**SATURDAY 23RD JUNE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
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<tbody>
<tr>
<td>06:00</td>
<td>Breakfast</td>
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<tr>
<td>06:00</td>
<td>Saturday Kitchen Live</td>
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<tr>
<td>11:30</td>
<td>Simply Nigella</td>
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<tr>
<td>12:00</td>
<td>BBC News</td>
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<tr>
<td>12:15</td>
<td>MOTD Live: Belgium v Tunisia</td>
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<tr>
<td>16:20</td>
<td>Escape to the Country</td>
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<tr>
<td>17:05</td>
<td>Muppets Most Wanted</td>
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<td>18:45</td>
<td>Wallace and Gromit: A Matter of Loaf and Death</td>
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<tr>
<td>19:15</td>
<td>BBC News</td>
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<td>19:25</td>
<td>BBC London News</td>
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<td>19:30</td>
<td>Pointless Celebrities</td>
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<td>20:20</td>
<td>Casualty</td>
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<tr>
<td>21:10</td>
<td>Round to Mrs Brown's Entertainment show</td>
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<tr>
<td>22:10</td>
<td>BBC News</td>
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<tr>
<td>22:20</td>
<td>Auckland Stories: The Aunt That Came to Dinner</td>
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<tr>
<td>22:30</td>
<td>MOTD: World Cup Highlights</td>
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<tr>
<td>23:20</td>
<td>MOTD: Fita World Cup Replay</td>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>06:00</td>
<td>Sooty</td>
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<td>06:10</td>
<td>Grizzly Tales for Gruesome Kids</td>
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<td>06:20</td>
<td>Grizzly Tales for Gruesome Kids</td>
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<td>06:35</td>
<td>Dino Diary</td>
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<td>06:50</td>
<td>Mission Employable</td>
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<td>06:55</td>
<td>The Oddbods Show</td>
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<td>07:05</td>
<td>NinjaGo! Tournament of the Elements</td>
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<td>07:30</td>
<td>The Haunted Hathaways</td>
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<td>07:55</td>
<td>Drop Dead Weird</td>
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<td>08:25</td>
<td>ITV News</td>
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<td>08:30</td>
<td>Zoe Ball on Saturday</td>
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<td>09:25</td>
<td>Midsomer Murders</td>
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<td>11:20</td>
<td>Long Lost Family: What Happened Next</td>
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<td>12:20</td>
<td>ITV Lunchtime News</td>
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<td>12:30</td>
<td>The Best of The Voice Worldwide</td>
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<td>13:30</td>
<td>ITV Racing Live: Royal Ascot</td>
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<td>19:25</td>
<td>FIFA World Cup 2018: South Korea v Mexico</td>
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<td>18:15</td>
<td>ITV Evening</td>
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<td>18:20</td>
<td>ITV News London</td>
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<td>18:30</td>
<td>FIFA World Cup 2018: Germany v Sweden</td>
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<td>ITV News</td>
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<td>Play to the Whistle</td>
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<td>02:00</td>
<td>About a Boy</td>
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<td>Love Island</td>
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<td>Empire</td>
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<td>04:00</td>
<td>Soundbreaking</td>
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<td>05:01</td>
<td>Free to Rock: How Rock 'n' Roll Brought</td>
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<td>06:30</td>
<td>Down the Wall</td>
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<td>Brooklyn Nine-Nine</td>
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<td>Star Trek: Voyager</td>
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<td>Modern Family</td>
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<td>The Fresh Prince of Bel Air</td>
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<td>Chris &amp; Olivia: Crackin' On</td>
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<td>15:35</td>
<td>Jamie and Jimmy's Friday Night Feast</td>
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<td>Shortlist</td>
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<td>17:15</td>
<td>The Simpsons</td>
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<td>Star Trek III: The Search for Spock</td>
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<td>19:25</td>
<td>The Crystal Maze</td>
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<td>Shortlist</td>
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<td>Marvel's Agents of S.H.I.E.L.D.</td>
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<td>About a Boy</td>
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<td>The Gadget Show</td>
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<td>Revolution</td>
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<td>The Forces 500 Back-to-back Music!</td>
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<td>08:00</td>
<td>I Dream of Jeannie</td>
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<td>I Dream of Jeannie</td>
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<td>I Dream of Jeannie</td>
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<td>10:30</td>
<td>Hogan's Heroes</td>
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<td>16:25</td>
<td>Goodnight Sweetheart</td>
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<td>17:00</td>
<td>RATED: Games and Movies</td>
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<td>17:30</td>
<td>Forces News Reloaded</td>
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<td>18:00</td>
<td>Buck Rogers in the 25th Century</td>
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<td>19:00</td>
<td>Airwolf</td>
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<td>20:00</td>
<td>Knight Rider</td>
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<tr>
<td>21:00</td>
<td>Starsky and Hutch</td>
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<td>22:00</td>
<td>Buck Rogers in the 25th Century</td>
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<td>23:00</td>
<td>Warzone</td>
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<td>00:00</td>
<td>What Happened to Marine Addis?</td>
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<td>02:00</td>
<td>When Pilots Eject</td>
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<td>00:00</td>
<td>Ultimate Soldier Challenge</td>
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<td>03:00</td>
<td>Bally Bros.</td>
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<td>04:00</td>
<td>Forces News Reloaded</td>
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<td>04:30</td>
<td>The Forces 500 Back-to-back Music!</td>
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<tr>
<td>05:00</td>
<td>The Forces 500 Back-to-back Music!</td>
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<tr>
<td>05:04</td>
<td>One Direction - Drag Me Down</td>
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<tr>
<td>05:34</td>
<td>Adam Lambert - Ghost Town</td>
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</tbody>
</table>
abilities of these cheeky characters. To their success? We uncover the extraordinary squirrel family is one of the most widespread on earth, so what is the secret to their success? We uncover the extraordinary abilities of these cheeky characters.

19:30 Dad's Army
Documentary. The squirrel family is one of the most widespread on earth, so what is the secret to their success? We uncover the extraordinary abilities of these cheeky characters.

SATURDAY 23RD JUNE
18:30 Great Exhibition of the North
Documentary. Writer and angler Will Millard embarks on the final leg of his journey down the River Wye, from Ross-on-Wye to Chepstow, where the river joins the Severn estuary.

