

ABC ME Week 3 Program Guide

Sunday, 15 January 2023

6:00am	Get Blake! (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:10am	I, Elvis Riboldi (Repeat,G)
6:25am	The Legend Of Korra (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:50am	The Deep (CC,Repeat,G)
7:10am	Dragons: Defenders Of Berk (CC,Repeat,G)
7:35am	Dragons: Defenders Of Berk (CC,Repeat,G)
8:00am	Jade Armor (CC,G) A bottle of Xin Qi's favourite perfume brings fond memories till a Shard ruins it. A spritz makes victims adore the first person they see. This stinks!
8:25am	Total DramaRama (CC,Repeat,G)
8:35am	Total DramaRama (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
8:50am	Ted's Top Ten (CC,AD,Repeat,G)
9:15am	The Next Step (CC,G) Cleo wonders whether the right team is going to the nationals, and Richelle is brought to breaking point by someone she hoped to never see again.
9:35am	100 Things To Do Before High School (CC,Repeat,G)
10:00am	100 Things To Do Before High School (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:25am	100 Things To Do Before High School (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 10:50am School Of Rock**
(CC,Repeat,G)
- 11:10am School Of Rock**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 11:35am School Of Rock**
(CC,Repeat,G)
- 11:55am Hank Zipzer**
(Repeat,G)
- 12:20pm Hank Zipzer**
(Repeat,G)
- 12:45pm Built To Survive**
(CC,Repeat,G,Do not disturb or try to handle wild animals as they can be dangerous.)
- 1:15pm Mythbusters Junior**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 2:05pm Horrible Histories**
(CC,Repeat,G)
- 2:35pm Operation Ouch!**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.This program shows medical procedures. In an emergency ring 000 for help)
- 3:05pm Operation Ouch!**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.This program shows medical procedures. In an emergency ring 000 for help,Do not disturb or try to handle wild animals as they can be dangerous.)
- 3:35pm Cloudy With A Chance Of Meatballs**
(Repeat,G)
- 3:55pm The Fairly OddParents**
(Repeat,G)
- 4:20pm Critters TV**
- 4:30pm The Beachbuds**
(Repeat,G)
- 4:40pm Miraculous World: Shanghai, Lady Dragon**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 5:35pm The Inbestigators**
(CC,Repeat,G)
- 5:50pm The New Adventures Of Figaro Pho**
(CC,Repeat,G)
- 6:00pm Crazy Fun Park: Chapter 3: Let It Go**
(CC,AD,Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
A shy teen wants desperately to fit in and enjoy his high school years if only his dead best friend and a posse of rotting ghouls would stop sabotaging him at every turn.

- 6:30pm** **Robot Wars: Episode 3**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Competing in this round is Foxic, Expulsion, Heavy Metal, M.R. Speed Squared, Thor, Tauron, Chimera 2 and Concussion. After two group battles, four teams progress into a mini league going head-to-head in a bid for points.
- 7:30pm** **Shaun The Sheep: Hair Today, Gone Tomorrow**
(CC,Repeat,G)
The Farmer is preparing for a date! He wants to look his best so it's time to dust off his prized hairpiece. Shaun can't resist trying the wig on but loses it while showing off to the flock.
- 7:40pm** **Teenage Mutant Ninja Turtles: Carmaggedon**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Raph must fight the leaders of the road warrior clans to gain their loyalty, before they face their biggest enemy yet on their way to Oasis.
- 8:00pm** **The Penguins Of Madagascar: Operation: Lunacorn Apocalypse**
(AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The Penguins are faced with a World Domination battle when Private accidentally unleashes KuchiKukhan the Destroyer of Worlds. Can they stop him in time to save the World?
- 8:25pm** **Cleopatra in Space: Rescue**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Cleo and the rest go on a rescue mission to crime-ridden Hykosis City, which leads to a devastating confrontation with Octavian.
- 8:45pm** **Detention Adventure: The Power of Words**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The gang hit a literal brick wall in an old boiler room that requires them to do something unthinkable to continue the adventure, or else let their dreams go up in smoke.
- 9:00pm** **The Next Step: A Tale Of Two Eldons**
(CC,Repeat,G)
In advance of the TNS East/West faceoff to determine which troupe will represent the studio at Regionals, Michelle's troupe gets their tenth and final dancer.

