the PAW Patroller so they can return him to the jungle. A bird-watching adventure gets tricky for Marshall and Cap'n Turbot when they spot a kitten stuck in a tree
12:30 pm	Paw Patrol (Rpt)	G	Pups Save A Baby Octopus A baby Octopus gets separated from its mother and sinks Cap'n Turbot's boat, the Flounder. Sea Patrol needs to save the day!
01:00 pm	Paw Patrol	G	Ultimate Rescue: Pups Save The Pupmobiles Mayor Goodway honors the Paw Patrol with the Key to the City. But Sid Swashbuckle and his pirate pup Arrby swipe the key. Ryder calls for an Ultimate Rescue as the pups team up, Police style, to solve the mystery and stop those pirates!
01:30 pm	Paw Patrol (Rpt)	G	Pups Save A Lost Gold Miner/pups Save Uncle Otis From His Cabin Uncle Otis takes a trip to a lost gold mine. After wandering off course, Ryder and the Pups must save him from the mine.// Uncle Otis installs a Smart Home 3000, in his cabin, that ends up trapping Uncle Otis and Mr. Wingnut inside.



02:00 pm	Ryan's Mystery Playdate (Rpt)	G	Ryan's Musical Playdate / Ryan's Winning Playdate Turn the volume up as Ryan finds his challenge harmony before meeting his pitch perfect playdate. Watch Ryan score some challenge victories before going for the gold with his mystery playdate.
02:30 pm	Corn & Peg (Rpt)	G	Back Steed Boys / Trotterball Corn & Peg help their favourite band, the Backsteed Boys, out of a jam when their bus breaks down in the middle of nowhere. Corn & Peg help Ruby practice trotterball so she can feel more confident.
03:00 pm	Bunsen Is A Beast (Rpt)	PG	Beastie Besties/by Hook Or By Snook Amanda becomes Mikey and Bunsen's best friend after they perform the Best Friends Forever ceremony on her. Amanda sends Mikey and Bunsen on a bogus treasure hunt by giving them a fake map.
03:30 pm	SpongeBob SquarePants (Rpt)	G	Patnocchio/ Chefbob Plankton tells Patrick he's his conscience so he can convince the star to steal him a Krabby Patty. When Mr. Krabs puts in an open kitchen, SpongeBob gets stage fright and has to invent a new persona.
04:00 pm	The Loud House (Rpt)	G	Jeers For Fears / Tea Tale Heart After agreeing to go to The Royal Woods House of Terror, Linc and Clyde have to toughen up and face their fears. Lola discovers Lucy has an old, fragile doll and decides she must borrow it.
04:30 pm	Game Shakers (Rpt)	G	Shark Explosion Triple G's mum Jackie invites the Game Shakers on her yacht to see fireworks. But she and Double G have doubled booked the yacht, causing Dub to compete with her for the kids' affection.
05:00 pm	iCarly (Rpt)	PG	IBloop 2: Electric Bloopaloo Christopher Cane interviews the iCarly cast and shows their bloopers from the show, while invariably insulting the actors and/or forcing them to record plugs for Rex's brand of salsa. Starring: Miranda Cosgrove, Jennette McCurdy, Nathan Kress, Jerry Trainor, Noah Munck Guest Starring: Christopher Cane



Wednesday 25th January 2023

05:30 pm Victorious (Rpt)

PG Mild Violence, Mild Themes

Locked Up! Part 2

While on their free spring-break trip, Tori's pals wind up incarcerated alongside her, and their only shot at freedom is giving a performance

that pleases the Chancellor of Yerba.

Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth

Gillies, Leon Thomas III, Daniella Monet

06:00 pm The Middle (Rpt)

PG **Unbraceable You**

> Sue's senior year, the "Year of Sue," begins with the premature removal of her braces. Meanwhile, Axl finally beats Mike in basketball and Brick

tries to find the perfect backpack for school.

Starring: Patricia Heaton, Neil Flynn

06:30 pm The Middle (Rpt)

PG **The Loneliest Locker**

> Mike and Frankie search for second jobs in order to send Sue to a good college, Sue and Brad produce a play for school, Brick finds some of his

old "lost" toys.

Starring: Patricia Heaton, Neil Flynn

07:00 pm The Middle (Rpt)

PG Major Anxiety

> Axl has a week to declare his major but has no idea what it should be. Sue attempts to show she's more mature by drinking loads of coffee.

Starring: Patricia Heaton, Neil Flynn

07:30 pm The Office (Rpt)

Sexual References

Tallahassee

While suffering from appendicitis, Dwight fights with his team for the attention of Sabre's Special Project's President. Back in Scranton, Andy

decides to step in for Erin as the office secretary.

Starring: John Krasinski, Rainn Wilson, Ed Helms, Jenna Fischer,

Catherine Tate, David Koechner

08:00 pm The Office (Rpt)

PG Sexual References, Coarse Language

After Hours

A power play unfolds in Tallahassee when Dwight and Todd compete to become Nellie's vice president. Meanwhile, Jim receives some unwanted attention, and Andy forces the Scranton staff to work late.

Starring: John Krasinski, Rainn Wilson, Catherine Tate, Ed Helms, Jenna Fischer, David Koechner



Wednesday 25th January 2023

08:30 pm Catfish: The TV Show (Rpt) M Aaliyah & Alicia

Aaliyah has been able to share her life struggles with her first girlfriend Alicia. However, Alicia refuses to meet Aaliyah since she hasn't come

out to her friends and family yet.