19:30 Dad's Army
Classic wartime sitcom. Private Godfrey's humble abode, Cherry Tree Cottage, is threatened with demolition to make way for a new aerodrome.

20:00 Super Squirrels
Documentary. The squirrel family is one of the most widespread on earth, so what is the secret to their success? We uncover the extraordinary abilities of these cheeky characters.

21:00 Rugby League: New Zealand v England
Live coverage of England's clash with New Zealand in Colorado, USA - the first of three matches in the United States over the next three years.

23:00 Little Voice
British comedy starring Jane Horrocks as a shy girl who rarely ventures outside her bedroom, until her talent for imitating famous singers is recognised by a local promoter.

01:00 Walesa: Man of Hope
At the Gdansk shipyards, an uprising in the early 1980s is bolstered by the appearance of Lech Walesa, an electrician now gaining a reputation as an inspirational speaker.

02:55 BBC Two
All programme timings UK
06:00 Sky Sports News
All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day's other sports news.

07:00 World Cup Breakfast
A review of all the latest news and talking points from the group stage at the 2018 FIFA World Cup in Russia.

07:30 Good Morning Sports Fans
Sports related news, reviews and previews, including a look at the back pages, racing tips and the sporting weather forecast.

08:00 Live: International Rugby Union
New Zealand and France finish their summer series as they meet in the third Test at the Forsyth Barr Stadium in Dunedin.

10:45 Live: International Rugby Union
Awards face Ireland in the third Test of the series at the Allianz Stadium in Sydney.

13:30 International Rugby Union
New Zealand and France finish their summer series as they meet in the third Test at the Forsyth Barr Stadium in Dunedin.

14:00 International Rugby Union
Australia face Ireland in the third Test of the series at the Allianz Stadium in Sydney.

15:00 Live: International Rugby Union
England finish their summer series against South Africa as they meet in the third Test at DHL Newlands in Cape Town.

16:20: Little Voice: Women's International Twenty20 Cricket

21:00 Live: Test Cricket
The opening day of the Third Test as the Windies meet Sri Lanka in Barbados. The last series between the sides contested in the Caribbean was drawn 1-1.

01:30 My Icon
01:45 My Icon
02:00 Sky Sports News
03:00 Sky Sports News
04:00 Sky Sports News
05:00 Sky Sports News

03:30 AFL: Hawthorn v Gold Coast Suns
Action from round 14 of the Australian Football League as Hawthorn host the Gold Coast Suns at the University of Tasmania Stadium.

05:30 ESPN FC - Russia Tonight
All the latest talking points from the 2018 World Cup in Russia as South Korea take on Mexico in their second group game, Germany face Sweden and Belgium and Tunisia meet.

06:00 Sky Sports News
14:00 Formula 1 - Qualifying Pre-Show
The pre-show ahead of the qualifying stage at the French Grand Prix. 14:55 Formula 1 - Qualifying
The qualifying stage of the returning French Grand Prix at Circuit Paul Ricard.

16:45 Sky Sports News
20:10 International Rugby: Argentina v Scotland
The pre-show ahead of the qualifying stage at the French Grand Prix. 14:55 Formula 1 - Qualifying
The qualifying stage of the returning French Grand Prix at Circuit Paul Ricard.

22:30 Josh Taylor v Viktor Postol
Live boxing from the SSE Hydro in Glasgow.

23:00 Machete
All programme timings UK
06:00 Central Intelligence
10:50 Pirates of the Caribbean: On Stranger Tides
12:30 Atomic Blonde
14:30 Birth of the Dragon
16:15 Pirates of the Caribbean: On Stranger Tides
18:35 Spider-Man: Homecoming
21:00 Atomic Blonde
23:00 Machete
01:00 Birth of the Dragon
02:45 The Top Ten Show 2018
03:00 Central Intelligence
05:00 Sky Cinema Preview

All programme timings UK
06:00 Sky Sports News
14:00 Formula 1 - Qualifying Pre-Show
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22:30 Josh Taylor v Viktor Postol
Live boxing from the SSE Hydro in Glasgow.

00:00 Sky Sports News

MONDAY 25TH JUNE

06:00 Breakfast
09:15 Rip Off Britain Live
10:00 Homes Under the Hammer
11:00 Crimewatch Roadshow Live
11:45 Island Medics
12:15 Bargain Hunt
13:00 BBC News at One
13:30 BBC London News
13:45 Doctors
14:00 The Boss
15:00 Escape to the Country
15:45 Garden Rescue
16:30 Pointless
18:00 BBC News at Six
18:20 BBC London News
18:30 MOTD Live: Spain v Morocco
21:10 EastEnders
22:05 BBC News at Ten
22:35 BBC London News
23:00 The Jeremy Kyle Show
00:00 Forces News
00:30 The Forces Sports Show
11:00 Crimewatch Roadshow Live
11:45 Island Medics
12:15 Bargain Hunt
13:00 BBC News at One
13:30 BBC London News
13:45 Doctors
14:00 The Boss
15:00 Escape to the Country
22:05 BBC News at Ten
22:35 BBC London News
23:00 The Jeremy Kyle Show
00:00 Forces News
00:30 The Forces Sports Show

All programme timings UK

06:00 Good Morning Britain
08:30 Lorraine
09:25 The Jeremy Kyle Show
10:30 Loose Women
13:30 ITV Lunchtime News
13:55 ITV News London
14:30 Judd Thirwell’s Crime Stories
14:30 FIFA World Cup 2018: Uruguay v Russia
17:15 Catchphrase
18:00 ITV News London
18:30 ITV Evening News
19:00 Emmerdale
20:00 Coronation Street
21:00 Long Lost Family: What Happened Next
22:00 EastEnders
23:00 The Jeremy Kyle Show
00:00 Forces News
00:30 The Forces Sports Show
11:00 Crimewatch Roadshow Live
11:45 Island Medics
12:15 Bargain Hunt
13:00 BBC News at One
13:30 BBC London News
13:45 Doctors
14:00 The Boss
15:00 Escape to the Country
22:05 BBC News at Ten
22:35 BBC London News
23:00 The Jeremy Kyle Show
00:00 Forces News
00:30 The Forces Sports Show