9:20pm**The Next Step: United and Divided**

(CC,Repeat,G)

When TNS East and TNS West have a dance-off to determine home-studio advantage for the coming battle, Elliot reveals his true colours. The love triangle between Henry, Noah, and Jacquie reaches a breaking point.

9:45pm**rage**

(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)

Wall-to-wall music videos, from new releases to classics and the long-forgotten.

10:35pm**ABC ME Programs Resume At 6am**

ABC ME programs resume at 6am.

Monday, 16 January 2023

6:00am	Get Blake! (Repeat,G)
6:10am	I, Elvis Riboldi (Repeat,G)
6:25am	The Legend Of Korra (CC,Repeat,G)
6:50am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:10am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:35am	Kung Fu Panda: Legends Of Awesomeness (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	Total DramaRama (Repeat,G)
8:10am	Oddbods (Repeat,G)
8:15am	The Unstoppable Yellow Yeti (CC,G)
8:25am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
8:50am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
9:10am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
9:35am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:00am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
10:20am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
10:45am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
11:05am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
11:30am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)

11:50am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
12:15pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
12:40pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:00pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
1:25pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:45pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
2:10pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
2:35pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
2:55pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
3:20pm	The Day My Butt Went Psycho! (CC,Repeat,G)
3:35pm	The Deep (CC,Repeat,G)
3:55pm	The Fairly OddParents (Repeat,G)
4:20pm	Critters TV
4:30pm	Hardball (CC,Repeat,G)
4:55pm	FriendZSpace (Repeat,G)
5:05pm	Kuu Kuu Harajuku (Repeat,G)
5:20pm	Hey You! What If (CC,Repeat,G)
5:25pm	Dragons: Riders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 6:00pm** **Still So Awkward: Hot Sauce**
(CC,Repeat,G)
An American company Amsnax Foods invests in Josh's new 'Eye Melter' hot sauce, which he thinks will win him the Young Persons' Business Award.
- 6:30pm** **The Epic Adventures of Morph: Tangled Web**
(Repeat,G)
Taking a family photo should be easy. But when Morph's tablet device runs out of power he and Chas get tangled up with more than they bargained for.
- 6:35pm** **Operation Ouch!**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years. This program shows medical procedures. In an emergency ring 000 for help)
Dr Chris makes Dr Xand cry to demonstrate how your amazing body makes different types of tears to protect your eyes in different ways, and in Operation Takeover they discover just how dangerous it can be out at sea.
- 7:05pm** **Horrible Histories**
(CC,Repeat,G)
We meet a charming Stuart highwayman; the Captain of the Titanic holds the world's worst safety briefing; famous writer Mary Shelley pitches the movie of her life; and those violent Vikings show their softer side in a song.
- 7:30pm** **Shaun The Sheep: Bagpipe Buddy**
(CC,Repeat,G)
The sheep discover a set of bagpipes on the rubbish dump, which they immediately misidentify as a sick emu. They set about trying to nurse it back to health before releasing it back into the wild.
- 7:40pm** **Kong: King Of The Apes: Act 1**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Kong, a baby ape escapes from ruthless poachers and is saved by a young boy Lukas. He and his family raise Kong much to the disapproval of Lukas' twin brother Richard who tries to get rid of Kong.
- 8:00pm** **The Penguins Of Madagascar: Nuts to You/The Terror of Madagascar**
(AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Fred stumbles onto a jackpot oak tree which is loaded with acorns./ A special delivery has come from Madagascar. A baby Fossa!

- 8:25pm** **Cleopatra in Space: Mihos**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Cleo encounters an adorable alien creature and brings him home, along with his eggs. Wait, if he's a "him," how does he have eggs? Aliens are weird.
- 8:45pm** **Detention Adventure: Contents Under Pressure**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Hulk witnesses Brett's dark side, which threatens to tear the group apart. As tempers flare, kooky Miss Marner drops by for a surprise visit, forcing the gang to work together to get rid of her.
- 9:00pm** **The Next Step: East Meets West**
(CC,Repeat,G)
Emily has a secret weapon in the dance battle to determine which troupe will get to represent The Next Step at Regionals. Josh has to choose between his loyalty to his friend and his team.
- 9:20pm** **The Next Step: Brave New World**
(CC,Repeat,G)
Kingston and Ozzy think there's something suspicious about Elliot's generosity, and discover he's hiding a secret. LaTroy is given the opportunity of a lifetime, but if he chooses to take it, it will mean leaving the studio.
- 9:45pm** **rage**
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 10:35pm** **ABC ME Programs Resume At 6am**
ABC ME programs resume at 6am.