09:20 pm Catfish: The TV Show (Rpt) PG Nick & Melissa

Nick & Melissa fell in love when they met in an online chat room when they were 12. Now 18, Nick is ready to finally ready to meet her. But is

Melissa the real deal or has Nick been entangled in lies?

10:10 pm Catfish: The TV Show (Rpt) PG Derek & Kristen

Derek met Kristen on Facebook. After developing a deep love for each other, Derek's ready to meet her. But Kristen always has an excuse. Is

Kristen his dream girl, or is Derek out of luck?

11:00 pm The Late Late Show With James

Corden

Mature Themes

Join James Corden, the lovable Englishman of late night television as he

chats, gossips and jokes with famous guests.

12:00 am Workaholics (Rpt)

Sexual References, Coarse Language, Crude Humour

Μ

Adam, Blake and Ders try to become social media stars.

12:30 am Catfish: The TV Show (Rpt)

Solana & Elijah

Going Viral

Solana wants to take her relationship with her boyfriend Danny to the next level but she can't stop thinking about her online love Elijah. Solana

has to know if he is real.

01:20 am Catfish: The TV Show (Rpt) PG Miranda & Cameryn

Mature Themes

After years of online chats and late night calls Miranda discovered that Cameryn was not the man he claimed to be. She confronted him only to

be given another suspicious profile.

02:10 am Catfish: The TV Show (Rpt) M Aaliyah & Alicia

Aaliyah has been able to share her life struggles with her first girlfriend Alicia. However, Alicia refuses to meet Aaliyah since she hasn't come

out to her friends and family yet.



03:00 am	Dora The Explorer (Rpt)	G	Benny The Castaway Dora and Boots are getting ready for a big beach picnic with their friends, but when Benny gets stranded on Coconut Island, he'll need rescuing from Dora, Boots and YOU!
03:30 am	Dora The Explorer (Rpt)	G	Feliz Día De Los Padres Join Dora for a Father's Day adventure! When the Little Kite she makes for Papi gets blown away in the wind, she'll need your help before she goes out over the ocean!
04:00 am	Butterbean's Cafe (Rpt)	G	The Starlight Cupcake Surprise! / Summer Slushies! The crew accidentally delivers unfrosted cupcakes to a customer. Will Cricket's new piping skills save the party?
04:30 am	Butterbean's Cafe (Rpt)	G	Spring Has Sprung! / Dazzle Loves To Sing! Butterbean makes a cake to look just like flowers, but will it be ruined by showers? How does Butterbean tell Dazzle that her singing is great, but also distracting without hurting her feelings?
05:00 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Spooky Playdate It's MONSTER MAYHEM! Ryan and his friends need to help him figure out what he's going to wear for Halloween! Are they up for the challenge?
05:30 am	Ryan's Mystery Playdate (Rpt)	G	Ryan's Subscribed Playdate / Ryan's Plundering Playdate Ryan must swipe through his challenges before getting crafty with his playdate. // Set sail with Ryan as he sets course for a day of challenge victories before meeting his plundering playdates.



06:00 am Bl	lue's Clues & You (Rpt)	G	Blue's Beach Bonanza We've set up a tubular pretend beach in the backyard and play a game of Blue's Clues to figure out what Blue wants to see there.
06:30 am Bl	laze And The Monster Machines (Rpt)	G	The Midnight Mile It may be nighttime in Axle City, but all the trucks are staying up super late for the ultimate race: the Midnight Mile!
07:00 am Sá	antiago Of The Seas (Rpt)	G	Princess And The Pirate Puppy/caracol Cove Santi and crew will have to team up with a pirate puppy to stop Bonnie Bones and save an old friend. // Enrique's new gold-digging machine threatens Lorelai's home.
07:30 am Pa	aw Patrol (Rpt)	G	Tracker Joins The Pups! A big-eared pup named Tracker surfaces just in time to save Carlos, who has fallen into a deep pit while trying to transport a huge relic from the jungle to the museum.
08:00 am Pa	aw Patrol (Rpt)	G	Pups Bear-Ly Save Danny / Pups Save The Mayor's Tulips Daring Danny X is at it again! This time he's stuck in a tree over a deep canyon and is pursued by hungry bears. Mayor Goodway's tulips are damaged prior to a contest, and sabotage is to blame.
08:30 am Te	eam Umizoomi (Rpt)	G	Race Around Umi City UmiCar enters a race around the city to try to win the grand prize - a big bunch of balloons - for his friend Sam. But UmiCar will have to out-race Dump Truck, who'll stop at nothing to win!
09:00 am Ba	aby Shark's Big Show (Rpt)	G	Captain Kelp / Teensy The Tardigrade As Super Shark and Captain Kelp, Baby Shark and William set out to save playtime-but is Captain Kelp just a sidekick? / Baby Shark adopts a teensy tiny pet, but is he ready for a big responsibility?
09:30 am B	ubble Guppies (Rpt)	G	Guppy Style! Part 2 The Guppies hit the road to see a concert by Stylee, a singing sensation known for her fabulous styles!
10:00 am B	utterbean's Cafe (Rpt)	G	The Messy Barbecue! / Poppy's Lost Cookbook! Cricket makes special shirts for the cafe's BBQ, but the crew gets them all dirty. Will Cricket get upset? When Poppy donates her cookbook by mistake, Ms. Marmalady finds it!



