Pilkington **Activ**™
Sponsorship spot times
October

	Wed 01/Oct	Thu 02/Oct	Fri 03/Oct
07:00	Homes and PropertyHomes	Homes and Property	Homes and Property
07:30	Homes and PropertyHomes	Homes and Property	Homes and Property
08:00	Extreme Makeover: Home Edition (3) SET 1The Kirkwood	Extreme Makeover: Home Edition (3) SET 1The Herbert Family	Extreme Makeover: Home Edition (3) SET 1The Crawford Smith
08:30			
09:00	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS
09:30	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS
10:00	Escape to the Country (S4)Escape to the Country (S4), 17	Escape to the Country (S4)Escape to the Country (S4), 19	Escape to the Country (S4)Escape to the Country (S4), 20
10:30			
11:00	Flog It! (4) Set 4Flog It! (4) Set 4, 16 00:46:12 NBRJ178H/82	Flog It! (4) Set 4Flog It! (4) Set 4, 18 00:45:42 NBRJ180W/82	Flog It! (5) Set 1Flog It! (5) Set 1, 2 00:43:55 NBRJ332F/82
11:30			
12:00	Flog It! (4) Set 4Flog It! (4) Set 4, 17 00:45:44 NBRJ169K/82	Flog It! (5) Set 1Flog It! (5) Set 1, 1 00:43:49 NBRJ327K/82	Flog It! (5) Set 1Flog It! (5) Set 1, 3 00:43:58 NBRJ324D/82
12:30			
13:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover
13:30			
14:00	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS
14:30	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS
15:00	Escape to the Country (S4)Escape to the Country (S4), 17	Escape to the Country (S4)Escape to the Country (S4), 19	Escape to the Country (S4)Escape to the Country (S4), 20
15:30			
16:00	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)
16:30			
17:00	Car Booty (S3)Car Booty (S3), 9 (Mason - Worsford) 00:43:10	Car Booty (S3)Car Booty (S3), 10 (Rose) 00:43:05 CTAS746T/82	Car Booty (S3)Car Booty (S3), 11 (Roger) 00:43:16 CTAS747N/82
17:30			
18:00	Changing Rooms - Series	Changing Rooms - Series	Changing Rooms - Series
18:30	Changing Rooms - Series	Changing Rooms - Series	Changing Rooms - Series
19:00	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS
19:30	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS	DIY SOS (11)DIY SOS
20:00	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)
20:30			
21:00	Escape to the Country (S4)Escape to the Country (S4), 17	Escape to the Country (S4)Escape to the Country (S4), 19	Escape to the Country (S4)Escape to the Country (S4), 20
21:30			
22:00	Extreme Makeover: Home Edition (1)Hardin 00:42:24	Extreme Makeover: Home Edition (1)McCrory 00:39:42	Extreme Makeover: Home Edition (1)Powers 00:42:28
22:30			
23:00	Spendaholics (3)Spendaholics (3), 4 00:46:00 CTAS088L/82	Spendaholics (3)Spendaholics (3), 5 00:46:00 CTAS089F/82	Spendaholics (3)Spendaholics (3, 6 00:46:00 CTAS090A/82
23:30			
24:00	Wedding StoriesWedding Stories, 4 00:46:36 GFGA254L/82	Wedding StoriesWedding Stories, 5 00:46:56 GFGA255E/82	Wedding StoriesWedding Stories, 6 00:46:02 GFGA256A/82
24:30			
25:00	What Not To Wear (2)What	What Not To Wear (2)What	What Not To Wear (2)What
25:30	What Not To Wear (2)What	What Not To Wear (2)What	What Not To Wear (2)What
26:00	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set
26:30	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 13 00:22:15	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 15 00:22:37	Staying Put - Series 1 - Set 1Staying Put: Ep 10 00:22:58 ICFG558Y/82
27:00			

	Sat 04/Oct	Sun 05/Oct	Mon 06/Oct	Tue 07/Oct	Wed 08/Oct	Thu 09/Oct	Fri 10/Oct
07:00	What Not To Wear (6)What Not To Wear (6), 4 00:46:02 GFGB540D/82	The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show
07:30		The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show
08:00	Cash In The Attic (3) Set	Homes and Property	Extreme Makeover: Home Edition (3) SET 1The Crawford Smith	Extreme Makeover: Home Edition (3) SET 2The Py Family	Extreme Makeover: Home Edition (3) SET 2The Py Family	Extreme Makeover: Home Edition (3) SET 2The Peter Family	Extreme Makeover: Home Edition (3) SET 2The Arena Family
08:30	Cash In The Attic (3) Set	Homes and Property					
09:00	Car Booty (S2) (Set 1)Car	Extreme Makeover: Home Edition (2)Extreme Makeover	DIY SOS (11)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (9)DIY SOS (9):
09:30	Car Booty (S2) (Set 1)Car		DIY SOS (11)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (9)DIY SOS (9):