Tuesday, 17 January 2023

6:00am	Get Blake! (Repeat,G)
6:10am	I, Elvis Riboldi (Repeat,G)
6:25am	The Legend Of Korra (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:50am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:10am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:35am	Kung Fu Panda: Legends Of Awesomeness (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	Total DramaRama (Repeat,G)
8:10am	Oddbods (Repeat,G)
8:15am	The Unstoppable Yellow Yeti (CC,G)
8:25am	Art Ninja (Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
8:55am	The Drawing Show (CC,Repeat,G)
9:00am	The Inbestigators (CC,Repeat,G)
9:15am	The Inbestigators (CC,Repeat,G)
9:30am	The Inbestigators (CC,Repeat,G)
9:45am	The Inbestigators (CC,Repeat,G)
10:00am	The Inbestigators (CC,Repeat,G)
10:15am	The Inbestigators (CC,Repeat,G)
10:30am	The Inbestigators (CC,Repeat,G)
10:45am	The Inbestigators (CC,Repeat,G)

11:00am	The Inbestigators (CC,Repeat,G)
11:15am	The Inbestigators (CC,Repeat,G)
11:30am	The Inbestigators (CC,Repeat,G)
11:45am	The Inbestigators (CC,Repeat,G)
11:55am	The Inbestigators (CC,Repeat,G)
12:10pm	The Inbestigators (CC,Repeat,G)
12:30pm	The Inbestigators (CC,Repeat,G)
12:40pm	The Inbestigators (CC,Repeat,G)
1:00pm	The Inbestigators (CC,Repeat,G)
1:10pm	The Inbestigators (CC,Repeat,G)
1:25pm	The Inbestigators (CC,Repeat,G)
1:40pm	The Inbestigators (CC,Repeat,G)
2:00pm	The Dengineers (Repeat,G)
2:25pm	The Dengineers (Repeat,G)
2:55pm	The Dengineers (Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
3:25pm	The Day My Butt Went Psycho! (CC,Repeat,G)
3:35pm	The Deep (CC,Repeat,G)
4:00pm	The Fairly OddParents (Repeat,G)
4:20pm	Critters TV
4:35pm	Hardball (CC,Repeat,G)
4:55pm	FriendZSpace (Repeat,G)
5:10pm	Kuu Kuu Harajuku (Repeat,G)
5:20pm	Hey You! What If (CC,Repeat,G)

- 5:25pm** **Dragons: Riders Of Berk**
(CC,Repeat,G)
- 5:50pm** **Total DramaRama**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 6:00pm** **Still So Awkward: Meddle of Honour**
(CC,Repeat,G)
When Lily discovers Samson like likes his classmate Ulrika, she adopts an alter ego, Delores, to find out if Ulrika like likes him.
- 6:30pm** **The Epic Adventures of Morph: Pie Sky**
(Repeat,G)
Morph has baked a delicious pie - so delicious that everyone has their eyes on it. When Chas manages to steal it, Morph will stop at nothing to get it back, even if that means a hair-raising chase across the entire studio.
- 6:35pm** **Operation Ouch!**
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
The Doctors have picked out some of their favourite moments - get ready to see just how strong your tendons really are, and discover who the better pilot is when Dr Chris and Dr Xand join the Air Ambulance.
- 7:05pm** **Horrible Histories**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Horsepower is tested to the max on Stone Age Top Gear; Dickens sings about his life and books; the Greek philosophers host weird dinner parties on 'Come Dine With Me'; and Vlad the Impaler reveals his horrible new plan.
- 7:30pm** **Shaun The Sheep: Supersize Timmy**
(CC,Repeat,G)
Timmy accidentally eats a tomato grown with 'Miracle-Grow' fertiliser and expands to become the King Kong of sheep. Shaun must keep the giant toddler out of sight while trying to figure out how to return him to normal size.
- 7:40pm** **Kong: King Of The Apes: Act 2**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Kong, a baby ape escapes from ruthless poachers and is saved by a young boy Lukas. He and his family raise Kong much to the disapproval of Lukas' twin brother Richard who tries to get rid of Kong.