10:30 am	Abby Hatcher (Rpt)	G	Grumbles First Cut / Fuzzly Ball Grumbles needs a haircut, but he's afraid to get one. / Abby tries to throw the perfect Ball for Princess Flug.
11:00 am	Blaze And The Monster Machines (Rpt)	G	Piggy 500 Starla is excited to race Zippy in the Piggy 500! But when her competitor Crusher & his pig cheat & send Zippy far away, it's up to Blaze, AJ & Starla to get Zippy back to the race in time.
11:30 am	Blaze And The Monster Machines (Rpt)	G	Fired Up! When Blaze smells smoke at Axle City's garage, he leads his friends outside to safety. Axle City's fire chief is impressed with Blaze's courage and thinks he has what it takes to be a fire fighter.
12:00 pm	Paw Patrol (Rpt)	G	Pups Save The Runaway Kitties / Pups Save Tiny Marshall The pups track down six floating kittens after they puffed up from Katie's super bubble bath. Marshall takes a nap after a game of pupball and dreams that he has been shrunk down to the size of an ant
12:30 pm	Paw Patrol (Rpt)	G	Pups Chill Out / Pups Save Farmer Alex The pups try to save frozen "puppy pops" from Roger's van after it gets stuck in a ditch during a heatwave. The Tour de Turbot is put in jeopardy when stampeding farm animals threaten the event.
01:00 pm	Paw Patrol (Rpt)	G	Pups Save A Rocket Roller Skater/pups Save Ryder's Surprise A mix-up delivery leads to Ms. Marjorie and Danny speeding out of control in Adventure Bay. Now the Pups must rescue them. // Ryder's present ends up in the jungle and Carlos is trapped in a Jungle Gym. It's up to the Pups to save them.
01:30 pm	Paw Patrol (Rpt)	G	Pups Save The Marooned Mayors/pups Save The Game Show While out ice fishing in the North Country, Mayors Goodway and Humdinger, along with Chickaletta, get stuck in an ice crevasse. // The Wingnuts' farm plays host to a rootin' tootin Game Show hosted by Cowgirl Beryl!
02:00 pm	Ryan's Mystery Playdate (Rpt)	G	Ryan's Sweet Playdate / Ryan's Healthy Playdate Ryan must stir his was through some sweet challenges before meeting his ace of a playdate. An apple a day keeps Ryan at play before he checks up with his mystery playdate.



02:30 pm	Corn & Peg (Rpt)	G	Clarissa's New Look / Carrot Clubhouse When Clarissa can't seem to win a prize at the fun fair, Corn and Peg help her see that she might need glasses. Later, Corn and Peg must find a new place for their Carrot Club to meet.
03:00 pm	Bunsen Is A Beast (Rpt)	PG	Bad Chair Day/stupor Bowl Mikey and Bunsen are forced apart after Miss Flap changes the seating chart. When Bunsen is hypnotised by swirling toilet water, Amanda tries to convince him to return to Beast World.
03:30 pm	SpongeBob SquarePants (Rpt)	G	Plankton Paranoia/ Library Cards Plankton hasn't tried to steal the secret formula in a while & that's making Mr. Krabs nervous! When Patrick discovers the pineapple's library, SpongeBob introduces him to the wonderful world of books!
04:00 pm	The Loud House (Rpt)	G	The Loudest Thanksgiving Faced with spending Thanksgiving apart, Lori and Bobby try to bring their crazy families together for the first time.
04:30 pm	Game Shakers (Rpt)	G	Babe's Fake Disease Kenzie invites an uninterested Babe to her coding club, but Babe swoons when she meets coding cutie Scott. An aging app predicts Trip will go bald and Dub helps him avoid his fate.
05:00 pm	iCarly (Rpt)	PG	I Still Psycho Part 1 After receiving word that Nora Dershlit is going to be released from jail, the iCarly kids see what they can do to keep their old captor behind bars. Meanwhile, Mrs. Benson discovers the real T-Bo. Starring: Miranda Cosgrove, Jennette McCurdy, Nathan Kress, Jerry Trainor, Noah Munck
			Guest Starring: Danielle Morrow
05:30 pm	Victorious (Rpt)	PG Mild Violence, Mild Themes, Mild Horror	Helen Back Again When Principal Eikner leaves Hollywood Arts, the school hires a new principal who makes all the students re-audition in order to keep their spots. Who will get kicked out?
			Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth Gillies, Leon Thomas III, Daniella Monet



Thursday 26th January 2023

06:00 pm The Middle (Rpt) PG <u>The Table</u>

Frankie decides to buy a new kitchen table online, Sue and Darrin hit a rough patch over a piece of jewelry, and Axl and Hutch create a "fratority" to help pay for house bills.

Starring: Patricia Heaton, Neil Flynn

06:30 pm The Middle (Rpt) PG The Sinkhole

The Heck house once again throws a curve ball to the family when the kitchen sink caves in and drops out of sight, causing Frankie to have to

wash the dishes with the outside hose.

Starring: Patricia Heaton, Neil Flynn

07:00 pm The Middle (Rpt) PG <u>Thanksgiving VI</u>

Thanksgiving for the Hecks at a local restaurant buffet doesn't go well when Sue feels that Mike doesn't like her boyfriend, Darrin, and Brick

invites his quirky girlfriend, Cindy.

Starring: Patricia Heaton, Neil Flynn

07:30 pm The Office (Rpt) PG <u>Test The Store</u>

Mild Coarse Language, Mature Themes

Dwight goes to great lengths to impress Nellie with an overblown Grand Opening of the new Sabre Store. Meanwhile, a little girl gives Andy a black eye, leading to a team self-defence class from Toby.

Starring: John Krasinski, Rainn Wilson, Ed Helms, Catherine Tate, Jenna

Fischer, B.J. Novak

08:00 pm The Office (Rpt) M Last Day In Florida

Sexual References

After Robert reveals his contempt for Nellie's Sabre retail stores business plan, Jim sets out to save Dwight's job. Meanwhile, Andy

discovers that Erin isn't returning to Scranton.