All programme timings UK

09:50 Car Crash TV
10:40 Car S.O.S Spring 2018. Daytime
11:30 Ultimate Vehicles
12:20 Counting Cars
12:45 Buffy the Vampire Slayer
13:30 The Big Bang Theory
13:55 The Middle
14:20 Young & Hungry
14:45 The Goldbergs
15:10 The 100 Drop
16:00 The Gadget Show
16:55 House
17:40 Hollyoaks
18:05 The Middle
18:30 The Middle
18:55 Defiance
19:40 Blue Bloods
20:25 Bomber Boys
21:55 Darned

05:05 The Jeremy Kyle Show
05:09 Spandau Ballet - Gold
05:10 Warzone
05:35 Ultimate Vehicles
05:45 Car S.O.S Spring 2018. Daytime
06:35 Ultimate Vehicles
07:25 Counting Cars
07:45 Buffy the Vampire Slayer
08:35 The Big Bang Theory
09:00 The Middle

22:25 Love Island
23:15 Hand of God
00:00 The Master Reloaded
02:10 Hawaii Five-0
03:00 Buffy the Vampire Slayer
03:45 The Big Bang Theory
04:45 The Middle
04:30 Young & Hungry
04:55 Car Crash TV
05:45 Car S.O.S Spring 2018. Daytime
06:35 Ultimate Vehicles
07:25 Counting Cars
07:45 Buffy the Vampire Slayer
08:35 The Big Bang Theory
09:00 The Middle

Frankie crosses paths with her no-nonsense teacher at dental school. Sue and Brick think they have struck gold in an old safe.

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MONDAY 25TH JUNE
18:30 Curious Creatures
Kate Humble hosts the quiz show which delves into the animal kingdom. Team captains Chris Packham and Lucy Cooke are joined by wildlife wonders Iolo Williams and Lizzie Daly.
19:00 How the NHS Changed Our World
Dr Glyn Yeo discovers how doctors and patients at Royal Papworth hospital achieved the first successful heart transplant in the UK.
19:30 Britain's Best Junior Doctors
Visit some farms that are fighting to take back control of the supply chain.
20:10 The Family Farm
Following three inexperienced families living and working on a hill farm. Here, the families visit some farms that are fighting to take back control of the supply chain.
21:00 Versailles
Sumptuous period drama depicting the decadent and turbulent early reign of the Sun King.
22:00 QI
Sand Toksvig looks at some objects and ornaments with Sarah Millican, Cariad Lloyd, and Alan Davies.
22:30 Newsnight
In-depth investigation and analysis of the stories behind the day's headlines with Emily Maitlis.
23:15 Conviction: Murder in Suburbia
Inside Justice investigates the conviction of the alleged link with a double murder. Glyn maintains his innocence, and now there's an alleged link with a double murder.
00:15 Conviction: Murder in Suburbia
Following three inexperienced families living and working on a hill farm. Here, the families visit some farms that are fighting to take back control of the supply chain.
01:15 Countryfile
In the Yorkshire Dales, where Kate gets stuck in with Mangalitza pig farmers Lisa and Tim.
02:10 Back to the Land with Kate Humble
The show is in Yorkshire, where Kate gets stuck in with Mangalitza pig farmers Lisa and Tim.
21:10 Our Girl
Drama series. With the training exercise having become a fully fledged rescue mission, Georgie and James are compelled to use every ounce of their training to evade capture.

22:10 BBC News at Ten

22:40 BBC London News

22:55 Murder Games: The Life and Death of Breck Bednar
Docudrama telling the true story of Breck Bednar, a 14-year-old schoolboy who was lured to his death after being groomed online by Lewis Daynes while gaming.

23:55 MOTD: Fits World Cup Replay
A chance to watch full coverage as France take on Denmark in their final World Cup group game at the Luzhniki Stadium in Moscow.

00:35 Weather for the Week Ahead

01:40 BBC News
WEDNESDAY 27TH JUNE

06:00 Breakfast
09:15 Rip Off Britain Live
10:00 Homes Under the Hammer
11:00 Crimewatch Roadshow Live
11:45 Island Medics
12:15 Bargain Hunt
13:00 BBC News at One
13:30 BBC London News
14:00 Doctors
14:15 Escape To The Country
14:45 MOTD Live: South Korea v Germany
17:15 Pointless
17:00 The Chase
18:00 BBC News at Six
18:30 BBC London News
19:00 Panorama
19:30 Role Model
Role Model.
20:00 Hollyo City
A split-second mistake brings Nicky closer to Zav than she bargained for. A troubling discovery causes Roxanna to question her loyalties. Dom is forced to make a choice.
21:00 Death in Paradise
Detective drama series. DI Goodman’s aunt Mary comes to visit him, but things take an unexpected turn when she becomes the only witness to the murder of a tourist.
22:00 BBC News at Ten
The latest national and international news, with reports from BBC correspondents worldwide.
22:30 BBC London News
The latest news, sport and weather from London.
22:45 MOTD: World Cup Highlights
Mark Chapman presents highlights from Brazil v Serbia and Switzerland v Costa Rica in the final games of Group E and Germany v South Korea and Mexico v Sweden in Group F.
23:45 MOTD: Fifa World Cup Replay
Another chance to watch the World Cup Group E clash between Serbia and Brazil at the Spartak Stadium in Moscow.
01:25 Weather for the Week Ahead
Detailed weather forecast.
01:30 BBC News
BBC One joins the BBC’s rolling news channel.