- 8:00pm** **The Penguins Of Madagascar: Best Laid Plantains/ P.E.L.T.**
(AD,Repeat,G)
Julien and Marlene steal Bada and Bing's bananas./ Skipper's losing it. His performance on the obstacle course is actually slowing down, so he has to trigger a special fitness test to prove he can still lead the squad.
- 8:25pm** **Cleopatra in Space: Cyrano**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Brian downloads some sketchy software that promises to make him cool. It works out great and everyone's happy! (JK, it's a huge disaster.)
- 8:45pm** **Detention Adventure: Gears For Fears**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
As a storm rages outside, it enhances the terror that lies beneath, all the way down in the pitch-black underground tunnels, where the gang must overcome their fear and brave the darkness together.
- 9:00pm** **The Next Step: TNS: Civil War**
(CC,Repeat,G)
When the tensions between TNS East and TNS West reach an all-time high, Miss Kate is forced to make a drastic decision. In the aftermath, dancers struggle to pick up the pieces.
- 9:20pm** **The Next Step: Stand Together or Fall Apart**
(CC,Repeat,G)
Piper and Amy develop a secret plan to get back on the road to Regionals. Jacquie is tempted to leave the studio when she gets an offer that's hard to refuse.
- 9:45pm** **rage**
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 10:35pm** **ABC ME Programs Resume At 6am**
ABC ME programs resume at 6am.

Wednesday, 18 January 2023

6:00am	Get Blake! (Repeat,G)
6:10am	I, Elvis Riboldi (Repeat,G)
6:25am	The Legend Of Korra (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:50am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:10am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:35am	Kung Fu Panda: Legends Of Awesomeness (Repeat,G)
7:55am	Total DramaRama (Repeat,G)
8:10am	Oddbods (Repeat,G)
8:15am	The Unstoppable Yellow Yeti (CC,G)
8:25am	Art Ninja (Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
8:55am	The Drawing Show (CC,Repeat,G)
9:00am	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
9:25am	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
9:45am	100% Wolf: Legend Of The Moonstone (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:10am	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
10:30am	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
10:55am	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
11:15am	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
11:40am	100% Wolf: Legend Of The Moonstone (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

12:00pm	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
12:25pm	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
12:50pm	100% Wolf: Legend Of The Moonstone (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:10pm	100% Wolf: Legend Of The Moonstone (CC,Repeat,G)
1:35pm	The Flamin' Thongs (CC,Repeat,G)
1:45pm	The Flamin' Thongs (CC,Repeat,G)
2:00pm	The Flamin' Thongs (CC,Repeat,G)
2:10pm	The Flamin' Thongs (CC,Repeat,G)
2:25pm	The Dengineers (Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
2:55pm	The Dengineers (Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
3:25pm	The Day My Butt Went Psycho! (CC,Repeat,G)
3:35pm	The Deep (CC,Repeat,G)
3:55pm	The Fairly OddParents (Repeat,G)
4:20pm	Critters TV
4:30pm	Hardball (CC,Repeat,G)
4:55pm	FriendZSpace (Repeat,G)
5:10pm	Kuu Kuu Harajuku (Repeat,G)
5:20pm	Hey You! What If (CC,G)
5:25pm	Dragons: Riders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,G)