Starring: James Spader, John Krasinski, Rainn Wilson, Catherine Tate,

Ed Helms, Jenna Fischer

08:30 pm Arj Barker - We Need To Talk (Rpt) CC M Arj Barker - We Need To Talk

Sexual References.

Coarse Language

Australia's adopted son of comedy Arj Barker, returns to make fun of our obsession with technology, the trials of relationships and how our rage-

filled culture is affecting our ability to connect.



09:30 pm	Strassman - Itede (Rpt)	CC	M	Strassman - Itede
			Sexual References, Coarse Language	Join international comedy star David Strassman for this hilarious live performance. iTedE uproariously parodies our technology-laden lives.
11:25 pm	The Late Late Show With James Corden		M Mature Themes	Join James Corden, the lovable Englishman of late night television as he chats, gossips and jokes with famous guests.
12:25 am	Catfish: The TV Show (Rpt)		PG	Catfish: The Untold Stories Part 1 Hosted by Nev Schulman and Max Joseph, this special features tales from the past that have already been fully resolved. Each story is told by the people who actually experienced them.
01:20 am	Catfish: The TV Show (Rpt)		MA15+ Sexual References, Coarse Language	Catfish: The Untold Stories Part 2 Featuring Nev and Max as hosts, this special includes interviews with the real-life participants sharing their wild, crazy, and bizarre but true catfishing tales.
02:10 am	Catfish: The TV Show (Rpt)		PG	Nick & Melissa Nick & Melissa fell in love when they met in an online chat room when they were 12. Now 18, Nick is ready to finally ready to meet her. But is Melissa the real deal or has Nick been entangled in lies?
03:00 am	Dora The Explorer (Rpt)		G	Dora's Fantastic Gymnastics Adventure Dora gets to start the Big Gymnastics Show! But when Swiper swipes her special rainbow ribbon, Dora & Boots need your help on a gymnastics-filled adventure to get it back so they can begin the show.
03:30 am	Dora The Explorer (Rpt)		G	Dora's Moonlight Adventures One night, while taking care of Abuela's 3 kitties, Dora awakens to find that Lucky has chased a ball of string right into a storybook world! Help her find him on a magical moonlight adventure!
04:00 am	Butterbean's Cafe (Rpt)		G	Switchin' In The Kitchen! / The Breadstick Bicycle! Dazzle and Poppy each think that the other's job is easier, so they switch jobs to see! Later, when the Sweet Ride can't make a delivery, can Cricket ride her bike to save the day?



04:30 am	Butterbean's Cafe (Rpt)	G	Butterbean Babysits! / Fairy Cozy Cocoa! Butterbean offers to babysit a toddler for the day, but it turns out to be harder than she thought! Later, Butterbean promises hot cocoa and marshmallows to a customer.
05:00 am	SpongeBob SquarePants (Rpt)	G	Sweet & Sour Squid / The Googly Artiste Plankton tries to befriend Squidward in an effort to steal the Krabby Patty formula. Patrick tries desperately to supply everyone in Bikini Bottom with his highly demanded "rocks-with-googly-eyes".
05:30 am	SpongeBob SquarePants (Rpt)	G	Squarepants Family Vacation, A When SpongeBob and Patrick get lost on a family road trip to the Great Barrier Reef, they end up on the adventure of a lifetime.



06:00 am	Blue's Clues & You (Rpt)	G	Mystery Of The Missing Pies Mr. Salt's pies keep disappearing. Where did the pies go?! In this very mysterious episode, we're detectives and play Blue's Clues to find the missing pies.
06:30 am	Blaze And The Monster Machines (Rpt)	G	Dinocoaster Zeg has a ticket to ride a brand new dinosaur roller coaster: the Dinocoaster. But when the ticket blows away, Blaze must help his buddy track it down and get back to the amusement park in time.
07:00 am	Santiago Of The Seas (Rpt)	G	The Night Of The Turtles / Santiago's Regatta When Bonnie kidnaps newly-hatched turtles before they can swim to momma out at sea, Santi and crew are on the move. // Santi and crew struggle to win the Isla Encanto Regatta when Enrique starts to cheat.
07:30 am	Paw Patrol (Rpt)	G	All Star Pups! / Pups Save Sports Day It's monkey mayhem as the pups play kickball against Raimondo's team, until an eagle steals the ball. Summer sports day turns cold when the field becomes an ice rink thanks to Daring Danny X.
08:00 am	Paw Patrol (Rpt)	G	Pups In A Jam / Pups Save A Windsurfing Pig It's the annual Jamboree Jamfest, but all of the fruit is carried off by ants! Zuma goes on a wacky water rescue after Cornelius the pig decides to go for a misguided ride on a windsurfing board.
08:30 am	Team Umizoomi (Rpt)	G	Chicks In The City Team Umizoomi visit their friend Colin, where six chicks have just hatched! But when the baby chicks mistakenly venture out into the city, it's up to Team Umizoomi to bring them back safely.
09:00 am	Baby Shark's Big Show (Rpt)	G	Shadowland / Medieval Tides Jealous of Baby Shark's popularity, Shadow rebrands the Wreck as his own personal amusement park. / Baby Shark and friends decide to play Knights and Royals



