

ABC ME Week 4 Program Guide

Sunday, 22 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.)
6:40am	The Deep (CC,Repeat,G)
7:05am	Miraculous World: Shanghai, Lady Dragon (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
8:00am	Jade Armor (CC,G)
8:20am	Oddbods (Repeat,G)
8:25am	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)
8:50am	Ted's Top Ten (CC,AD,Repeat,G)
9:15am	The Next Step (CC,G)
9:35am	100 Things To Do Before High School (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:00am	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,G)
10:45am	School Of Rock (CC,Repeat,G)
11:10am	School Of Rock (CC,Repeat,G)
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.,Do not disturb or try to handle wild animals as they can be dangerous.)
2:05pm	Horrible Histories (CC,Repeat,G)
2:30pm	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)
3:00pm	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)
3:35pm	Cloudy With A Chance Of Meatballs (Repeat,G)
3:55pm	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,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
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 New Adventures Of Figaro Pho (CC,Repeat,G)

- 6:00pm** **Crazy Fun Park: Chapter 4: Remember Me**
(CC,AD,Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
When Violetta discovers Gonzo is literally crumbling away she becomes resolved to help him while Chester's attempt to make Mapplethorpe's death more comfortable will backfire terribly.
- 6:30pm** **Robot Wars: Episode 5**
(CC,Repeat,G)
This penultimate episode sees reigning champions, Apollo, mount their defence of the title against Ms Nightshade, Coyote, Rusty, Crackers'N'Smash, Meggamouse, Trolley Rage and second place finalist from last series, Carbide.
- 7:30pm** **Shaun The Sheep: Hide And Squeak**
(CC,Repeat,G)
A cute mouse appears in the farmhouse and terrorises the Farmer. Pidsley the cat is ordered to dispose of the rodent. When the mouse takes refuge in Shaun's fleece, the flock persuade him to protect their new friend.
- 7:35pm** **Kong: King Of The Apes: Poacher's Prize**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Richard creates a trio of biono-clones from Lady, the Liger's DNA, and Kong and company must rescue the creatures before they're sold as designer pets and living weapons.
- 8:00pm** **Supernatural Academy: Parallel Lives - Part A**
(Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
Twins separated at birth, living in two different worlds are reunited and learn that they have more in common than what meets the eye; they are both werewolves.
- 8:20pm** **Cleopatra in Space: Parasites**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Mihos has some parasites making him sick, and Cleo and the rest have to shrink down tiny to cure him. This one turns out weirder than you're expecting.
- 8:45pm** **Detention Adventure: The Future is Futile**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The four friends reach a dead-end, and worse yet, are caught by a lurking Bruno Black. Bruno gives our heroes a sobering reality check, but Hulk refuses to give up, even when all hope is lost.

- 8:55pm** **The Next Step: Grave New World**
(CC,Repeat,G)
As the new strict Studio Head of The Next Step is revealed, so is the fate of Michelle and Emily.
- 9:15pm** **The Next Step: Wink it Out**
(CC,Repeat,G)
To help Piper, Noah strikes a bargain with Miss Angela's daughter, Lily, which ends in surprising results.
- 9:40pm** **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, 23 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** **Miraculous: Tales Of Ladybug And Cat Noir**
(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**
(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** **Miraculous: Tales Of Ladybug And Cat Noir**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 9:20am** **Miraculous: Tales Of Ladybug And Cat Noir**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 9:45am** **Miraculous: Tales Of Ladybug And Cat Noir**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 10:05am** **Miraculous: Tales Of Ladybug And Cat Noir**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 10:30am** **Miraculous: Tales Of Ladybug And Cat Noir**
(Repeat,G)
- 10:50am** **Miraculous: Tales Of Ladybug And Cat Noir**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

11:15am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:35am	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
12:00pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
12:20pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
12:45pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:05pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
1:30pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
1:50pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
2:15pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
2:35pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,G)
3:00pm	Miraculous: Tales Of Ladybug And Cat Noir (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
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 (Repeat,G)
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: Defenders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,G)