- 6:00pm** **Still So Awkward: Audition**
(CC,Repeat,G)
Claire has an audition and Lily is desperate to be considered too - even though she doesn't know what the role is for!
- 6:30pm** **The Epic Adventures of Morph: Chas Air**
(Repeat,G)
Morph is really looking forward to a well-earned holiday, his suitcase is packed and the ticket is in his hand. However it all goes up in the air when Chas takes charge of the arrangements.
- 6:35pm** **Operation Ouch!**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years. This program shows medical procedures. In an emergency ring 000 for help)
Dr Chris and Dr Xand Van Tulleken investigate what mental health is and why things can sometimes go wrong.
- 7:05pm** **Horrible Histories**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
We meet the rather eccentric Georgian philosopher Jeremy Bentham; super-rich Roman politician Crassus raps about his 'blinging' lifestyle; and Johannes Gutenberg goes head-to-head with some monks on The Historical Apprentice.
- 7:30pm** **Shaun The Sheep: Lock Out**
(CC,Repeat,G)
While preparing for bed, the Farmer manages to lock himself out of the house and is stuck outside in his pyjamas. He decides to spend the night in the barn but his incessant snoring drives the flock mad.
- 7:40pm** **Kong: King Of The Apes: Act 3**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Kong, a baby ape escapes from ruthless poachers and is saved by a young boy Lukas. He and his family raise Kong much to the disapproval of Lukas' twin brother Richard who tries to get rid of Kong.
- 8:00pm** **The Penguins Of Madagascar: Operation: Swap-Panzee/Snowmageddon!**
(AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The Space Agency sends Private to the moon. His ticket is downgraded to one-way./ Snowmageddon hits and traps Skipper and Marlene in the convenience store with X, while Kowalski and Private get snowed into a tree with Fred.

- 8:25pm** **Cleopatra in Space: Paradise Found**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Sometimes you land on an unexplored planet and wonderful, magical things happen. Then after a while you're like, wait, is something wrong? Yes, something is definitely wrong.
- 8:45pm** **Detention Adventure: Westbrook's Four**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
While the staff is distracted by the sporting event of the year, the gang orchestrates an Ocean's Eleven-style heist to retrieve their confiscated book from the safe in Principal Lounsberry's office.
- 9:00pm** **The Next Step: This Changes Everything**
(CC,Repeat,G)
Piper and Amy's secret plan is put into action, as the dancers rally to unite the studios under one banner. Amy's future at the studio is threatened when her mother makes a difficult demand.
- 9:20pm** **The Next Step: Stand and Deliver**
(CC,Repeat,G)
With troupe united, it's time to elect a new dance captain. Piper helps Amy to find the strength she needs to finally have an honest conversation with her mother.
- 9:45pm** **rage**
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 10:35pm** **ABC ME Programs Resume At 6am**
ABC ME programs resume at 6am.

Thursday, 19 January 2023

6:00am	Get Blake! (Repeat,G)
6:10am	I, Elvis Riboldi (Repeat,G)
6:25am	The Legend Of Korra (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:50am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:10am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:35am	Kung Fu Panda: Legends Of Awesomeness (Repeat,G)
7:55am	Total DramaRama (Repeat,G)
8:10am	Oddbods (Repeat,G)
8:15am	The Unstoppable Yellow Yeti (CC,G)
8:25am	Art Ninja (Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
8:55am	The Drawing Show (CC,Repeat,G)
9:00am	The Penguins Of Madagascar (CC,AD,Repeat,G)
9:25am	The Penguins Of Madagascar (CC,AD,Repeat,G)
9:50am	The Penguins Of Madagascar (CC,AD,Repeat,G)
10:10am	The Penguins Of Madagascar (CC,AD,Repeat,G)
10:35am	The Penguins Of Madagascar (CC,AD,Repeat,G)
11:00am	The Penguins Of Madagascar (CC,AD,Repeat,G)
11:25am	The Penguins Of Madagascar (CC,AD,Repeat,G)
11:45am	The Penguins Of Madagascar (CC,AD,Repeat,G)
12:10pm	The Penguins Of Madagascar (CC,AD,Repeat,G)
12:35pm	The Penguins Of Madagascar (CC,AD,Repeat,G)