All programme timings UK
06:00 Good Morning Britain
08:30 Lorraine
09:25 The Jeremy Kyle Show
10:15 This Morning
12:30 Loose Women
13:30 ITV Lunchtime News
13:55 News London
14:00 Judge Rinder’s Crime Stories
15:00 Tenable
16:00 Tipping Point
17:00 The Chase
18:00 BBC News London
18:15 ITV Evening News
18:30 FIFA World Cup 2018: Serbia v Brazil
21:15 Flights from Hell: Caught on Camera Series revealing good, bad and ugly experiences at 30,000 feet, filmed by the people at the heart of the second. In this episode, a pilot deals with a catastrophic engine failure.
22:15 ITV News
The latest news headlines from around the world followed by a national weather forecast.
22:45 ITV News London
Regional news update for the capital and the South East, plus local weather.
23:00 BBC News at Ten
The latest national and international news, with reports from BBC correspondents worldwide.
00:05 Jackpot247
03:00 Granchester
Drama series set in the 1950s. After a mass poisoning, local cricket match leaves a young batsman dead, Sidney and Geordie must navigate racial tensions to get to the truth.
03:30 ITV Nightscreen
05:05 ITV
14:45 The Goldbergs
15:10 The 100k Drop
16:05 The Real Housewives of Cheshire
16:55 The Mentalist
17:40 Hollyoaks
18:05 Black-ish
18:30 Black-Ish
18:45 Bake Off: The Professionals
19:45 Unreported World
20:15 The Good Doctor
21:00 Westworld
21:05 Lee and Dean
22:30 Love Island: The Weekly Hot List
23:40 Anchorman 2: The Legend Continues
01:15 Tattoo Fixers
02:10 Hawaii Five-0
02:55 Buffy the Vampire Slayer
03:45 The Big Bang Theory
04:05 The Middle
04:30 Young & Hungry
04:55 Brotherly Love
05:40 Hunting Hitler
06:30 Combat Machines
07:20 Counting Cars
07:50 Buffy the Vampire Slayer
08:35 The Big Bang Theory
09:00 The Middle

At programme timings UK
06:00 The Forces 500 Back-to-back Music!
07:00 The Forces 500 Back-to-back Music!
07:45 Hogan’s Heroes
08:15 Hogan’s Heroes
08:50 Goodnight Sweetheart
09:30 Goodnight Sweetheart
10:00 Secret Superpower Aircraft
11:00 Hogan’s Heroes
11:30 Hogan’s Heroes
12:00 I Dream of Jeannie
12:30 I Dream of Jeannie
13:00 Forces News
13:30 The Aviators
14:00 Secret Superpower Aircraft
15:05 Shine on Harvey Moon
16:10 Goodnight Sweetheart
16:50 Goodnight Sweetheart

BFBS One
09:00 The Middle
14:45 The Goldbergs
15:10 The 100k Drop
16:05 The Real Housewives of Cheshire
16:55 The Mentalist
17:40 Hollyoaks
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16:50 Goodnight Sweetheart

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21:00 The People vs The NHS: Who Gets the Drugs? The incredible story of the battle for PrEP on the NHS - a legal fight which saw doctors, activists and AIDS charities come together to overturn a controversial NHS decision. PrEP is a drug that experts believe could end the HIV and AIDS epidemic. But in 2016 the NHS, after 18 months of consultation, made the decision that they could not fund it. One man, Greg Owen, helped stop thousands becoming HIV positive by setting up a website which allowed people to buy generic PrEP from drug manufacturers in India.

22:00 Mortimer & Whitehouse: Gone Fishing In-depth investigation and analysis of the stories behind the day's headlines with Kirsty Walk.

23:15 Morocco to Timbuktu: An Arabian Adventure Arabist and explorer Alice Morrison takes on the vast Sahara in an epic camel trek over the dunes and her journey comes to a close as she finally reaches the City of Gold.

00:15 Britain's Best Home Cook: The Final It's the final chance for the top three cooks to impress Mary, Dan and Chris with the very best of their home cooking. It's the final chance for the top three cooks to impress Mary, Dan and Chris with the very best of their home cooking.

01:15 Ambulance Documentary series. A day shift with paramedic Owen, helped stop thousands becoming HIV positive by setting up a website which allowed people to buy generic PrEP from drug manufacturers in India.

02:00 Sky Sports News Breaking news plus analysis and comment on the key sports stories of the day.

03:00 Sky Sports News Breaking news plus analysis and comment on the key sports stories of the day.

04:00 Sky Sports News Breaking news plus analysis and comment on the key sports stories of the day.
**All programme timings UK**

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<thead>
<tr>
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<tr>
<td>00:00</td>
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<td>00:20</td>
<td>Crimewatch Roadshow Live</td>
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<td>00:49</td>
<td>Island Medics</td>
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<td>02:30</td>
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<td>03:00</td>
<td>The Boss</td>
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<td>03:30</td>
<td>MOTD Live: Senegal v Colombia</td>
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<td>03:55</td>
<td>Pointless</td>
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<tr>
<td>04:00</td>
<td>BBC News at Six</td>
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<tr>
<td>04:30</td>
<td>Regional News and Weather</td>
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<tr>
<td>05:00</td>
<td>This Week</td>
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<tr>
<td>05:20</td>
<td>MOTD: Fifa World Cup 2018</td>
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<td>05:40</td>
<td>The Jeremy Kyle Show</td>
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<td>ITV Evening News</td>
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<td>12:15</td>
<td>FIFA World Cup 2018</td>
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</tbody>
</table>

**England v Belgium**

21:15 Good Evening Britain

22:15 ITV News

22:40 BBC London News

23:05 Question Time

23:45 This Week

A political review of the week presented by Andrew Neil, with Michael Portillo and guests.

00:30 MOTD: Fifa World Cup Replay

Another chance to watch the World Cup Group G clash between England and Belgium at the Kaliningrad Stadium.

02:10 Weather for the Week Ahead

02:15 BBC News

BBC One joins the BBC’s rolling news channel for a night of news, with bulletins on the hour and the headlines every 15 minutes.

**All programme timings UK**

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
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<tbody>
<tr>
<td>09:50</td>
<td>The Gadget Show</td>
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<tr>
<td>10:40</td>
<td>Paddington Station 24/7</td>
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<td>11:30</td>
<td>Find It, Fix It, Flog It</td>
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<tr>
<td>12:15</td>
<td>Shortlist</td>
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<td>12:20</td>
<td>Pawn Stars</td>
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<td>12:45</td>
<td>Buffy the Vampire Slayer</td>
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<td>13:30</td>
<td>The Big Bang Theory</td>
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<td>13:55</td>
<td>The Middle</td>
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<td>Young &amp; Hungry</td>
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<td>The Goldbergs</td>
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<td>15:10</td>
<td>The 100k Drop</td>
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<td>16:00</td>
<td>Supershoppers</td>
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<td>16:55</td>
<td>Marvel’s Agents of S.H.I.E.L.D.</td>
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<td>17:35</td>
<td>Shortlist</td>
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<td>18:40</td>
<td>Hollyoaks</td>
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<td>The Simpsons</td>
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<td>18:30</td>
<td>The Simpsons</td>
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<td>18:55</td>
<td>Tricks of the Restaurant Trade</td>
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<td>19:20</td>
<td>Scrutts: Britain’s Favourite Dog</td>
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<td>20:10</td>
<td>Shortlist</td>
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<td>20:15</td>
<td>MacGyver</td>
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<td>21:00</td>
<td>Sicario</td>
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<td>22:00</td>
<td>Love Island</td>
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<td>Love Island: Aftersun</td>
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<td>00:30</td>
<td>Family Guy</td>
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<td>00:55</td>
<td>High Maintenance</td>
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<td>01:25</td>
<td>The Tin Star</td>
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<td>02:10</td>
<td>Hawaii Five-0</td>
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<td>02:50</td>
<td>Shortlist</td>
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<td>03:05</td>
<td>Buffy the Vampire Slayer</td>
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</table>