10:00	Homes Under The Hammer (2)Homes Under The Hammer (2) Set	Extreme Makeover: Home Edition (2)Extreme Makeover	Escape to the Country (S4)Escape to the Country (S4), 21	Escape to the Country (S4)Escape to the Country (S4), 22	Escape to the Country (S4)Escape to the Country (S4), 23	Escape to the Country (S4)Escape to the Country (S4), 24	Escape to the Country (S4)Escape to the Country (S4), 25
10:30							
11:00	Homes Under The Hammer (2)Homes Under The Hammer (2) Set	Extreme Makeover: Home Edition (1)Hardin 00:42:24	Flog It! (5) Set 1Flog It! (5) Set 1, 4 00:43:03 NBRJ341D/82	Flog It! (5) Set 1Flog It! (5) Set 1, 6 00:43:24 NBRJ353H/82	Flog It! (5) Set 1Flog It! (5) Set 1, 8 00:43:41 NBRJ357J/82	Flog It! (5) Set 1Flog It! (5) Set 1, 10 00:43:05 NBRJ346Y/82	Flog It! (5) Set 1Flog It! (5) Set 1, 12 00:43:35 NBRJ330S/82
11:30							
12:00	Extreme Makeover: Home Edition (5)Extreme Makeover:	Extreme Makeover: Home Edition (1)McCrory 00:39:42	Flog It! (5) Set 1Flog It! (5) Set 1, 5 00:43:56 NBRJ339P/82	Flog It! (5) Set 1Flog It! (5) Set 1, 7 00:43:18 NBRJ351T/82	Flog It! (5) Set 1Flog It! (5) Set 1, 9 00:43:53 NBRJ336H/82	Flog It! (5) Set 1Flog It! (5) Set 1, 11 00:43:57 NBRJ333A/82	Flog It! (5) Set 1Flog It! (5) Set 1, 13 00:43:57 NBRJ348L/82
12:30							
13:00	Extreme Makeover: Home Edition (5)Extreme Makeover:	Houses Behaving Badly (2) Set 2Houses Behaving Badly (2) Set 2, 14	DIY SOS (11)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (9)DIY SOS (9):
13:30			DIY SOS (11)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (9)DIY SOS (9):
14:00	Extreme Makeover: Home Edition (5)Extreme Makeover:	A-Listers Unzipped (1)A-	Living in the Sun (3)Living in the Sun (3), 17 00:42:42 ICFI664Y/82	Living in the Sun (3)Living in the Sun (3), 18 00:42:42 ICFI679K/82	Living in the Sun (3)Living in the Sun (3), 19 00:43:08 ICFI666L/82	Living in the Sun (3)Living in the Sun (3), 20 00:43:27 ICFI672B/82	Living In The Sun (2)Living In The Sun (2), 2 00:45:52 ICFG870H/82
14:30		A-Listers Unzipped (1)A-					
15:00	Extreme Makeover: Home Edition (5)Extreme Makeover: Home Edition (5), 20 - Martinez Family (USA ep 520) 01:00:00	The Truth About BeautyThe Truth About Beauty, 1 00:45:09	Escape to the Country (S4)Escape to the Country (S4), 21	Escape to the Country (S4)Escape to the Country (S4), 22	Escape to the Country (S4)Escape to the Country (S4), 23	Escape to the Country (S4)Escape to the Country (S4), 24	Escape to the Country (S4)Escape to the Country (S4), 25
15:30							
16:00		Car Booty (S4)Car Booty (S4), 13 - Rees 00:43:17 CTAT043T/82	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 1 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 2 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 3 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 4 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 5 00:45:00
16:30							
17:00	Extreme Makeover: Home Edition (5)Extreme Makeover:	Car Booty (S4)Car Booty (S4), 14 - Ashdjian 00:42:59	Car Booty (S3)Car Booty (S3), 12 (Green) 00:43:03 CTAS748H/82	Car Booty (S3)Car Booty (S3), 13 (Richardson) 00:43:07	Car Booty (S3)Car Booty (S3), 14 (Burrows) 00:42:55	Car Booty (S3)Car Booty (S3), 15 (Flynn) 00:43:12 CTAS751P/82	Car Booty (S3)Car Booty (S3), 16 (Whitwell) 00:43:14
17:30							
18:00	Homes Under The Hammer (3)Homes Under The Hammer (3), 20	Cash In The Attic (9)Cash In The Attic (9), 1 00:42:40 CTAB073W/82	Changing Rooms - Series	Colin and Justin's Home HeistColin and Justin's Home Heist, 1 - Not	Colin and Justin's Home HeistColin and Justin's Home Heist, 2 - Baby	Colin and Justin's Home HeistColin and Justin's Home Heist, 3 - Spit	Colin and Justin's Home HeistColin and Justin's Home Heist, 4 -
18:30			Changing Rooms - Series				
19:00	Homes Under The Hammer (3)Homes Under The Hammer (3), 21	Cash In The Attic (9)Cash In The Attic (9), 2 00:42:48 CTAB074P/82	DIY SOS (11)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (9)DIY SOS (9):
19:30			DIY SOS (11)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (10)DIY SOS	DIY SOS (9)DIY SOS (9):
20:00	Homes Under The Hammer (3)Homes Under The Hammer (3), 22	Escape to the Country (S4)Escape to the Country (S4), 20	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)
20:30							
21:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Escape to the Country (S4)Escape to the Country (S4), 21	Escape to the Country (S4)Escape to the Country (S4), 21	Escape to the Country (S4)Escape to the Country (S4), 22	Escape to the Country (S4)Escape to the Country (S4), 23	Escape to the Country (S4)Escape to the Country (S4), 24	Escape to the Country (S4)Escape to the Country (S4), 25
21:30							
22:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Fantasy Homes By The SeaFantasy Homes By The Sea, 7 - Devon	Extreme Makeover: Home Edition (1)Woslem - Iraq War	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (3) SET 1The Barrett Family
22:30							
23:00	Extreme Makeover: Home Edition (1)Hardin 00:42:24	Fantasy Homes By The SeaFantasy Homes By The Sea, 8 - Boca	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing
23:30							
24:00	Extreme Makeover: Home Edition (1)McCrory 00:39:42	Say No to the KnifeSay No to the Knife, 1 00:45:57 ICFJ078A/83	Colin and Justin Home ShowColin and Justin Home Show, 1	Colin and Justin Home ShowColin and Justin Home Show, 2	Colin and Justin Home ShowColin and Justin Home Show, 3	Colin and Justin Home ShowColin and Justin Home Show, 4	Colin and Justin Home ShowColin and Justin Home Show, 5
24:30							
25:00	Spendaholics (1)Spendaholics, 7 00:47:53 CTAQ523S/82	Say No to the KnifeSay No to the Knife, 2 00:45:57 ICFJ079T/83	What Not To Wear (2)What	What Not To Wear (2)What	What Not To Wear (5)What Not To Wear (5): Ep 1 00:46:10	What Not To Wear (5)What Not To Wear (5): Ep 2 00:45:55	What Not To Wear (5)What Not To Wear (5): Ep 3 00:46:00
25:30			What Not To Wear (2)What	What Not To Wear (2)What			
26:00	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set
26:30	Staying Put - Series 1 - Set 1Staying Put: Ep 12 00:23:07 ICFG560L/82	Staying Put - Series 1 - Set 1Staying Put: Ep 14 00:22:57 ICFG562A/82	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 2 00:22:57	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 4 00:23:00	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 6 00:23:02	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 8 00:22:56	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 10 00:23:00
27:00							

	Sat 11/Oct	Sun 12/Oct	Mon 13/Oct	Tue 14/Oct	Wed 15/Oct	Thu 16/Oct	Fri 17/Oct
07:00	What Not To Wear (6)What Not To Wear (6), 5 00:45:57 GFGB539J/82	The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 1 00:44:16	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 2 00:45:00
07:30		The Clothes Show	The Clothes Show	The Clothes Show	The Clothes Show		
08:00	Cash In The Attic (3) Set 2Cash In The Attic (3) - Set 2, 1 00:43:02	Homes and Property	Extreme Makeover: Home Edition (3) SET 2The Turner Family	Extreme Makeover: Home Edition (3) SET 2The Turner Family	Extreme Makeover: Home Edition (3) SET 2The Llanes Family	Extreme Makeover: Home Edition (3) SET 2The Llanes Family	Extreme Makeover: Home Edition (3) SET 2After The Storm
08:30		Homes and Property					
09:00	Car Booty (S2) (Set 2)Car Booty-series 2 set 2, 23 00:44:03	Extreme Makeover: Home Edition (1)Woslem - Iraq War	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):
09:30			DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):
10:00	Homes Under The Hammer (2)Homes Under The Hammer (2) Set	Extreme Makeover: Home Edition (2)Extreme Makeover	Escape To The Country (S5)Escape To The Country (S5), 1	Escape To The Country (S5)Escape To The Country (S5), 2	Escape To The Country (S5)Escape To The Country (S5), 3	Escape To The Country (S5)Escape To The Country (S5), 4 North	Escape To The Country (S5)Escape To The Country (S5), 5
10:30							
11:00	Homes Under The Hammer (2)Homes Under The Hammer (2) Set	Extreme Makeover: Home Edition (2)Extreme Makeover	Flog It! (5) Set 1Flog It! (5) Set 1, 14 00:43:55 NBRJ345E/82	Flog It! (5) Set 1Flog It! (5) Set 1, 16 00:43:27 NBRJ342X/82	Flog It! (5) Set 1Flog It! (5) Set 1, 19 00:43:58 NBRJ325X/82	Flog It (4) set 2Flog it (4) set 2: Ep 8 00:45:36 NBRJ138S/82	Flog It (4) set 2Flog it (4) set 2: Ep 10 00:45:56 NBRJ145B/82
11:30							