12:55pm	The Penguins Of Madagascar (CC,AD,Repeat,G)
1:20pm	The Penguins Of Madagascar (CC,AD,Repeat,G)
1:45pm	The Penguins Of Madagascar (CC,AD,Repeat,G)
2:05pm	The Penguins Of Madagascar (CC,AD,Repeat,G)
2:30pm	The Penguins Of Madagascar (CC,AD,Repeat,G)
2:55pm	The Penguins Of Madagascar (CC,AD,Repeat,G)
3:20pm	The Day My Butt Went Psycho! (CC,Repeat,G)
3:35pm	The Deep (CC,Repeat,G)
3:55pm	The Fairly OddParents (Repeat,G)
4:20pm	Critters TV
4:30pm	Hardball (CC,Repeat,G)
4:55pm	FriendZSpace (Repeat,G)
5:10pm	Kuu Kuu Harajuku (Repeat,G)
5:20pm	Hey You! What If (CC,G)
5:25pm	Dragons: Riders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:00pm	Still So Awkward: The Ball (CC,Repeat,G) Lily has left it too late to find a partner for the Ball, so Josh offers to take her 'since you fancy me, and I fancy you', which is news to Lily!
6:30pm	The Epic Adventures of Morph: Medieval Morph (Repeat,G) Building castles is fun until your pesky bestie claims it for himself. Morph tries every medieval trick in the book to regain the throne but gets in a flap with the firepower he ends up with.

- 6:35pm** **Operation Ouch!**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years. This program shows medical procedures. In an emergency ring 000 for help)
There's a big bang in the lab as the doctors show how genes make you who you are, and a new doctor joins the team! Meet two brand new patients and find out how to make a hole in your hand with a new body trick to try at home.
- 7:05pm** **Horrible Histories**
(CC,Repeat,G)
Famous monk St Augustine struggles to introduce Christianity to Saxon England; we witness a daring escape from the Tower of London; and Joan of Arc's story is quite an unusual one for a teenage girl.
- 7:30pm** **Shaun The Sheep: Cheetah Cheater**
(CC,Repeat,G)
A wildlife film inspires Pidsley the cat to play a prank on the flock by disguising himself as a leopard. Shaun is convinced there is a huge beast on the loose and concocts a plan to catch it.
- 7:40pm** **Kong: King Of The Apes: Act 4**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Kong, a baby ape escapes from ruthless poachers and is saved by a young boy Lukas. He and his family raise Kong much to the disapproval of Lukas' twin brother Richard who tries to get rid of Kong.
- 8:00pm** **The Penguins Of Madagascar: Tunnel of Love/Skipper Makes Perfect**
(AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Rico gets some teenage beavers to fix a collapsing tunnel, but romance interferes with their work./ Skipper breaks into the Danish embassy to destroy a disparaging file on him.
- 8:25pm** **Cleopatra in Space: Cleopatra Needs Space**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Akila and Brian are having major romance drama and Cleo has to get away from it. She gets captured by Space Scavengers, but it's still kind of an improvement.
- 8:45pm** **Detention Adventure: Terminal Velocity**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Stumped by their latest riddle, Raign is forced to reveal an embarrassing secret and relive a traumatic event from her past. The gang is then dealt a blow that could spell the end of their quest.

- 9:00pm** **The Next Step: Oh Brother! Why Art Thou Here?**
(CC,Repeat,G)
Josh's brother, Adam, shows up at the studio unannounced with surprising news. When Zara realises her split focus is affecting her chances at a coveted solo, she is forced to choose between her two passions.
- 9:20pm** **The Next Step: I Have A Vision**
(CC,Repeat,G)
A last-second change of plans threatens The Next Step's chances at qualifying for Regionals. When Richelle encounters a difficult hurdle, Lola feels pressure to stay loyal to her friend.
- 9:45pm** **rage: Guest Programmer**
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 10:35pm** **ABC ME Programs Resume At 6am**
ABC ME programs resume at 6am.

Friday, 20 January 2023

6:00am	Get Blake! (Repeat,G)
6:10am	I, Elvis Riboldi (Repeat,G)
6:25am	The Legend Of Korra (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:50am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:10am	Miraculous: Tales Of Ladybug And Cat Noir (CC,Repeat,G)
7:35am	Kung Fu Panda: Legends Of Awesomeness (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	Total DramaRama (Repeat,G)
8:10am	Oddbods (Repeat,G)
8:15am	The Unstoppable Yellow Yeti (CC,G)
8:25am	Art Ninja (Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
8:55am	The Drawing Show (CC,Repeat,G)
9:00am	Operation Ouch! (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years. This program shows medical procedures. In an emergency ring 000 for help)
9:30am	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
10:00am	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
10:30am	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
11:00am	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
11:30am	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)