**Comedy series about a middle-class family.**

Ahead of their 20th wedding anniversary, Frankie thinks Mike is purposely trying to avoid her. Meanwhile, Sue decides to throw her parents a party to mark their special day.

**At programme timings UK**

- 06:00 The Forces 500 Back-to-back Music!
- 07:00 The Forces 500 Back-to-back Music!
- 07:45 Hogan’s Heroes
- 08:15 Hogan’s Heroes
- 08:50 Goodnight Sweetheart
- 10:00 Secret Superpower Aircraft
- 11:00 Hogan’s Heroes
- 11:30 Hogan’s Heroes
- 12:00 I Dream of Jeannie
- 12:30 I Dream of Jeannie
- 13:00 Forces News
- 13:30 Forces World
- 14:00 Secret Superpower Aircraft
- 15:05 Shine on Harvey Moon
- 16:10 Goodnight Sweetheart
- 17:30 Forces News
- 18:00 Starkey and Hutch
- 19:00 I Dream of Jeannie
- 19:30 I Dream of Jeannie
- 20:00 Hogan’s Heroes
- 20:30 Hogan’s Heroes
- 21:00 Forces News
- 21:30 RATED: Games and Movies
- 22:00 Starkey and Hutch
- 23:00 Knight Rider
- 00:00 Forces News
- 00:30 RATED: Games and Movies
- 01:00 Starkey and Hutch
- 02:00 The Unit
- 03:00 Forces News
- 03:30 RATED: Games and Movies
- 04:00 Shine on Harvey Moon
- 09:00 The Forces 500 Back-to-back Music!
- 09:45 SISOD - Incomplete
- 05:54 IHO - Rapture

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FRIDAY 29TH JUNE

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
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<tbody>
<tr>
<td>06:00</td>
<td>Breakfast</td>
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<td>09:00</td>
<td>Rip Off Britain</td>
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<tr>
<td>11:00</td>
<td>Crimewatch Roadshow Live</td>
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<td>11:15</td>
<td>Island Medics</td>
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<td>12:15</td>
<td>Bargain Hunt</td>
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<td>12:30</td>
<td>BBC News at One</td>
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<td>13:30</td>
<td>BBC London News</td>
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<td>14:30</td>
<td>The Boss</td>
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<td>14:40</td>
<td>Escape to the Country</td>
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<td>15:30</td>
<td>Garden Rescue</td>
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<td>16:15</td>
<td>Flog It!</td>
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<td>17:15</td>
<td>Pointless</td>
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<td>18:00</td>
<td>BBC News at Six</td>
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<td>18:30</td>
<td>BBC London News</td>
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<tr>
<td>19:00</td>
<td>DIY SOS: The Big Build</td>
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<tr>
<td>20:00</td>
<td>EastEnders</td>
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<tr>
<td>20:30</td>
<td>Room 101</td>
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<tr>
<td>21:00</td>
<td>Our Friend Victoria</td>
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<tr>
<td>21:30</td>
<td>Room 101</td>
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<tr>
<td>22:00</td>
<td>BBC News</td>
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<td>22:25</td>
<td>Regional News and Weather</td>
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<td>22:32</td>
<td>BBC Weather</td>
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<tr>
<td>22:35</td>
<td>BBC London News</td>
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<tr>
<td>22:45</td>
<td>The Graham Norton Show</td>
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<tr>
<td>23:00</td>
<td>Rocky III</td>
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<tr>
<td>00:05</td>
<td>Lethal Weapon</td>
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</tbody>
</table>

England v Belgium
21:15 Good Evening Britain
22:15 ITV News
22:45 Regional News and Weather
23:00 Rocky III
00:05 Lethal Weapon

A mansion break-in turns into a homicide, leading to Murchaugh and Riggs setting out to find the culprit. Meanwhile, Murchaugh and Trish question their trust in Riana as she gets into some trouble with new friends, and Riggs recalls his troubling childhood and finds a true family with Molly and Ben.

01:30 Jackpot247
03:00 ITV Nightscreen
05:00 The Jeremy Kyle Show

All programme timings UK
00:00 Good Morning Britain
00:30 Lorraine
09:25 The Jeremy Kyle Show
10:30 This Morning
12:30 Loose Women
13:30 ITV Lunchtime News
13:55 Regional News and Weather
14:00 Judge Rinder's Crime Stories
15:00 Tenable
16:00 Tipping Point
17:00 The Chase
18:00 Regional News and Weather
18:05 ITV Evening News
18:15 FIFA World Cup 2018

09:50 Project Impossible
10:40 How to Get Fit Fast
11:20 My Floating Home
12:20 Shortlist
12:25 Pawn Stars
12:45 Buffy the Vampire Slayer
13:30 The Big Bang Theory
13:55 The Middle
14:20 Young and Hungry
14:45 The Middle
15:10 The 100 Drop
16:00 Psych
16:50 Elementary
17:35 Shortlist
17:40 Hollyoaks
18:05 The Big Bang Theory
18:23 The Big Bang Theory
18:50 Travel Man 48 Hours in...
19:15 Duck Quacks Don't Echo
20:05 Scorpion
20:45 2 Broke Girls
21:00 Shortlist
21:10 Friday Night Dinner
21:35 The Last Leg
22:25 Love Island
23:15 Paranormal Activity: The Ghost Dimension
00:40 Empathy
01:25 Two and a Half Men
01:45 Two and a Half Men
02:10 Chicago Fire
02:50 Shortlist
02:55 Buffy the Vampire Slayer
03:45 The Big Bang Theory
The Herb Garden Germination - Flatshare sitcom about two brainless but socially clueless physicists. Sheldon and Amy experiment on their friends by spreading gossip.
04:05 The Middle
Life Skills - Comedy series about a middle-class family. Axl is far from impressed when he is teamed up with Sue on a class project.
04:30 Young and Hungry
Young and Christmas - US sitcom. Gabi and Sofía are unable to be with their families during the holiday season, so they volunteer at a homeless shelter on Christmas Eve.