12:00	Extreme Makeover: Home Edition (5)Extreme Makeover:	Extreme Makeover: Home Edition (2)Extreme Makeover	Flog It! (5) Set 1Flog It! (5) Set 1, 15 00:43:59 NBRJ335N/82	Flog It! (5) Set 1Flog It! (5) Set 1, 18 00:43:46 NBRJ355W/82	Flog It! (5) Set 1Flog It! (5) Set 1, 20 00:43:53 NBRJ360R/82	Flog It (4) set 2Flog it (4) set 2: Ep 9 00:46:00 NBRJ141A/82	Flog It (4) Set 3Flog It (4) Set 3, 1 00:45:53 NBRJ150X/82
12:30							
13:00	Extreme Makeover: Home Edition (5)Extreme Makeover:	Houses Behaving Badly (2) Set 2Houses Behaving Badly (2) Set 2, 15	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):
13:30			DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):
14:00	Extreme Makeover: Home Edition (5)Extreme Makeover:	A-Listers Unzipped (1)A-	Living In The Sun (2)Living In The Sun (2), 3 00:45:49 ICFG871B/82	Love The Place You Are InLove The Place You Are In, 1 00:46:00	Love The Place You Are InLove The Place You Are In, 2 00:46:00	Love The Place You Are InLove The Place You Are In, 3 00:46:00	Love The Place You Are InLove The Place You Are In, 4 00:46:00
14:30		A-Listers Unzipped (1)A-					
15:00	Extreme Makeover: Home Edition (5)Extreme Makeover: Home Edition (5), 25, - LONG EP FINALE - Usea/Walker Church Famil	The Truth About BeautyThe Truth About Beauty, 2 00:45:10	Escape To The Country (S5)Escape To The Country (S5), 1	Escape To The Country (S5)Escape To The Country (S5), 2	Escape To The Country (S5)Escape To The Country (S5), 3	Escape To The Country (S5)Escape To The Country (S5), 4 North	Escape To The Country (S5)Escape To The Country (S5), 5
15:30							
16:00		Car Booty (S4)Car Booty (S4), 15 - Gold 00:43:01 CTAT045H/82	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 6 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 7 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 8 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 9 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 10 00:45:00
16:30							
17:00	Extreme Makeover: Home Edition (1)Cadigan-Scott 00:39:47	Car Booty (S4)Car Booty (S4), 16 - Pheonix 00:43:17	Car Booty (S3)Car Booty (S3), 17 (Brown) 00:43:03	Car Booty (S3)Car Booty (S3), 18 (French) 00:43:08	Car Booty (S3)Car Booty (S3), 19 (Hopkins) 00:43:09	Car Booty (S3)Car Booty (S3), 20 (Graham) 00:42:59	Car Booty (S3)Car Booty (S3), 21 (Letting) 00:43:02
17:30							
18:00	Homes Under The Hammer (3)Homes Under The Hammer (3), 23	Cash In The Attic (9)Cash In The Attic (9), 3 00:43:05 CTAB075J/82	Colin and Justin's Home HeistColin and Justin's Home Heist, 5 - Tartan	Colin and Justin's Home HeistColin and Justin's Home Heist, 6 - Urban	Colin and Justin's Home HeistColin and Justin's Home Heist, 7 - Dated	Colin and Justin's Home HeistColin and Justin's Home Heist, 8 - Home	Colin and Justin's Home HeistColin and Justin's Home Heist, 9 - Clutter
18:30							
19:00	Homes Under The Hammer (3)Homes Under The Hammer (3), 24	Cash In The Attic (9)Cash In The Attic (9), 4 00:43:00 CTAB076D/82	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):
19:30			DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (9)DIY SOS (9):	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):
20:00	Homes Under The Hammer (3)Homes Under The Hammer (3), 25	Escape to the Country (S4)Escape to the Country (S4), 22	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S6)Homes Under the Hammer (S6)	Homes Under the Hammer (S7)Homes Under the Hammer (S7), 1	Homes Under the Hammer (5)Homes Under the Hammer (5), 5
20:30							
21:00	Extreme Makeover: Home Edition (1)Woslem - Iraq War	Escape to the Country (S4)Escape to the Country (S4), 23	Escape To The Country (S5)Escape To The Country (S5), 1	Escape To The Country (S5)Escape To The Country (S5), 2	Escape To The Country (S5)Escape To The Country (S5), 3	Escape To The Country (S5)Escape To The Country (S5), 4 North	Escape To The Country (S5)Escape To The Country (S5), 5
21:30							
22:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Fantasy Homes By The SeaFantasy Homes By The Sea, 9 -	Love The Place You Are InLove The Place You Are In, 1 00:46:00	Love The Place You Are InLove The Place You Are In, 2 00:46:00	Love The Place You Are InLove The Place You Are In, 3 00:46:00	Love The Place You Are InLove The Place You Are In, 4 00:46:00	Love The Place You Are InLove The Place You Are In, 5 00:46:00
22:30							
23:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Fantasy Homes By The SeaFantasy Homes By The Sea, 10 -	Extreme Makeover: Home Edition (3) SET 1The Nick Family -	Extreme Makeover: Home Edition (3) SET 1The Nick Family -	Extreme Makeover: Home Edition (3) SET 1The Rodriguez	Extreme Makeover: Home Edition (3) SET 1The Rodriguez	Extreme Makeover: Home Edition (3) SET 1The Tom Family -
23:30							
24:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Say No to the KnifeSay No to the Knife, 3 00:46:12 ICFJ080N/83	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing	Spa of Embarrassing Illnesses (2)Spa of Embarrassing
24:30							
25:00	Spendaholics (1)Spendaholics, 8 00:47:53 CTAQ524L/82	Say No to the KnifeSay No to the Knife, 4 00:46:09 ICFJ081H/83	What Not To Wear (5)What Not To Wear (5): Ep 4 00:45:49	What Not To Wear (5)What Not To Wear (5): Ep 5 00:46:04	What Not To Wear (6)What Not To Wear (6), 1 00:46:06 GFGB536B/82	What Not To Wear (6)What Not To Wear (6), 2 00:46:08 GFGB538P/82	What Not To Wear (6)What Not To Wear (6), 3 00:46:07 GFGB537W/82
25:30							
26:00	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Staying Put - Series 1 - Set	Houses Behaving Badly	Houses Behaving Badly	Houses Behaving Badly	Houses Behaving Badly
26:30	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 12 00:22:51	Staying Put - Series 1 - Set 2Staying Put - Series 1 - Set 2, 14 00:22:40	Staying Put - Series 1 - Set 1Staying Put: Ep 11 00:23:01 ICFG559S/82	Houses Behaving Badly (1) Set 2Houses Behaving Badly (1) set 2: Ep 17	Houses Behaving Badly (1) Set 2Houses Behaving Badly (1) set 2: Ep 19	Houses Behaving Badly (1) Set 2Houses Behaving Badly (1) set 2: Ep 17	Houses Behaving Badly (1) Set 2Houses Behaving Badly (1) set 2: Ep 20
27:00							

	Sat 18/Oct	Sun 19/Oct	Mon 20/Oct	Tue 21/Oct	Wed 22/Oct	Thu 23/Oct	Fri 24/Oct
07:00	What Not to Wear (S7)What Not to Wear (S7), 1 00:46:00 LSGB994F/82	The Clothes Show	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 3 00:44:23	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 4 00:44:20	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 5 00:44:21	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 6 00:44:23	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 7 00:44:14
07:30		The Clothes Show					
08:00	Cash In The Attic (3) Set 2Cash In The Attic (3) - Set 2, 2 00:44:16	Homes and Property	Extreme Makeover: Home Edition (3) SET 2After The Storm	Extreme Makeover: Home Edition (3) SET 2After The Storm	Extreme Makeover: Home Edition (3) SET 2After The Storm	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover
08:30		Homes and Property					
09:00	Car Booty (S2) (Set 2)Car Booty-series 2 set 2, 24 00:44:08	Extreme Makeover: Home Edition (3) SET 2After The Storm	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:
09:30			DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:
10:00	Homes Under The Hammer (2)Homes Under The Hammer (2) Set	Extreme Makeover: Home Edition (3) SET 2After The Storm	Escape To The Country (S5)Escape To The Country (S5), 6 EAST	Escape To The Country (S5)Escape To The Country (S5), 7	Escape To The Country (S5)Escape To The Country (S5), 8 NORTH	Escape To The Country (S5)Escape To The Country (S5), 9 The	Escape To The Country (S5)Escape To The Country (S5), 10 East
10:30							
11:00	Homes Under The Hammer (2)Homes Under The Hammer (2) Set	Extreme Makeover: Home Edition (3) SET 2After The Storm	Flog It (4) Set 3Flog It (4) Set 3, 2 00:45:59 NBRJ155S/82	Flog It (4) Set 3Flog It (4) Set 3, 7 00:46:03 NBRJ149D/82	Flog It (4) Set 3Flog It (4) Set 3, 9 00:46:00 NBRJ153E/82	Flog It (4) Set 3Flog It (4) Set 3, 11 00:45:58 NBRJ158A/82	Flog It (4) Set 3Flog It (4) Set 3, 13 00:46:07 NBRJ161H/82
11:30							
12:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (3) SET 2After The Storm	Flog It (4) Set 3Flog It (4) Set 3, 4 00:46:02 NBRJ157F/82	Flog It (4) Set 3Flog It (4) Set 3, 8 00:45:58 NBRJ151R/82	Flog It (4) Set 3Flog It (4) Set 3, 10 00:46:05 NBRJ156L/82	Flog It (4) Set 3Flog It (4) Set 3, 12 00:45:53 NBRJ159T/82	Flog It (4) Set 3Flog It (4) Set 3, 14 00:46:03 NBRJ164P/82
12:30							
13:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Houses Behaving Badly	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:
13:30		Houses Behaving Badly	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:
14:00	Extreme Makeover: Home Edition (2)Extreme Makeover	A-Listers Unzipped (1)A-	Love The Place You Are InLove The Place You Are In, 5 00:46:00	Love The Place You Are InLove The Place You Are In, 6 00:46:00	Love The Place You Are InLove The Place You Are In, 7 00:46:00	Love The Place You Are InLove The Place You Are In, 8 00:46:00	Love The Place You Are InLove The Place You Are In, 9 Compilation
14:30		A-Listers Unzipped (1)A-					
15:00	Extreme Makeover: Home Edition (2)Extreme Makeover	The Truth About BeautyThe Truth About Beauty, 3 00:44:57	Escape To The Country (S5)Escape To The Country (S5), 6 EAST	Escape To The Country (S5)Escape To The Country (S5), 7	Escape To The Country (S5)Escape To The Country (S5), 8 NORTH	Escape To The Country (S5)Escape To The Country (S5), 9 The	Escape To The Country (S5)Escape To The Country (S5), 10 East
15:30							
16:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Car Booty (S4)Car Booty (S4), 17 - Peebles 00:42:51	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 11 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 12 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 13 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 14 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 15 00:45:00
16:30							
17:00	Extreme Makeover: Home Edition (2)Extreme Makeover	Car Booty (S4)Car Booty (S4), 18 - Gudgeson 00:43:16	Car Booty (S3)Car Booty (S3), 22 (Short) 00:43:01 CTAS758Y/82	Car Booty (S3)Car Booty (S3), 23 (Freeman) 00:43:08	Car Booty (S3)Car Booty (S3), 24 (Collins) 00:43:06	Car Booty (S3)Car Booty (S3), 25 (Highfield) 00:43:11	Car Booty (S4)Car Booty (S4), 1 - Ahmet 00:43:12 CTAT031P/82
17:30							
18:00	Homes Under The Hammer (4) Set 1Homes Under The Hammer (4) Set	Cash In The Attic (9)Cash In The Attic (9), 5 00:42:44 CTAB077X/82	Colin and Justin's Home HeistColin and Justin's Home Heist, 10 -	Colin and Justin's Home HeistColin and Justin's Home Heist, 11 - Not	Colin and Justin's Home HeistColin and Justin's Home Heist, 12 -	Colin and Justin's Home HeistColin and Justin's Home Heist, 13 -	Colin and Justin's Home HeistColin and Justin's Home Heist, 14 - Cool
18:30							
19:00	Homes Under The Hammer (4) Set 1Homes Under The Hammer (4) Set	Cash In The Attic (9)Cash In The Attic (9), 6 00:43:50 CTAB078R/82	DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:
19:30			DIY SOS (8)DIY SOS (8):	DIY SOS (8)DIY SOS (8):	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:	DIY SOS (7)DIY SOS 7:
20:00	Homes Under The Hammer (4) Set 1Homes Under The Hammer (4) Set	Escape to the Country (S4)Escape to the Country (S4), 24	Homes Under the Hammer (5)Homes Under the Hammer (5), 6	Homes Under the Hammer (5)Homes Under the Hammer (5), 7	Homes Under the Hammer (5)Homes Under the Hammer (5), 8	Homes Under the Hammer (5)Homes Under the Hammer (5), 9	Homes Under the Hammer (5)Homes Under the Hammer (5), 10
20:30							
21:00	Extreme Makeover: Home Edition (3) SET 2After The Storm	Escape to the Country (S4)Escape to the Country (S4), 25	Escape To The Country (S5)Escape To The Country (S5), 6 EAST	Escape To The Country (S5)Escape To The Country (S5), 7	Escape To The Country (S5)Escape To The Country (S5), 8 NORTH	Escape To The Country (S5)Escape To The Country (S5), 9 The	Escape To The Country (S5)Escape To The Country (S5), 10 East
21:30							
22:00	Extreme Makeover: Home Edition (3) SET 2After The Storm	Escape To The Country (S5)Escape To The Country (S5), 1	Love The Place You Are InLove The Place You Are In, 6 00:46:00	Love The Place You Are InLove The Place You Are In, 7 00:46:00	Love The Place You Are InLove The Place You Are In, 8 00:46:00	Love The Place You Are InLove The Place You Are In, 9 Compilation	Love The Place You Are InLove The Place You Are In, 10 Compilation
22:30							
23:00	Extreme Makeover: Home Edition (3) SET 2After The Storm	Bank of Mum and Dad (1)Murphy Family 00:46:01 NMYT129T/82	Extreme Makeover: Home Edition (3) SET 1The Tom Family -	Extreme Makeover: Home Edition (3) SET 1The Harrison Family	Extreme Makeover: Home Edition (3) SET 1The Ginvard Family	Extreme Makeover: Home Edition (3) SET 1The Teas Family	Extreme Makeover: Home Edition (3) SET 1The Teas Family
23:30							