12:00pm	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
12:30pm	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
12:55pm	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
1:25pm	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
1:55pm	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
2:25pm	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
2:55pm	Operation Ouch! (CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
3:20pm	The Day My Butt Went Psycho! (CC,Repeat,G)
3:35pm	The Deep (CC,Repeat,G)
3:55pm	The Fairly OddParents (Repeat,G)
4:20pm	Critters TV
4:30pm	Hardball (CC,Repeat,G)
5:00pm	The Flamin' Thongs (CC,Repeat,G)
5:15pm	GG: Spawn Squad
5:30pm	Dragons: Riders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,G)
6:00pm	Still So Awkward: Something New (CC,Repeat,G) Burke Hill TV presents 'Something New', a documentary for students by students. Presented by Claire Fox, this episode answers all the questions you were too scared to ask about life as a fresher at university.

- 6:30pm** **The Epic Adventures of Morph: Size Matters**
(Repeat,G)
When Morph and Chas argue over who is tallest, and Chas wishes Morph was smaller, he unexpectedly gets what he wants. But be careful what you wish for Chas! Sometimes little things cause BIG problems.
- 6:35pm** **Operation Ouch!**
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
The doctors balance a van on four leg bones to show you how super strong your skeleton is, and find out how to turn your fingers into a sausage in today's body trick!
- 7:05pm** **Horrible Histories**
(CC,Repeat,G)
Special guest stars Al Murray and The League Of Gentlemen's Reece Shearsmith, Mark Gatiss and Steve Pemberton join the Horrible Histories cast today for more fascinating facts, mirthful music and gruesome gags.
- 7:35pm** **Shaun The Sheep: Ewe've Been Framed**
(CC,Repeat,G)
When Shaun accidentally breaks the Farmer's glasses, he and Bitzer have their work cut out trying to prevent their short-sighted master from having mishaps around the farm.
- 7:40pm** **Kong: King Of The Apes: Snake in the Grass**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
When Anita's twelve year old niece discovers a giant Anaconda near her home in Mexico, Richard decides to turn it into a bionic monster to choke the life out of Kong, who has a new young team member to help him save the day!
- 8:00pm** **The Penguins Of Madagascar: The Penguin Who Loved Me**
(AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Kowalski learns that Doris has a new boyfriend, but he's not all he seems.
- 8:25pm** **Cleopatra in Space: School Break**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
When Akila invites Cleo home for school break, she has to compete for her parents' attention.
- 8:45pm** **Log Horizon: Despair Genius**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The young Adventurers challenge the raid. Without any adults' help, they must defeat the enemies and bring back normality to Akiba. Can they beat this raid by themselves?

- 9:15pm** **Dragon Ball Super: For My Beloved Ones! The Indomitable Great Saiyaman!**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Barry, the self-absorbed actor, tries to undermine Gohan's reputation! But when the parasite chooses Barry as its host, it's not just Gohan who's in trouble.
- 9:40pm** **Sailor Moon Crystal: Act 31: Infinity 5 Setsuna - Sailor Pluto**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The Sailor Guardians must stop a plant called Tellu from stealing the Hostes from humans. Meanwhile, a college student named Setsuna Meioh is investigating the Sankakusu Delta, but she too falls victim to the Tellu plant.
- 10:00pm** **Fruits Basket: See You When You Get Back**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Tohru tries to figure out how to cause everyone the least amount of trouble over the New Year's holiday. Meanwhile, Yuki and Kyo try to figure out how to survive three days without Tohru.
- 10:25pm** **Fruits Basket: Yuki Was My First Love**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Kyo fights Yuki, Yuki fights a cold, and Tohru meets a new Soma whose mood swings may be even more extreme than Kagura's.
- 10:35pm** **ABC ME Programs Resume At 6am**
ABC ME programs resume at 6am.