All programme timings UK
06:00 The Forces 500 Back-to-back Music!
07:00 The Forces 500 Back-to-back Music!
07:29 Eliza Doolittle - Big When I Was Little
07:45 Hogan's Heroes
08:15 Hogan's Heroes
08:50 Goodnight Sweetheart
09:30 Goodnight Sweetheart
10:00 Secret Superpower Aircraft
11:00 Hogan's Heroes
11:30 Hogan's Heroes
12:00 I Dream of Jeannie
12:30 I Dream of Jeannie
13:00 Forces News
13:30 RATED: Games and Movies
14:00 Secret Superpower Aircraft
15:05 Shine on Harvey Moon
16:10 Goodnight Sweetheart
16:50 Goodnight Sweetheart
17:30 Forces News
18:00 Starsky and Hutch
19:00 I Dream of Jeannie
19:30 I Dream of Jeannie
20:00 Hogan's Heroes
20:30 Hogan's Heroes
21:00 Forces News
21:30 Tech Effect
22:00 Starsky and Hutch
23:00 Knight Rider
00:00 Ultimate Soldier Challenge
01:00 Starsky and Hutch
02:00 What Happened to Marine Addis?
03:00 Forces News
03:30 Forces World
04:00 Shine on Harvey Moon
05:00 The Forces 500 Back-to-back Music!
05:07 Last Frequencies - Are You With Me

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much to them as it does to him. Football fans to find out if the game means as

Frankie Boyle visits Russia ahead of the World Cup. Celtic fan Frankie meets ordinary Russian fans.

Drama series. Laila is roped into appearing on a less than impartial TV show.

In-depth investigation and analysis of the stories behind the day's headlines with Mark

All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day's other sports news.

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK

All programme timings UK
14:00 The Jeremy Kyle Show
16:32 Gotye feat. Kimbra - Somebody That I Used to Know
00:45 Jackpot247
05:05 The Jeremy Kyle Show

All programme timings UK
09:50 The Big Bang Theory
10:15 The Flash
11:00 Supergirl
11:50 Brooklyn Nine-Nine
12:15 Star Trek: Voyager
13:00 Modern Family
13:05 Modern Family
13:30 Modern Family
13:55 The Fresh Prince of Bel Air
14:20 The Fresh Prince of Bel Air
14:40 Moana
14:35 The Simpsons
18:40 Young Sheldon
19:00 Young Sheldon
19:25 Celebrity Five Go Barging
20:10 Shortlist
20:15 Star Trek Beyond
20:10 The Big Bang Theory
22:10 Scream Queens
22:55 Love Island
23:45 Dexter
00:40 The Late Late Show with James Corden
01:25 2 Broke Girls
01:55 Shine on Harvey Moon
02:10 Brooklyn Nine-Nine
03:10 Shortlist
04:05 The Fresh Prince of Bel Air
04:30 The Fresh Prince of Bel Air
05:45 The Big Bang Theory
05:20 The Flash
06:05 Supergirl
06:50 Brooklyn Nine-Nine
07:15 Star Trek: Voyager
08:00 Shortlist
08:05 Modern Family
08:30 Modern Family
08:40 Modern Family
09:05 The Fresh Prince of Bel Air

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06:00 Breakfast
09:15 Right on the Money
10:00 Homes Under the Hammer
11:00 Rip Off Britain: Holidays
11:45 Caught Red Handed
12:15 Bargain Hunt
13:00 BBC News at One
13:30 BBC London News
13:45 Wimbledon 2018
18:00 BBC News at Six
18:30 BBC London News
19:00 The Sheriffs Are Coming Series following high court enforcement officers. Sheriffs track down the boss of a skincare company which owes thousands of pounds to three former employees.
20:00 Eat Well for Less? Gregg Wallace and Chris Bavin help families across the UK eat well for less. In this edition they help steer the Caan family away from their favourite takeaways.
21:00 EastEnders Kush breaks some difficult news to Carmel. Hayley begins her new money-making scheme. Rainie and Max struggle to keep up appearances.
21:55 The Forces 500 Back-to-back Music!