- 6:00pm** **Still So Awkward: Love and Romance**
(CC,Repeat,G)
Burke Hill TV presents 'Love and Romance', a documentary for students by students. This episode focuses on all matters of the heart; love, dating and relationships. And who better to present the show than Lily Hampton?
- 6:30pm** **The Epic Adventures of Morph: Daredevil Delilah**
(Repeat,G)
When Delilah drops in with epic style, Morph takes small steps to ride a mega ramp and encourages Chas to do the same. But Chas has the ride of his life when he tries to take one giant leap.
- 6:35pm** **Operation Ouch!**
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
Are you squeamish? Find out why in today's lab experiment and get ready to get moving in Investigation Ouch! The Doctors tackle medical mysteries on the wards in Ouch & About and we meet two more new Ouch Patients.
- 7:05pm** **Horrible Histories**
(CC,Repeat,G)
Roman emperor Caesar Augustus reveals the lazy secret of his success; TV's most excitable reporter, Bob Hale, explains the very, very complex history of WW2; and Welsh hero Owain Glyndwr takes on the English in battle.
- 7:30pm** **Shaun The Sheep: Frantic Romantic**
(CC,Repeat,G)
The Farmer is trying to impress his new date by cooking her a romantic dinner. Unfortunately, the Farmer can't cook and Bitzer is a useless maitre d'. Can Shaun and the flock save the day when they take over the catering?
- 7:40pm** **Kong: King Of The Apes: King's Ransom**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Amy's car plunges off the Golden Gate Bridge, but our heroes suspect it was no accident - more like, Richard has abducted her!
- 8:00pm** **Supernatural Academy: Parallel Lives - Part B**
(Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
Jessa adjusts to her newfound sister, while Mischa gets thrown into the Supernatural Academy gauntlet. New classmates, new friends, a new identity. The twins finally learn the truth about why their parents separated them.

- 8:25pm** **Cleopatra in Space: Savior**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
When all the other students at the Academy find out Cleo is the prophesied "Savior of the Galaxy," she worries they'll treat her differently. Then she worries they won't. Then there's this freaky bug lady.
- 8:45pm** **Detention Adventure: Lab Results**
(CC,Repeat,G)
Trapped underground with a neurotic Bruno, no cell phone reception, and unbeknownst parents - the gang must combine their scientific knowledge to save themselves or be lost forever.
- 9:00pm** **The Next Step: Dance-zilla**
(CC,Repeat,G)
Richelle is back and A-Troupe desperately hopes she will bring down Miss Angela.
- 9:20pm** **The Next Step: Coup d'Etat**
(CC,Repeat,G)
With the help of A-Troupe, Richelle sets in motion a plan she hopes will rid The Next Step of Miss Angela.
- 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, 24 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	Miraculous: Tales Of Ladybug And Cat Noir (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 (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	Jade Armor (CC,Repeat,G)
9:20am	Jade Armor (CC,Repeat,G)
9:45am	Jade Armor (CC,Repeat,G)
10:05am	Jade Armor (CC,Repeat,G)
10:30am	Jade Armor (CC,Repeat,G)
10:50am	Jade Armor (CC,Repeat,G)
11:15am	Jade Armor (CC,Repeat,G)
11:35am	Jade Armor (CC,Repeat,G)

12:00pm	Jade Armor (CC,Repeat,G)
12:20pm	Jade Armor (CC,Repeat,G)
12:45pm	Jade Armor (CC,Repeat,G)
1:05pm	Jade Armor (CC,Repeat,G)
1:30pm	Jade Armor (CC,Repeat,G)
1:50pm	Jade Armor (CC,Repeat,G)
2:15pm	Jade Armor (CC,Repeat,G)
2:35pm	Jade Armor (CC,Repeat,G)
3:00pm	Jade Armor (CC,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 (Repeat,G)
4:30pm	Hardball (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
4:55pm	FriendZSpace (Repeat,G)
5:10pm	Kuu Kuu Harajuku (Repeat,G)
5:20pm	Hey You! What If (CC,G)
5:25pm	Dragons: Defenders 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: Work (CC,Repeat,G) Burke Hill TV presents 'Work' a documentary for students by students. Jeff Malone, Student Welfare Officer, interviews students and staff about their experiences of the first term, specifically on the topic of work.