09:30 am	Bubble Guppies (Rpt)	G	Guppy Movers! When their friend Skip's moving day doesn't go as planned, Molly, Gil, and the rest of the Guppy Movers roll in to set things right in Skip's new home!
10:00 am	Butterbean's Cafe (Rpt)	G	The Sugar Plum Fairy! It's the holiday season in Puddlebrook! When Butterbean's Sugar Plum Fairy Cake goes missing, Cricket is afraid the Sugar Plum Fairy won't visit. Will the Bean Team have a fairy happy holiday?
10:30 am	Abby Hatcher (Rpt)	G	Snug Loving Chipmunks / Abby's Snug Acorn-loving chipmunks take Teeny Terry's snug while Teeny Terry's still in it! / Abby agrees to let Melvin have a sleep over without realising she'll never sleep with all his snoring
11:00 am	Blaze And The Monster Machines (Rpt)	G	Knight Riders Blaze and Crusher discover a medieval kingdom holding a Royal Race! They become knights to compete in the race across the realm.
11:30 am	Blaze And The Monster Machines (Rpt)	G	Monster Machine Christmas It's Christmas Eve, and Blaze & AJ are helping Santa and his elves load his magic bag full of presents. But Crusher, who wants to open his present early, tries to sneak into the bag.
12:00 pm	Paw Patrol (Rpt)	G	Sea Patrol: Pups Save A Shark / Pups Save The Pier Hoping to have the whole of Adventure Beach to himself, Humdinger makes a robotic shark to scare everyone away. Francois sculpts a statue of himself using jelly, attracting hungry animals to the pier.
12:30 pm	Paw Patrol (Rpt)	G	Pups Save A Space Rock / Pups Save A Good Mayor Everest gets trapped in a cave with the Turbots and a rock-like space alien. Mayor Goodway goes missing from a camping trip, which leads Mayor Humdinger to cause havoc in Adventure Bay.
01:00 pm	Paw Patrol (Rpt)	G	Pups Save The Chalk Art/pups Save The Hot Potato The Mini Patrol and the Pups race to the rescue to save a local mural before the rain comes. // Farmer Al and Yumi find out their garden is full of holes and their one of a kind potato is missing. Now the pups must find the potato thief!



01:30 pm	Paw Patrol (Rpt)	G	Pups Save A Bah Humdinger!
			Mayor Humdinger is being very naughty on Christmas Eve and it's up to the Paw Patrol to help Santa and save Christmas.
02:00 pm	Ryan's Mystery Playdate (Rpt)	G	Ryan's High-Score Playdate / Ryan's Athletic Playdate
			Press start with Ryan as he mashes his way through challenges. Don't forget to strech as Ryan pushes up through his challenges before meeting his athletic playdate.
02:30 pm	Corn & Peg (Rpt)	G	Good Cause / Shoot The Moon, A
·			Corn and Peg help a bird sanctuary and find out that donations don't have to be about money. Corn and Peg help Ferris live out his dream of landing on the moon at the Galloping Grove Space Centre.
03:00 pm	Bunsen Is A Beast (Rpt)	PG	Boodle Loo/the Boy Who Cried Wolfie
·			Mikey and Bunsen have to find Boodles, Bunsen's invisible dog, after Amanda lures him away from home. Bunsen's best beast friend, Wolfie, comes to visit and has his eyes and stomach set on Mikey.
03:30 pm	SpongeBob SquarePants(Rpt)	G	Call The Cops!/ Surf N' Turf
			Plankton goes to jail, but the secret formula is taken as evidence! SpongeBob and Mr. Krabs plot to get it back. Sandy struggles to build a ship-in-a-bottle before a big contest.
04:00 pm	The Loud House (Rpt)	G	Predict Ability / Driving Ambition
ооо р			After discovering he has rituals, Lincoln worries he's predictable & vows to change it up. When Lori finds out that the golf coach from her dream college is coming to see her play, she gets nervous.
0/.·30 nm	Game Shakers (Rpt)	G	The Very Old Finger
оч.оо ри	Came Shakers (Apt)	Ü	The Game Shakers visit a mummy exhibit to get ideas for a new game they're working on. Hudson accidentally snaps off one of its fingers. Babe leads a quest to glue it back on without getting caught.
05:00 pm	iCarly (Rpt)	PG	I Still Psycho Part 2
			The iCarly gang has to find a way to escape from Nora and her crazy parents. Freddie figures out how to send a message to his mum, but will Mrs. Benson get there in time to save everyone?
			Starring: Miranda Cosgrove, Jennette McCurdy, Nathan Kress, Jerry Trainor, Noah Munck
			Guest Starring: Danielle Morrow



Friday 27th January 2023

05:30 pm Victorious(Rpt)

PG Mild Violence, Mild Themes Who Did IT To Trina?

Trina stars in Tori's directorial debut, and there is a big accident on opening night. Lane wants to find out what went wrong. Could it be $\frac{1}{2}$

sabotage?

Starring: Victoria Justice, Ariana Grande, Elizabeth Gillies, Daniella

Monet, Leon Thomas III, Matt Bennett

06:00 pm The Middle (Rpt)

PG The College Tour

Mike accompanies Sue on a college tour weekend. Frankie leaves Brick with babysitters and a school project while she goes to watch Axl play in

his first college football game.

Starring: Patricia Heaton, Neil Flynn

06:30 pm The Middle (Rpt)

PG Pam Freakin' Staggs

Frankie gets excited when an old high school acquaintance who won a million dollars on "Wheel of Fortune" comes back to town. Meanwhile,

Sue tries to find a unique skill to help get into college.