21:15 David Walliams Presents...return Of Alright On The Night
22:20 Itv News at Ten
22:25 Flights from Hell: Caught on Camera Series revealing good, bad and ugly experiences at 30,000 feet, filmed by the people at the heart of the action. In this episode, a pilot deals with a catastrophic engine failure.
23:20 Play to the Whistle Holly Willoughby hosts the sports-based quiz show. With team captains Frank Lampard and Bradley Walsh, and guests Jonathan Ross, Chris Kamara and Jack P. Shepherd.
00:25 Jackpot247
03:00 The Jeremy Kyle Show Jeremy Kyle deals with more dilemmas, fiery confrontations and topical issues in front of a studio audience.
03:55 ITV Nightscreen
05:05 ITV
20:30 Today at Wimbledon
Clare Balding presents the best of the action from the opening day of the 2018 Wimbledon Championships. 21:30 Versailles Sumptuous period drama depicting the decadent and turbulent early reign of the Sun King.
22:30 Newsnight
In-depth investigation and analysis of the stories behind the day’s headlines with Emily Maitlis.
23:15 Japan’s Secret Shame
The story of Shin’Itu, the woman who shocked Japan with a public allegation of rape in a country where sex crimes are rarely discussed.
00:15 Exposed: Northern Dreams, Failed Schemes - Panorama
Reporter Michelle Ackerley investigates why some Northern Powerhouse projects have failed and looks at the local developers and businesses that failed to deliver.
00:45 Countryfile
In West Sussex, Matt explores the phenomenon of ‘champing’ - where people pay to stay in churches - and Elle meets Maya Leonard, a self-proclaimed insect activist.
01:40 Back to the Land with Kate Humble
Kate visits the counties of Shropshire and Herefordshire. Arable farmer John and wife Julie made a chance decision to take on male billy goats and raise them for meat.
02:40 BBC Two
"All programme timings UK
06:00 Good Morning Sports Fans Bitesize
06:30 Good Morning Sports Fans Bitesize
07:00 Good Morning Sports Fans
08:00 Good Morning Sports Fans
08:30 My Icon
World heavyweight boxing champion Anthony Joshua discusses the individuals that have inspired him during his life and career.
08:40 Live: ANZ Premiership Netball
The Southern Steel take on the Central Pulse at the ILT Stadium Southland, Invercargill, in the ANZ Premiership.
10:15 My Icon
Former England cricket star and World Cup winner Ebony Rainford-Brent discusses the individuals that have inspired her in her life and career.
10:30 Sports News
All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.
11:00 Sky Sports News
12:00 Sky Sports News
13:00 Sky Sports News
14:00 Sky Sports News
15:00 Sky Sports News
16:00 Sky Sports News
17:00 Sky Sports News at 5
18:00 Sky Sports News at 6
19:00 Sky Sports Tonight
20:00 Sky Sports Tonight
21:00 Sky Sports Tonight
22:00 Sky Sports News at Ten
23:00 Sky Sports News
00:00 Sky Sports News
01:00 WWE Late Night Raw
04:15 WWE From the Vault
04:30 WWE From the Vault
04:45 WWE From the Vault
05:00 Sky Sports News
All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.

22:00 Live ESPN FC - Russia Tonight
A round up of the latest news from the 2018 World Cup in Russia.
23:30 The Gospel According to Mac
This 30 for 30 documentary explores the career and subsequent struggles of ex-golfer John Daly, who shocked the world by winning the PGA Championship in 1991. Part of the 30 for 30 series.
00:30 Nature Boy
To be the man, you gotta beat the man. And for one of wrestling’s most legendary performers, Ric Flair did whatever it took to be the man. A 30 for 30 documentary.
02:00 Hit It Hard
This documentary explores the career and subsequent struggles of ex-golfer John Daly, who shocked the world by winning the PGA Championship in 1991. Part of the 30 for 30 series.
03:00 The Birth of Big Air
This documentary, part of the acclaimed 30 for 30 series, profiles BMX star Mat Hoffman, a trailblazing biker who went pro at just 16 and helped build the sport of BMX Freestyle.
04:00 Doc & Darryl
Reunited at a Queens diner, ex-MLB stars Doc Gooden and Darryl Strawberry look back on the glory days of the mid 90s and their subsequent downturns. Part of the 30 for 30 series.
05:30 Manchester City Classics

All programme timings UK
06:00 Sky Sports News
Breaking news plus analysis and comment on the key sports stories of the day.
11:00 Wimbledon Extra
Further live action from Wimbledon, in addition to coverage on BBC One & Two - when available, otherwise headlines from Sky Sports News.
21:00 Sky Sports News
Breaking news plus analysis and comment on the key sports stories of the day.
**TUESDAY 3RD JULY**

**BBC ONE**

- **00:00 Good Morning Britain**
- **00:30 The Jeremy Kyle Show**
- **02:15 Hawaai Five-0**
- **03:00 The Middle**
- **03:30 The Big Bang Theory**
- **04:10 The Middle**
- **04:30 Young & Hungry**
- **05:00 Ozzy and Jack’s World Detour**
- **05:20 Dexter**
- **06:00 The Forces 500 Back-to-back Music!**
- **06:30 Police Interceptors**
- **07:00 Hogan’s Heroes**
- **07:30 Hogan’s Heroes**
- **08:00 Hogan’s Heroes**
- **08:30 Hogan’s Heroes**
- **09:00 Hogan’s Heroes**
- **09:30 Hogan’s Heroes**
- **10:00 Hogan’s Heroes**
- **10:30 Hogan’s Heroes**
- **11:00 Hogan’s Heroes**
- **11:30 Hogan’s Heroes**
- **12:00 I Dream of Jeannie**
- **12:30 I Dream of Jeannie**
- **13:00 Forces News**
- **13:30 The Forces Sports Show**
- **14:00 RAF100: Early Jets**
- **14:35 RAF100: Early Jets**
- **15:00 Shine on Harvey Moon**
- **16:10 Goodnight Sweetheart**
- **17:30 Forces News**
- **18:15 Forces News**
- **19:00 Forces News**
- **21:00 Forces News**
- **22:00 Forces News**
- **23:00 Forces News**

**ITV**

- **06:00 The Forces 500 Back-to-back Music!**
- **06:30 Police Interceptors**
- **07:00 Hogan’s Heroes**
- **07:30 Hogan’s Heroes**
- **08:00 Hogan’s Heroes**
- **08:30 Hogan’s Heroes**
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- **09:30 Hogan’s Heroes**
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- **17:30 Forces News**
- **18:15 Forces News**
- **19:00 Forces News**
- **21:00 Forces News**
- **22:00 Forces News**
- **23:00 Forces News**

**BFBS**

- **06:00 Good Morning Britain**
- **06:30 The Jeremy Kyle Show**
- **08:00 Hogan’s Heroes**
- **08:30 Hogan’s Heroes**
- **09:00 Hogan’s Heroes**
- **09:30 Hogan’s Heroes**
- **10:00 RAF100: Early Jets**
- **10:30 RAF100: Early Jets**
- **11:00 Hogan’s Heroes**
- **11:30 Hogan’s Heroes**
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- **19:00 Forces News**
- **21:00 Forces News**
- **22:00 Forces News**
- **23:00 Forces News**

**All programme timings UK**

- **00:00 Good Morning Britain**
- **00:30 The Jeremy Kyle Show**
- **02:15 Hawaai Five-0**
- **03:00 The Middle**
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- **19:00 Forces News**
- **21:00 Forces News**
- **22:00 Forces News**
- **23:00 Forces News**