- 6:30pm** **The Epic Adventures of Morph: Finding Nailbrush**
(Repeat,G)
When Morph is just too tired to walk Nailbrush, the trusty hound heads off to find his own fun. But when he doesn't come home, Morph and Chas set out to find him and discover he's had his own brush with adventure.
- 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 Xand goes underwater to show how your blood clots, and Dr Ronx finds out how echolocation - an amazing navigation technique used by bats to fly in the dark - is helping visually impaired patients.
- 7:05pm** **Horrible Histories**
(CC,Repeat,G)
We discover the surprising identity of Britain's top-scoring footballer; things get ridiculous on Germany's version of 'Who Wants To Be A Millionaire'; and the brainy pioneers of transportation sing about their inventions.
- 7:30pm** **Shaun The Sheep: Everything Must Go**
(CC,Repeat,G)
The Farmer has set up a stall by the side of the road, selling produce from the garden. He leaves Bitzer in charge for the day. But lazy Bitzer soon gets bored and gives Shaun the job while he puts his feet up by the pool.
- 7:40pm** **Kong: King Of The Apes: Little Bots Big Problems**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Under the pretense of caring for nature and continuing his father's dream, Richard recreates an African jungle (Diorama) on Kong Island, generously giving adorable toy monkeys to all the children.
- 8:00pm** **Supernatural Academy: In Over Their Heads - Part A**
(Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
Jessa and Mischa are determined to find out what Headmaster Kristov is up to. As the girls get closer, a member of the pack starts to question if Mischa's presence is what's best for the group.
- 8:25pm** **Cleopatra in Space: Ladies Night**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Khepra, leader of the Cat Council, takes Cleo, Akila and Callie on a "Ladies' Night Out" at the arcade. Cleo hates it until Khepra picks a fight with some aliens. Then at least there's kicking.

- 8:45pm** **Detention Adventure: History Repeating**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
After an epic prank rocks Alexander Graham Bell Middle School, Raign, Brett, Joy and Hulk end up in detention where the true prankster comes clean and shares a clue to find Ignatius Cockshutt's lost fortune.
- 9:00pm** **The Next Step: Summer Lovin'**
(CC,Repeat,G)
Piper returns to TNS as Michelle and Emily are reinstated and face their first challenge as co-Studio Heads.
- 9:20pm** **The Next Step: Mean Twirls**
(CC,Repeat,G)
Summer is tricked by dancers who are threatened by her, while TNS rents out some rehearsal space to a new dance team: AcroNation.
- 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, 25 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 (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 (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	Cloudy With A Chance Of Meatballs (Repeat,G)
9:20am	Cloudy With A Chance Of Meatballs (Repeat,G)
9:45am	Cloudy With A Chance Of Meatballs (Repeat,G)
10:05am	Cloudy With A Chance Of Meatballs (Repeat,G)
10:30am	Cloudy With A Chance Of Meatballs (Repeat,G)
10:50am	Cloudy With A Chance Of Meatballs (Repeat,G)
11:10am	Cloudy With A Chance Of Meatballs (Repeat,G)
11:35am	Cloudy With A Chance Of Meatballs (Repeat,G)

11:55am	Cloudy With A Chance Of Meatballs (Repeat,G)
12:15pm	Cloudy With A Chance Of Meatballs (Repeat,G)
12:40pm	Cloudy With A Chance Of Meatballs (Repeat,G)
1:00pm	Cloudy With A Chance Of Meatballs (Repeat,G)
1:25pm	Cloudy With A Chance Of Meatballs (Repeat,G)
1:45pm	Cloudy With A Chance Of Meatballs (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
2:05pm	Cloudy With A Chance Of Meatballs (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
2:30pm	Cloudy With A Chance Of Meatballs (Repeat,G)
2:50pm	Cloudy With A Chance Of Meatballs (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
3:15pm	How To Do Stuff Good (CC,Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
3:20pm	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 (Repeat,G)
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: Defenders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,G)

- 6:00pm** **100 Things To Do Before High School: Pilot Part 1**
(CC,Repeat,G)
With the pressures of high school in their near future, CJ and her two best friends decide to embark on a series of middle school adventures while they can still take risks and have fun.
- 6:25pm** **The Epic Adventures of Morph: Double Trouble**
(Repeat,G)
When Chas gets overly enthusiastic with a 3D printer, Morph discovers that having more than one of himself on the desktop is not necessarily a good thing.
- 6:30pm** **Operation Ouch!**
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
What makes your poo brown?! Find out in today's lab experiment, and meet another brilliant body when Dr Xand discovers the incredible breathing skills needed to free dive.
- 7:00pm** **Horrible Histories**
(CC,Repeat,G)
There's public confusion when King Charles II bans coffee shops; mighty Egyptian Pharaoh Ramesses II meets some smelly peasants on Historical Wife Swap and a cave-dwelling Stone Age couple try to buy their first house.
- 7:30pm** **Shaun The Sheep: Party Animal**
(CC,Repeat,G)
The Farmer is throwing a fancy-dress house party for his birthday. Bitzer is entrusted with posting the invites but fools around on the way to the post box and loses them all!
- 7:40pm** **Kong: King Of The Apes: Botilazilla**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
After Commissioner Decker fails to find Kong in the redwoods, Richard transfers the reluctant Botila's consciousness into a T-Rex body to create the ultimate fighting (and deforestation) machine and lure the ape out.
- 8:00pm** **Supernatural Academy: In Over Their Heads - Part B**
(Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
Mischa falls victim to a prank. After Jessa saves her, the pack teams up to make headway on Kristov's mysterious behaviour. Brax and Jae cause concern amongst Supernatural Academy, as they find themselves in grave danger.