24:00	Extreme Makeover: Home Edition (3) SET 2After The Storm	Say No to the KnifeSay No to the Knife, 5 00:46:09 ICFJ082B/83	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing
24:30							
25:00	Spendaholics (1)Spendaholics, 9 00:47:20 CTAQ525F/82	Say No to the KnifeSay No to the Knife, 6 00:45:54 ICFJ083W/83	What Not To Wear (6)What Not To Wear (6), 4 00:46:02 GFGB540D/82	What Not To Wear (6)What Not To Wear (6), 5 00:45:57 GFGB539J/82	What Not to Wear (S7)What Not to Wear (S7), 1 00:46:00 LSGB994F/82	What Not to Wear (S7)What Not to Wear (S7), 2 00:46:00 LSGB992S/82	What Not to Wear (S7)What Not to Wear (S7), 3 00:46:00 LSGB996T/82
25:30							
26:00	Houses Behaving Badly	We've Got The Builders	We've Got The Builders	We've Got The Builders	We've Got The Builders	We've Got The Builders	We've Got The Builders
26:30	We've Got The Builders InWe've Got The Builders In: Ep 7 00:22:54	We've Got The Builders InWe've Got The Builders In: Ep 3 00:22:45	We've Got The Builders InWe've Got The Builders In: Ep 5 00:23:31	We've Got The Builders InWe've Got The Builders In: Ep 7 00:22:54	We've Got The Builders InWe've Got The Builders In: Ep 2 00:22:46	We've Got The Builders InWe've Got The Builders In: Ep 4 00:23:19	We've Got The Builders InWe've Got The Builders In: Ep 6 00:23:20
27:00							

	Sat 25/Oct	Sun 26/Oct	Mon 27/Oct	Tue 28/Oct	Wed 29/Oct	Thu 30/Oct	Fri 31/Oct
07:00	What Not to Wear (S7)What Not to Wear (S7), 2 00:46:00 LSGB992S/82	The Clothes Show	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 8 00:44:46	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 9 00:44:28	A Life Coach Less Ordinary (2)A Life Coach Less Ordinary (2), 10 00:44:43	A-Listers Unzipped (1)A-	A-Listers Unzipped (1)A-
07:30		The Clothes Show				A-Listers Unzipped (1)A-	A-Listers Unzipped (1)A-
08:00	Cash In The Attic (3) Set 2Cash In The Attic (3) - Set 2, 3 00:43:47	Staying Put - Series 1 - Set	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover	Extreme Makeover: Home Edition (2)Extreme Makeover
08:30		Staying Put - Series 1 - Set					
09:00	Car Booty (S2) (Set 2)Car Booty-series 2 set 2, 25 00:43:44	DIY SOS (13)DIY SOS	DIY SOS (7)DIY SOS 7:	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS
09:30		DIY SOS (13)DIY SOS	DIY SOS (7)DIY SOS 7:	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS
10:00	To Buy or Not to Buy (4) Set 2To Buy or Not to Buy (4) Set 2, 1 00:43:28	DIY SOS (13)DIY SOS	Escape To The Country (S5)Escape To The Country (S5), 11	Escape To The Country (S5)Escape To The Country (S5), 12	Escape To The Country (S5)Escape To The Country (S5), 13	Escape To The Country (S5)Escape To The Country (S5), 14	Escape To The Country (S5)Escape To The Country (S5), 15
10:30		DIY SOS (13)DIY SOS					
11:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Flog It (4) Set 3Flog It (4) Set 3, 15 00:46:04 NBRJ162B/82	Flog It (4) Set 3Flog It (4) Set 3, 17 00:45:58 NBRJ170E/82	Flog It! (4) Set 4Flog It! (4) Set 4, 2 00:45:53 NBRJ177N/82	Flog It! (4) Set 4Flog It! (4) Set 4, 4 00:45:53 NBRJ167X/82	Flog It! (4) Set 4Flog It! (4) Set 4, 6 00:45:58 NBRJ176T/82
11:30							
12:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Flog It (4) Set 3Flog It (4) Set 3, 16 00:46:12 NBRJ168R/82	Flog It! (4) Set 4Flog It! (4) Set 4, 1 00:45:56 NBRJ154Y/82	Flog It! (4) Set 4Flog It! (4) Set 4, 3 00:46:05 NBRJ173L/82	Flog It! (4) Set 4Flog It! (4) Set 4, 5 00:45:58 NBRJ179B/82	Flog It! (4) Set 4Flog It! (4) Set 4, 7 00:46:11 NBRJ181P/82
12:30							
13:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	DIY SOS (7)DIY SOS 7:	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS
13:30			DIY SOS (7)DIY SOS 7:	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS
14:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Love The Place You Are InLove The Place You Are In, 10 Compilation	Extreme Makeover: Home Edition (4)Extreme Makeover:	Extreme Makeover: Home Edition (4)Extreme Makeover:	Extreme Makeover: Home Edition (4)Extreme Makeover:	Extreme Makeover: Home Edition (4)Extreme Makeover:
14:30							
15:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Escape To The Country (S5)Escape To The Country (S5), 11	Escape To The Country (S5)Escape To The Country (S5), 12	Escape To The Country (S5)Escape To The Country (S5), 13	Escape To The Country (S5)Escape To The Country (S5), 14	Escape To The Country (S5)Escape To The Country (S5), 15