Starring: Patricia Heaton, Neil Flynn

07:00 pm The Middle (Rpt)

PG Quarry Story, A

Mike gives Sue a job at the quarry, Axl helps Mike's dad fix the sink, Frankie has to work at Ehlert Motors for one more day to earn her

expired paycheck, and Brick starts watching old game shows.

Starring: Patricia Heaton, Neil Flynn

07:30 pm Gogglebox UK (Rpt)

Britain's most opinionated TV viewers comment on the best and worst

television shows from the comfort of their sofas.

08:30 pm South Park (Rpt)

Coarse Language

Grounded Vindaloop

Butters is convinced that he's living in a virtual reality. When he suddenly goes roque and wreaks havoc at home and all over South Park, everyone

struggles to figure out what's real.

Starring: Trey Parker, Matt Stone



Friday 27th January 2023

09:00 pm South Park (Rpt)

MA15+ Violence, Sexual References, Coarse Language, Crude Humour Cock Magic

Illegal activity at City Wok becomes a distraction that's impossible for the boys to ignore.

Starring: Trey Parker, Matt Stone

09:30 pm South Park (Rpt)

MA15+ Sexual References, Coarse Language, Mature Themes #rehash

Randy's forced to perform again after Stan spends all the Marsh's money on freemium games. Kyle gets upset when Ike doesn't want to play with him anymore.

Starring: Trey Parker, Matt Stone

10:00 pm South Park (Rpt)

MA15+ Violence, Coarse Language, Mature Themes #happyholograms

Kyle plans a holiday special for TV in hopes of bringing families together again with help from some of the biggest names in entertainment. Holograms continue to run rampant in South Park.

Starring: Trey Parker, Matt Stone

10:30 pm South Park (Rpt)

MA15+ Sexual References, Coarse Language, Crude Humour **Reverse Cowgirl**

An unspeakable tragedy occurs when one of the boys leaves the toilet seat up after he uses the bathroom.

Starring: Trey Parker, Matt Stone

11:00 pm South Park (Rpt)

MA15+ Violence, Sexual References, Strong Coarse Language, Mature Themes **Cash For Gold**

Cartman launches a gemstones network show and creates a very lucrative business. Stan searches for the real value of a piece of jewellery that was a gift from his Grandpa.

Starring: Trey Parker, Matt Stone

11:30 pm The Late Late Show With James Corden

Mature Themes

Join James Corden, the lovable Englishman of late night television as he chats, gossips and jokes with famous guests.



Friday 27th January 2023

01:00 am Workaholics (Rpt)

12:30 am Workaholics (Rpt)

M
Sexual References,
Coarse Language,
On Ders Day, the guys wreak havoc inside a museum.

Drug References, Crude Humour

MA15+

Sexual References, Coarse Language, Drug References, Crude Humour The Fabulous Murphy Sisters

Alice's sister visits the TelAmeriCorp office.

01:30 am Bojack Horseman (Rpt) M Int. Sub

Diane's therapist encourages her to set boundaries with BoJack. Elsewhere, a missing string cheese ignites a dispute between Todd and $\,$

Princess Carolyn.

Starring: Will Arnett, Amy Sedaris, Aaron Paul, Alison Brie

Guest Starring: Rami Malek, Wanda Sykes

02:00 am Bojack Horseman (Rpt) M Mr. Peanutbutter's Boos

At BoJack's 25th annual Halloween party, Pickles gets a crash course in Mr. Peanutbutter's romantic history — and some advice from Diane.

Starring: Will Arnett, Amy Sedaris, Aaron Paul, Alison Brie

Guest Starring: Jessica Biel, Lake Bell

02:30 am The Office (Rpt) PG <u>Trivia</u>

Andy hopes to make up for a sales deficiency by entering and winning a bar trivia competition, while Dwight flies to Sabre headquarters in Florida to demand a management interview with Robert.

. Torrad to domaina a management mitor from mitor mober t

Starring: James Spader, John Krasinski, Rainn Wilson, Ed Helms, Oscar

Nuñez, B.J. Novak

03:00 am Dora The Explorer (Rpt) G Perrito's Big Surprise

Dora has a big surprise for Perrito, but Swiper's trying to get there first to swipe it! Join Dora, Boots, & Perrito for an animal adventure with help

from lots of friends and their playful pets too!

03:30 am Dora The Explorer (Rpt) G Dora's Thanksgiving Day Parade

Everyone's getting ready for the big Thanksgiving Day parade, but when the Pirate Piggies accidentally float away on Dora's boat float, it's up to

Dora & Boots to rescue them & save Thanksgiving Day!



04:00 am	Butterbean's Cafe (Rpt)	G	Monkey Cookie Escape! / The New Neighbors!
			When a magical mishap makes monkey cookies come alive, the crew has to stop the cookies' monkey business and the fairy friends leave a welcome basket for their new neighbours.
04:30 am	Butterbean's Cafe (Rpt)	G	Where's Cookie? / Jasper Learns To Bake!
			Cricket accidentally overwhelms Cookie, the cafe's new kitty, and Cookie runs off. Will the fairy friends find her? Poppy teaches Jasper how to make cinnamon buns.
05:00 am	SpongeBob SquarePants (Rpt)	G	Patrick's Staycation / Walking The Plankton
			Patrick takes a break from the hustle and bustle of his daily life with some over-the-top pampering from SpongeBob.
05:30 am	SpongeBob SquarePants (Rpt)	G	Mooncation / Mr Krab Takes A Vacation
			Sandy wanted to spend a relaxing holiday alone on the moon, butit seems she got a stowaway aboard her rocket who doesn't share her