- 8:20pm** **Cleopatra in Space: Pirates**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
It turns out the Space Pirates are so cool, you guys! Cleo, Akila and Brian get captured by them, but they're so cool it's almost hard to be mad at them, you know?
- 8:45pm** **Detention Adventure: The Past Reveals Itself**
(CC,Repeat,G)
Principal Lounsberry assigns our heroes to perform in a historical reenactment as their detention, under the watchful eye of shrewd local historian Miss Dumont.
- 8:55pm** **The Next Step: Oh Solo Me-Oh**
(CC,Repeat,G)
New relationships are put to the test when TNS has a solo competition for a Regionals advantage.
- 9:20pm** **The Next Step: Mash-up Match-up**
(CC,Repeat,G)
Surprising new friendship dynamics arise as TNS gears up for the Dance Convention.
- 9:40pm** **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, 26 January 2023

6:00am	Dorg Van Dango (CC,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 (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 (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	Born To Spy (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
9:20am	Born To Spy (CC,Repeat,G)
9:45am	Born To Spy (CC,Repeat,G)
10:10am	Born To Spy (CC,Repeat,G)
10:30am	Born To Spy (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:55am	Born To Spy (CC,Repeat,G)
11:20am	Born To Spy (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

11:45am	Born To Spy (CC,Repeat,G)
12:10pm	Born To Spy (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
12:35pm	Born To Spy (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:00pm	Namaste Yoga (CC,AD,Repeat,G)
1:25pm	Viv's Silly Mango (CC,AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:55pm	Gugu naGogo (CC,AD,Repeat,G)
2:15pm	Yaz Queens (CC,AD,Repeat,G)
2:40pm	Sea Lions: Life By A Whisker (CC,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 (Repeat,G)
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,G)
5:25pm	Dragons: Defenders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,G)
6:00pm	100 Things To Do Before High School: Pilot Part 2 (CC,Repeat,G) With the pressures of high school in their near future, CJ and her two best friends decide to embark on a series of middle school adventures while they can still take risks and have fun.

- 6:25pm** **The Epic Adventures of Morph: Camping Caper**
(Repeat,G)
Ahh, the great outdoors, the fresh air, telling stories around the camp fire while roasting marshmallows under the stars. It's all good, but where do you plug in your phone?
- 6:30pm** **Operation Ouch!**
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
The Doctors reveal the turbinates - three incredible bones in your nose that warm up your snot so you can breathe clearly, and find out how scientists are growing a brain in Investigation Ouch!
- 7:00pm** **Horrible Histories**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
A Victorian businessman goes undercover in his own factory; there's a right royal squabble over who should rule medieval England and the Real Tudor Hustle reveals the cleverest con tricks by naughty historical criminals.
- 7:30pm** **Shaun The Sheep: Cat Got Your Brain**
(CC,Repeat,G)
Two bungling alien scientists transport Pidsley and Shaun aboard their flying saucer. Unfortunately, a foolish error causes the aliens to swap the animals' brains around.
- 7:35pm** **Kong: King Of The Apes: Bionic Arms Race**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
When a rogue laser missile is intercepted and destroyed by one of Richard's Pterodactyls, he convinces world leaders to buy his 'Bionobotic Dino Defense Systems' to replace their antiquated military systems.
- 8:00pm** **Supernatural Academy: Trapped - Part A**
(Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
Mischa is determined to access her suppressed Wolf powers and she needs her sister's help to do it.
- 8:20pm** **Cleopatra in Space: Eyeball**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Brian and Akila get trapped inside this weird planet and Brian reprograms a broken Xerox robot and basically, it's like it's their baby. They have to raise it real fast so it can save them from fire monsters and junk.