15:30							
16:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 16 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 18 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 19 00:45:00	To Buy or Not to Buy (5) Set 1To Buy or Not to Buy (5) Set 1, 20 00:45:00	To Buy or Not to Buy (4) Set 2To Buy or Not to Buy (4) Set 2, 1 00:43:28
16:30							
17:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Car Booty (S4)Car Booty (S4), 2 - Jordan 00:42:52 CTAT032J/82	Car Booty (S4)Car Booty (S4), 3 - Reddyhoff 00:43:13	Car Booty (S4)Car Booty (S4), 4 - Clarke 00:43:11 CTAT034X/82	Car Booty (S4)Car Booty (S4), 5 - Jones 00:43:08 CTAT035R/82	Car Booty (S4)Car Booty (S4), 6 - Langdon 00:43:06
17:30							
18:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Colin and Justin's Home HeistColin and Justin's Home Heist, 15 - 40	Colin and Justin's Home HeistColin and Justin's Home Heist, 16 - My	Colin and Justin's Home HeistColin and Justin's Home Heist, 17 -	Colin and Justin's Home HeistColin and Justin's Home Heist, 18 - Little	Colin and Justin's Home HeistColin and Justin's Home Heist, 20 - Style
18:30							
19:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	DIY SOS (7)DIY SOS 7:	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS
19:30			DIY SOS (7)DIY SOS 7:	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS	DIY SOS (6)DIY SOS
20:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Homes Under the Hammer (5)Homes Under the Hammer (5), 11	Homes Under the Hammer (5)Homes Under the Hammer (5), 12	Homes Under the Hammer (5)Homes Under the Hammer (5), 13	Homes Under the Hammer (5)Homes Under the Hammer (5), 14	Homes Under the Hammer (5)Homes Under the Hammer (5), 15
20:30							
21:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Escape To The Country (S5)Escape To The Country (S5), 11	Escape To The Country (S5)Escape To The Country (S5), 12	Escape To The Country (S5)Escape To The Country (S5), 13	Escape To The Country (S5)Escape To The Country (S5), 14	Escape To The Country (S5)Escape To The Country (S5), 15
21:30							
22:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Phenomenal Kids Weekend 01:00:00	Extreme Makeover: Home Edition (4)Extreme Makeover:	Extreme Makeover: Home Edition (4)Extreme Makeover:	Extreme Makeover: Home Edition (4)Extreme Makeover:	Extreme Makeover: Home Edition (4)Extreme Makeover:	Extreme Makeover: Home Edition (4)Extreme Makeover:
22:30							
23:00	Who'll Age Worst?Who'll	Bank of Mum and Dad (1)Warren Pickles 00:46:09	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing	Spa of Embarrassing Illnesses (S3)Spa of Embarrassing
23:30	Who'll Age Worst?Who'll						
24:00	Who'll Age Worst?Who'll	Say No to the KnifeSay No to the Knife, 7 00:46:10 ICFJ084P/83	The Wow FactorThe Wow Factor: Ep 7 00:46:15 CTOH121A/82	The Wow FactorThe Wow Factor: Ep 8 00:46:12 CTOH122T/82	The Wow FactorThe Wow Factor: Ep 9 00:46:02 CTOH123N/82	The Wow FactorThe Wow Factor: Ep 10 00:46:41 CTOH124H/82	The Wow FactorThe Wow Factor: Ep 5 00:45:52 CTOH119L/82
24:30	Who'll Age Worst?Who'll						
25:00	Spendaholics (1)Spendaholics, 10 00:47:49 CTAQ526A/82	Say No to the KnifeSay No to the Knife, 1 00:45:57 ICFJ078A/83	What Not to Wear (S7)What Not to Wear (S7), 4 00:46:00 LSGB995A/82	What Not to Wear (S7)What Not to Wear (S7), 5 00:46:00 LSGB997N/82	What Not to Wear (S7)What Not to Wear (S7), 6 00:46:00 LSGB993L/82	What Not To Wear: Have	What Not To Wear: Have
25:30						What Not To Wear: Have	What Not To Wear: Have
26:00	We've Got The Builders	We've Got The Builders	We've Got The Builders	We've Got The Builders	From House To Home (1)From	From House To Home (1)From	From House To Home (1)From
26:30	We've Got The Builders InWe've Got The Builders In: Ep 1 00:22:12	We've Got The Builders InWe've Got The Builders In: Ep 3 00:22:45	We've Got The Builders InWe've Got The Builders In: Ep 5 00:23:31	We've Got The Builders InWe've Got The Builders In: Ep 7 00:22:54	From House To Home (1)From House To Home (1): Ep 6 00:22:23	From House To Home (1)From House To Home (1): Ep 8 00:22:37	Reclaimers (1)Reclaimers (1): Ep 2 00:23:04 CTAD761B/82
27:00							