06:00 am	Blaze and The Monster Machines (Rpt)	G	Tow Truck Tough!
			Blaze transforms into a tow-truck and sets off on a tow-tally awesome adventure to save Stripes and fix his tyre after falling in a big hole while playing volleyball with his monkey friends.
06:30 am	Blaze and The Monster Machines (Rpt)	G	Race For The Golden Treasure Blaze and Pegwheel the Pirate have teamed up for the ultimate treasure hunt, and must find three keys to unlock a special chest. Crusher has set sail too and will do anything to get the treasure first
07:00 am	Blue's Clues & You (Rpt)	G	Laugh With Blue Josh is being silly but still can't get Blue to laugh. We play Blue's Clues to figure out what will make Blue laugh. While we look for clues we find patterns with a goofy gopher!
07:26 am	Ready Set Dance (Rpt)	G	Buzzy Bees A sticky little story about a set of bees who get their feet stuck in honey and must master the "Sticky, Sticky Feet" move if they're ever going to free themselves.
07:30 am	Paw Patrol (Rpt)	G	Pups Get Growing / Pups Save A Space Toy Fertilizer causes Yumi's crops to sprout huge veggies which must be corralled before they get out of control! The gang write a message in a farmer's field in order to communicate with space aliens.
08:00 am	Paw Patrol (Rpt)	G	Pups Get Skunked / Pups And A Whale Of A Tale When Everest gets sprayed by a skunk, the pups delicately try to tell her she needs a bath! The pups put fly far north to help free a baby whale that's trapped under an ice sheet.
08:30 am	Abby Hatcher (Rpt)	G	There's Only ONE Bozzly / Cousin Flugtilda When Bozzly gets hurt, Melvin steps in as Abby's sidekick. / Princess Flug's Cousin Flugtilda comes to visit, and Priness Flug worries that eveyone likes her cousin more than they like her.



09:00 am	Abby Hatcher (Rpt)	G	Chef Curly / Afraid Of Cats Chef Jeff is preparing for a big dinner and needs Curly to stay out of his way. / Melvin gets a new cat, and Abby learns that Fuzzlys are afraid of cats.
09:30 am	SpongeBob SquarePants (Rpt)	G	<u>Trench Billies/sponge-Cano!</u> SpongeBob and Patrick fall into a cavern where frightful Trenchbillies keep them hostage. Squidward's complaints trigger a volcanic eruption.
10:00 am	SpongeBob SquarePants (Rpt)	G	<u>The Great Patty Caper</u> SpongeBob, Patrick and Plankton solve a mystery on a runaway train.
10:30 am	SpongeBob SquarePants (Rpt)	G	That Sinking Feeling/karate Star SpongeBob and Patrick dig a tunnel between their two houses and drive Squidward nuts. Pat learns just enough karate to wreak havoc in Bikini Bottom.
11:00 am	SpongeBob SquarePants (Rpt)	G	Buried In Time/enchanted Tiki Dreams SpongeBob, Patrick and Squidward are accidentally locked in Bikini Bottom's first time capsule. SpongeBob and Patrick build a dream world for Squidward.
11:30 am	SpongeBob SquarePants (Rpt)	G	The Abrasive Side/earworm SpongeBob can never say "no" to anyone, so he orders a product called the "abrasive side". Meanwhile, SpongeBob gets a song stuck in his head.
12:00 pm	SpongeBob SquarePants (Rpt)	G	Hide And Then What Happens?/shellback Shenanigans SpongeBob and Patrick play Hide N' Seek and SpongeBob searches the world for Patrick.
12:30 pm	SpongeBob SquarePants (Rpt)	G	The Masterpiece/whelk Attack Squidward sculpts a statue of Mr. Krabs for The Krusty Krab. Giant sea whelks terrorise the folks of Bikini Bottom.



01:00 pm	Bunsen Is A Beast (Rpt)	PG	Amanda Gets Schooled/beast In Show Mikey and Bunsen help Amanda pass the Preparatory Overview Of Pupils test. Mikey enters Bunsen into the Muckledunk Mutt Show, but Amanda tries to sabotage them and win with her robot dog.
01:30 pm	Bunsen Is A Beast (Rpt)	PG	Adventures In Beastysitting/wildabeast Mikey and Bunsen have to deliver a beast baby after accidentally switching packages at the Monstork Factory. Bunsen's cousin, Wilda, comes to town and develops a crush on Mikey.
02:00 pm	The Loud House (Rpt)	G	House Of Lies / Game Boys After witnessing an excess of lying in the family, Lisa invents liedetecting glasses to try and curb the fibs. Lincoln asks to borrow Clyde's new gaming system.
02:30 pm	Star Trek: Prodigy (Rpt)	PG Mild Themes	First Con-Tact When a mentor from Dal's past persuades him to use their Federation cover for personal gain, they quickly discover Starfleet has protocols for a reason.
03:00 pm	Nicky, Ricky, Dicky & Dawn (Rpt)	G	To Be Invited Or Not To Be The Quads make a new friend who is an amazing inventor, but start to wonder what is going on when not all of them are invited back to hang out again.
03:30 pm	Nicky, Ricky, Dicky & Dawn (Rpt)	G	The Buffa-Lowdown Ricky takes advantage of his power on the school's news program, but when the other Quads find out why, they band together to help him achieve his goal.
04:00 pm	iCarly (Rpt)	PG	IBust A Thief The iCarly kids set out to find Spencer friends his own age. They eventually find some decent prospects but will friendship bloom?
04:30 pm	iCarly (Rpt)	PG	I Goodbye Part 1 When Spencer comes down with a fever on an important night for Carly, he tries to hide his illness from her. Meanwhile, Sam restores a motorcycle and Freddie gets an embarrassing new phone.