- 8:45pm** **Detention Adventure: Old Roads**
(CC,Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
The detention team follow their clue to a 'haunted' church that supposedly reveals your darkest fears. Kelly stays behind to 'keep watch' - but is she keeping a secret of her own?
- 8:55pm** **The Next Step: Amy's Prom Has Got it Goin' On**
(CC,Repeat,G)
The announcement that TNS is going to hold a Prom sends the dancers into a promposal frenzy with surprising pairings.
- 9:20pm** **The Next Step: Twinkle Toes**
(CC,Repeat,G)
Prom night at TNS ignites new flames, old rivalries, and a whole lot of dancing.
- 9:40pm** **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, 27 January 2023

6:00am	Dorg Van Dango (CC,Repeat,G)
6:10am	Almost Naked Animals (CC,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 (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 (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	Dragons: Defenders Of Berk (CC,Repeat,G)
9:25am	Dragons: Defenders Of Berk (CC,Repeat,G)
9:45am	Dragons: Defenders Of Berk (CC,Repeat,G)
10:10am	Dragons: Defenders Of Berk (CC,Repeat,G)
10:35am	Dragons: Defenders Of Berk (CC,Repeat,G)
10:55am	Dragons: Defenders Of Berk (CC,Repeat,G)
11:20am	Dragons: Defenders Of Berk (CC,Repeat,G)
11:45am	Dragons: Defenders Of Berk (CC,Repeat,G)

12:10pm	Dragons: Defenders Of Berk (CC,Repeat,G)
12:30pm	Dragons: Defenders Of Berk (CC,Repeat,G)
12:55pm	Dragons: Defenders Of Berk (CC,Repeat,G)
1:20pm	Dragons: Defenders Of Berk (CC,Repeat,G)
1:40pm	Dragons: Defenders Of Berk (CC,Repeat,G)
2:05pm	Dragons: Defenders Of Berk (CC,Repeat,G)
2:25pm	Dragons: Defenders Of Berk (CC,Repeat,G)
2:50pm	Shaun the Sheep: The Farmer's Llamas (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 (Repeat,G)
4:35pm	Hardball (CC,Repeat,G)
5:00pm	The Flamin' Thongs (CC,Repeat,G)
5:15pm	GG: Spawn Squad (G,This program may contain reviews of games that have PG material.)
5:30pm	Dragons: Defenders Of Berk (CC,Repeat,G)
5:50pm	Total DramaRama (CC,Repeat,G)
6:05pm	100 Things To Do Before High School: Find Your Super Power (CC,Repeat,G) CJ, feeling like she doesn't have any abilities or talents that makes her exceptional, teams up with Fen and Crispo to discover their "special thing".
6:25pm	The Epic Adventures of Morph: Beanstalk (Repeat,G) Morph climbs to new heights when Chas overdoes it with the super grow. The pair have to use their wits to navigate the unfamiliar lofty surroundings and keep their eyes on the prize.

- 6:30pm** **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)
Find out how amazing your hands are in today's lab when the doctors go head to head in a thumb challenge, and discover how drones are helping emergency rescue crews reach patients fast in Investigation Ouch.
- 7:00pm** **Horrible Histories**
(CC,Repeat,G)
DI Bones investigates an unusual Victorian traffic accident; Prime Ministers Neville Chamberlain and Winston Churchill argue over what to do about Adolf Hitler; and we discover the horrible history of early Australia.
- 7:30pm** **Shaun The Sheep: Two's Company**
(CC,Repeat,G)
A bedraggled new sheep lands amongst the flock. After a wash in the sheep dip, the newcomer turns out to be quite attractive and Shaun immediately falls head over hoof for her.
- 7:35pm** **Kong: King Of The Apes: Honey, I Shrunk the Kong**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Richard creates a shrink ray and reduces Kong to the size of a mouse. The diminutive simian proves that he's a hero at any size as he uses his wits and courage to escape Richard's clutches.
- 8:00pm** **Supernatural Academy: Trapped - Part B**
(Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
The Dragon King curse threatens all supernaturals but the twins find something equally as haunting.
- 8:20pm** **Cleopatra in Space: Cleo & Zaid**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Cleo and Zaid finally find the Uta Tablet, but the people guarding it want Cleo to stay and be their Queen. Which, like, is definitely not the worst offer she's ever gotten.
- 8:45pm** **Log Horizon: Song of the Nightingales**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The young Adventurers fell to despair by Ereinus. However, Akatsuki, Lelia, and Litka's fighting spirit reinvigorates the team's morale. Under Minori's command, they stand against the Genius once again.