Saturday, 21 January 2023

6:00am	Get Blake! (Repeat,G)
6:15am	The Legend Of Korra (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:35am	The Deep (CC,Repeat,G)
7:00am	Miraculous World: New York, United Heroez (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
8:00am	Jade Armor (CC,G) Kenzie must choose the alternates for A-troupe, while Piper plans a grand gesture for Finn.
8:25am	Oddbods (Repeat,G)
8:30am	Total DramaRama (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
8:40am	Total DramaRama (CC,Repeat,G)
8:55am	Horrible Histories Special: The Grisly Great Fire Of London (2016) (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
9:25am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
9:50am	Teenage Mutant Ninja Turtles (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:10am	Slugterra (CC,Repeat,G)
10:35am	The Legend Of Korra (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:00am	Dragon Ball Super
11:25am	Dragon Ball Super (PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:45am	Sailor Moon Crystal (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
12:10pm	Dino Dana The Movie (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 1:25pm Prank You Very Much**
(Repeat,G)
- 1:50pm Step Up To The Plate**
(CC,Repeat,G)
- 2:20pm Horrible Histories**
(CC,Repeat,G)
- 2:50pm Operation Ouch!**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years This program shows medical procedures. In an emergency ring 000 for help)
- 3:20pm Operation Ouch!**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years. This program shows medical procedures. In an emergency ring 000 for help)
- 3:45pm Cloudy With A Chance Of Meatballs**
(Repeat,G)
- 4:00pm The Fairly OddParents**
(Repeat,G)
- 4:20pm Critters TV**
(Repeat,G)
- 4:30pm The Beachbuds**
(Repeat,G)
- 4:45pm Lloyd Of The Flies**
(CC,G)
- 4:55pm Miraculous: Tales Of Ladybug And Cat Noir**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 5:20pm Ultimate Magic Skills**
(G)
- 5:25pm Born To Spy**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 5:50pm The Inbestigators**
(CC,Repeat,G)
- 6:05pm The New Adventures Of Figaro Pho: Zombie Pho**
(CC,Repeat,G)
After watching a zombie film in the cinema with Rivet, Figaro becomes afraid that a zombie invasion has hit the town of Cogville. Everywhere he looks he sees the undead.
- 6:15pm The PM's Daughter: We Will Mock You**
(CC,Repeat,G)
Cat competes in a mock parliament with crucial evidence against the Agitators on the line. Meanwhile, excitement bubbles around the arrival of a global superstar.

- 6:40pm** **Robot Wars: Episode 4**
(CC,Repeat,G)
This fourth heat is an explosive display of spinners, as old favourites take on new hopefuls. Competing for a place in the heat final are Supernova, Frostbite, Wyrms, High 5, Crushtacean, Ironside 3, Pulsar and Apex.
- 7:40pm** **Shaun The Sheep: Bitzer's New Hat**
(CC,Repeat,G)
The Farmer gives Bitzer a horrible new hat. Bitzer is very upset as he treasured his old hat. The flock rally round to try and cheer him up with a selection of dashing alternative head-gear.
- 7:45pm** **Kong: King Of The Apes: Kong in 3D**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Richard creates a holographic Kong to frame the real Kong for crimes he and his Bionobot assistant Botila are perpetrating. It's up to our heroes to find a way to shut down the holo doppelgangers.
- 8:10pm** **The Penguins Of Madagascar: Marble Jarhead/Goodnight and Good Chuck**
(AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
How is Rico supposed to behave well when King Julien has kidnapped his doll, Miss Perky, with the intention of marrying her? / It's the end of an era in news broadcasting when Chuck Charles is pushed aside as news anchor.
- 8:30pm** **Cleopatra in Space: XerxWorks**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
On a mission to destroy the factory that manufactures Octavian's Xerx warriors, Cleo and Pharaoh Yosira butt heads over who's in charge and Mihos masquerades as a cabbage.
- 8:55pm** **Detention Adventure: Suspension Tension**
(CC,Repeat,G)
Caught red-handed, the gang are suspended and grounded. They have only one choice for redemption - disobey their parents, break into the school at night, and discover the lab before it's destroyed.
- 9:05pm** **The Next Step: Snap Decisions**
(CC,Repeat,G)
Lola and Richelle's friendship is threatened when Lola tries to keep Richelle from making the biggest mistake of her life. Noah's role as dance captain puts him at odds with Jacquie, and puts pressure on their relationship.

9:25pm**The Next Step: Pointe of No Return**

(CC,Repeat,G)

TNS is recording its Regionals qualifier video. With the deadline imminent, everything must go according to plan. Richelle makes a horrifying discovery that could ruin the video and put her dance career at risk.

10:35pm**ABC ME Programs Resume At 6am**

ABC ME programs resume at 6am.