Saturday 28th January 2023

05:00 pm Victorious (Rpt)

PG Mild Violence, Mild Themes

Freak The Freak Out Pt 1

Tori's parents head out for the weekend, leaving Tori to care for Trina, Meanwhile, Cat and Jade lose a competition at a karaoke club because it

was rigged for the club owner's daughter to win.

Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth

Gillies, Leon Thomas III, Daniella Monet

05:30 pm Victorious (Rpt)

PG Mild Violence, Mild Themes

PG

PG

PG

Freak The Freak Out Pt 2

Jade and Cat recruit Tori to help them get revenge for losing a rigged

karaoke contest.

Starring: Victoria Justice, Ariana Grande, Matt Bennett, Elizabeth

Gillies, Leon Thomas III, Daniella Monet

06:00 pm The Middle (Rpt)

Stormy Moon

Frankie is arrested over an overdue library book, Sue is upset over reverend TimTom's new female singing partner, and Axl wants to talk to

Cassidy about their future.

Starring: Patricia Heaton, Neil Flynn

06:30 pm The Middle (Rpt)

The Walk

Sue goes from zero dates to five prom dates, Axl helps Brick put together an interesting book report, and Frankie and Mike discover that

they have nothing to talk about with each other.

Starring: Patricia Heaton, Neil Flynn

07:00 pm The Middle (Rpt)

The Smell

Mike is suckered into coaching a girl's soccer team, Frankie introduces Brick to deodorant and cologne, and Axl tries to figure out the meaning

of Cassidy's painting.

Starring: Patricia Heaton, Neil Flynn

MOVIE

07:30 pm Morning Glory (Rpt) (2010)

CC M

Sexual References, Coarse Language

Can hard-working morning TV show producer Becky save "Daybreak" from plummeting ratings, keep the warring co-hosts apart, and find

time to fall in love with handsome Adam?

Starring: Rachel McAdams, Harrison Ford, Diane Keaton, Patrick Wilson,

Jeff Goldblum, Ty Burrell



Saturday 28th January 2023

09:40 pm Just For Laughs Montreal

ALL NEW EPISODES

MA15+ All Access: Michael Che
Sexual References

Starring: Michael Che, Colin Jost, Ryan Belleville, K. Trevor Wilson,

Rachel Feinstein, Chris Gethard, Pat Thornton

ALL NEW EPISODES

10:35 pm Workaholics MA15+ Always Bet On Blake

Sexual References, Crude Humour Adam, Blake and Ders open a casino in their house.

ALL NEW EPISODES

11:05 pm Workaholics MA15+ <u>The Nuttin' Professor</u>

Sexual References, Coarse Language, Crude Humour

The guys go on an epic quest for their favorite porn of all time.

SEASON PREMIERE

11:35 pm Workaholics MA15+ <u>Trainees' Day</u>

Sexual References, Coarse Language, Drug References, Crude Humour

The guys battle a group of trainees for the title of the best office pranksters.

12:05 am Strassman - Itede (Rpt) CC M Sexual References, Sexual References, Join interpretional company of the Strassman - Itede

Coarse Language

Join international comedy star David Strassman for this hilarious live performance. iTedE uproariously parodies our technology-laden lives.

02:00 am The Office (Rpt) M Jury Duty

Sexual References

Jim gets caught in a lie about his week of jury duty, and new questions

emerge when Angela gives birth to a "premature" baby.

Starring: John Krasinski, Rainn Wilson, Jenna Fischer, Ed Helms,

Angela Kinsey

Guest Starring: Jack Coleman

Dwight is given a task in Tallahassee and needs to pick some staffers to join him. Pam and Angela come back from maternity leave, and Darryl

tries to figure out the meaning of Val's Valentine's gift.

Starring: James Spader, Rainn Wilson, John Krasinski, Jenna Fischer,

Ed Helms, Craig Robinson

03:00 am Dora The Explorer (Rpt) G Check Up Day

Dora's on her way to the doctor's for her yearly check up. We'll make this visit with friends who need to go to the doctor too. Dora inspires her

new friends with bravery to help them also be brave!



sit Gary while he's away at his Grandma's birthday party.

03:30 am	Dora The Explorer (Rpt)	G	Little Map Map has been teaching his nephew, Little Map, how to draw pictures that help us on our adventures. And he's getting really good, so today he's ready for his very first treasure adventure!
04:00 am	Butterbean's Cafe (Rpt)	G	Surprise Cake! / Tic TAC Tomato! Cricket wants to surprise Poppy with a cake! But can she finish it before Poppy returns from running errands? Cricket loses a game at the cafe's Game Day. Will she learn to be a good sport?
04:30 am	Butterbean's Cafe (Rpt)	G	Fairy Sneezy Day! / The Queen Of Quiche!, A Poppy's allergic to something, and everyone thinks it's Cookie! Will the Bean Team have to send their kitty away? Later, Butterbean and Ms. Marmalady both make quiche for the mayor!
05:00 am	SpongeBob SquarePants (Rpt)	G	Mermaidman Begins / Plankton's Good Eye Mermaidman and Barnacleboy let SpongeBob and Patrick in on their secret, heroic origins! Later, using SpongeBob's DNA, Plantkon grows himself a second eyeand becomes nice!
05:30 am	SpongeBob SquarePants (Rpt)	G	Bernacle Face / Pet Sitter Pat The night before the school dance, Mr. Krabs asks SpongeBob to help Pearl get rid of a barnacle on her face. SpongeBob asks Patrick to pet-