- 9:10pm** **Dragon Ball Super: Goku and Krillin Back to the Old Familiar Training Ground!**
(Repeat)
Everyone is too busy to spar with Goku, so he seeks out Krillin for old times' sake. Disappointed in his current combat ability, Krillin decides that he's in dire need of retraining.
- 9:35pm** **Sailor Moon Crystal: Act 32: Infinity 6 Three Guardians**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Sailor Uranus, Neptune and Pluto appear before Sailor Moon and the other Guardians to reveal their true agenda. Learning what's at stake, Sailor Moon and the others offer their help but are rejected by Uranus.
- 9:55pm** **Fruits Basket: Its Valentine's, After All**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Shigure does some serious scheming while Kagura, Kyo, Yuki, and Tohru all go on a double date.
- 10:20pm** **Fruits Basket: This Is a Wonderful Inn**
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
It's "White Day," the day that boys who received chocolates on Valentine's Day give their return gifts to the girls. And Momiji has one big surprise gift for Tohru!
- 10:35pm** **ABC ME Programs Resume At 6am**
ABC ME programs resume at 6am.

Saturday, 28 January 2023

6:00am	Dorg Van Dango (CC,Repeat,G)
6:10am	Almost Naked Animals (CC,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)
8:25am	Oddbods (Repeat,G)
8:30am	Total DramaRama (CC,Repeat,G)
8:40am	Total DramaRama (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
8:50am	Horrible Histories: Ridiculous Romance (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,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
9:50am	Teenage Mutant Ninja Turtles (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 (PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
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** **Adventures of Rufus: The Fantastic Pet**
(CC,Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
- 1:35pm** **Step Up To The Plate**
(CC,Repeat,G)
- 2:05pm** **Horrible Histories**
(CC,Repeat,G)
- 2:35pm** **Operation Ouch!**
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:00pm** **Operation Ouch!**
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:30pm** **Cloudy With A Chance Of Meatballs**
(Repeat,G)
- 3:55pm** **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.)
- 5:15pm** **Ultimate Magic Skills**
(G)
- 5:25pm** **Ted's Top Ten**
(CC,AD,Repeat,G)
- 5:45pm** **The Inbestigators**
(CC,Repeat,G)
- 6:00pm** **The New Adventures Of Figaro Pho: Bandage Brouhaha!**
(CC,Repeat,G)
After receiving a tiny graze, Figaro's arm is covered with a small bandage. After three days Figaro tries to remove the bandage but struggles and eventually uses great force to wrench the crusted plaster off his arm.
- 6:10pm** **The PM's Daughter: Art of Diplomacy**
(CC,Repeat,G)
Cat, Sadie and Ollie attempt to catch the Agitators at an art gallery event, while Cat struggles to fulfil her duties as the PM's daughter.

- 6:35pm** **Robot Wars: Episode 6**
(CC,Repeat,G)
Forty teams of roboteers have fought it out over the past five episodes for a place in the grand final. The finalists will be joined by the wild card but who will be given a second chance by the Robot Wars judges?
- 7:35pm** **Shaun The Sheep: In The Doghouse**
(CC,Repeat,G)
Bitzer's kennel is accidentally destroyed. He hopes the Farmer will replace it with a new deluxe model. When he sees his master's clumsy attempt to build a new kennel, Bitzer is so horrified he packs his bags and leaves home.
- 7:40pm** **Kong: King Of The Apes: Kong on Ice**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
The Arctic ice caps are melting, thanks to Richard using his Bionobots to laser the ice in search of gold to finance his plans for a new world order.
- 8:05pm** **Supernatural Academy: The Last Dance - Part A**
(Repeat,PG,This program is rated PG and includes supernatural themes. Parental guidance is recommended for viewers under 15 years.)
The girls find out the truth about the cloisters and the Dragon Marked children within them. Without the cloaking spell to hide their marks, they struggle to act normal at school.
- 8:25pm** **Cleopatra in Space: Pyramid Scheme**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
This is a big one. I mean, I feel like you should just watch it. There's a huge betrayal and then Octavian totally invades Mayet and then... I've already said too much.
- 8:50pm** **Detention Adventure: Seeking Asylum**
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
Upon realising someone is following them, the core four need to find a creative way to escape the church while decoding the next clue.
- 9:00pm** **The Next Step: Never Been Picked**
(CC,Repeat,G)
In her quest to prove her worth at The Next Step, Amy brings her A-game to A-Troupe...with surprising results.
- 9:20pm** **The Next Step: Convention Tension**
(CC,Repeat,G)
Amy feels the pressure when she and AcroNation dance off against various studios for the Wild Card spot at Regionals.

10:35pm

ABC ME Programs Resume At 6am

ABC ME programs resume at 6am.