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All programme timings UK

06:00 Good Morning Sports Fans Bitesize
06:30 Good Morning Sports Fans Bitesize
07:00 Good Morning Sports Fans
08:00 Good Morning Sports Fans
09:00 Good Morning Sports Fans
10:00 Sky Sports News
11:00 Sky Sports News
12:00 Sky Sports News
13:00 Sky Sports News
14:00 Sky Sports News
15:00 Sky Sports News
16:00 Sky Sports News
17:00 Live: International T20 Cricket England meet India in the first T20 in their series of three at Old Trafford. These sides have often been even in this format - in 11 matches, England have won six, India five.
21:00 Sky Sports Tonight Round-up of the day’s sporting news and comment plus extended interviews with the headline makers.
22:00 Sky Sports News at Ten Round-up of the day’s sporting news and interviews with the headline makers.
23:00 Sky Sports News All the day’s Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.
01:00 Sports News All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.
01:00 WWE Late Night Smackdown Tom Phillips, Corey Graves and Byron Saxton present Smackdown, featuring all your favourite WWE stars.
03:00 Sky Sports News All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.
04:00 Sky Sports News All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.
05:00 Sky Sports News All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.

All programme timings UK

06:00 FIH Hockey Champions Trophy
07:00 ESPN FC - Russia Tonight
07:30 Ipswich v Leeds United 1992/93
08:00 Classic Premier League
08:30 ESPN FC - Russia Tonight
09:00 Wimbledon v Crystal Palace 1992/93
09:30 Classic Premier League
10:00 Everton v Norwich 1993/94
10:30 Leeds United v Chelsea 1993/94
11:00 West Ham v West Ham 1993/94
11:30 Crystal Palace v Liverpool 1994/95
12:00 Sheffield Weds v Tottenham 1994/95
12:30 Nottingham Forest v QPR 1994/95
13:00 Tottenham v Newcastle 1994/95
13:30 Blackburn v Southampton 1994/95
14:00 Arsenal v Southampton 1995/96
14:30 Coventry City v Blackburn 1995/96
15:00 West Ham v Manchester City 1995/96
15:30 Arsenal v Chelsea 1996/97
16:00 Newcastle v Aston Villa 1996/97
16:30 Chelsea v Wimbledon 1996/97
17:00 Manchester United v Derby 1996/97
17:30 Blackburn v Man Utd 1996/97
18:00 Liverpool v Chelsea 1997/98
18:30 Bolton v Derby 1997/98
19:00 GC32 Racing Tour Sailing Action from the GC32 Racing Tour, a European yacht racing circuit sailed in state of the art foiling catamarans.
19:30 Toyota AFL Highlights Show The best of the latest action from the Australian Football League, featuring in-depth analysis and exclusive behind-the-scenes access.
20:00 Liverpool: Team of the Seventies
21:00 Liverpool: Team of the Seventies
22:00 ESPN FC - Russia Tonight
22:30 Premier League Tonight: Best of
23:00 MLB Action from Major League Baseball.
02:00 ESPN FC - Russia Tonight
02:30 Iron Man: The Sean Fallon Story
03:00 Mysteries on the Plains
04:00 Fishing: On The Bank
05:00 BT Sport Score: Best of
WEDNESDAY 4TH JULY

06:00 Breakfast
09:15 Right on the Money
10:00 Homes Under the Hammer
11:00 Caught Red Handed
11:30 Wimbledon 2018
13:00 BBC News at One
13:30 ITV Lunchtime News
13:55 Regional News and Weather
14:00 Judge Rinder's Crime Stories
15:00 Coronation Street
15:30 Tipping Point
17:00 The Chase
18:00 Regional News and Weather
18:30 ITV Evening News
19:00 Emmerdale
19:30 Coronation Street
20:00 Paul O’Grady: For the Love of Dogs
20:30 Barry Davies: The Man, the Voice, the Legend
21:00 Death in Paradise
21:30 The Street Food Servants
22:00 BBC News at Ten
22:30 BBC London News
22:45 Barry Davies: The Man, the Voice, the Legend
23:00 GOOD MORNING BRITAIN

All programme timings UK

09:50 The Seventies
10:40 Hunting Hitler
11:30 Combat Machines
12:20 Pawn Stars
12:45 Buffy the Vampire Slayer
13:30 The Big Bang Theory
13:55 The Middle
14:20 Young & Hungry
14:45 The Goldbergs
15:15 The 100% Drop
16:00 The Real Housewives of Cheshire
16:55 The Mentalist
17:40 Hollyoaks
18:05 Black-ish
18:30 Black-ish
18:55 Bake Off: The Professionals
19:45 Unreported World
20:15 The Good Doctor
21:00 Westword
22:00 Lee and Dean

22:00 Love Island: The Weekly Hot List
22:30 The Real Housewives of Cheshire
23:00 Forces News
00:30 Forces World
01:00 Warship
02:00 Top Guns
03:00 Forces News
03:30 Forces World
04:00 Shine on Harvey Moon
05:00 The Forces 500 Back-to-back Music!

06:00 The Forces 500 Back-to-back Music!
07:00 The Forces 500 Back-to-back Music!
07:45 Hogan’s Heroes
08:15 Hogan’s Heroes
08:50 Goodnight Sweetheart
09:30 Goodnight Sweetheart
10:00 RAF100: Early Jets
10:30 RAF100: Flying Boats
11:00 Hogan’s Heroes
11:30 Forces News
12:00 I Dream of Jeannie
12:30 I Dream of Jeannie
13:00 Forces News
13:30 The Aviators
14:00 RAF100: Early Jets
14:35 RAF100: Flying Boats
15:05 Shine on Harvey Moon
16:10 Goodnight Sweetheart
16:50 Goodnight Sweetheart
17:30 Forces News
18:00 Starsky and Hutch
19:00 I Dream of Jeannie
19:30 I Dream of Jeannie
20:00 Hogan’s Heroes
20:30 Hogan’s Heroes
21:00 Forces News
21:30 Forces World
22:00 Starsky and Hutch
23:00 Warship
00:00 Forces News
00:30 Forces World
01:00 Warship
02:00 Top Guns
03:00 Forces News
03:30 Forces World
04:00 Shine on Harvey Moon
05:00 The Forces 500 Back-to-back Music!

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The second round is underway.

Sue Barker introduces live action from SW19 on day three of the 2018 Wimbledon Championships.

Viper, a top female wrestler from Scotland, as documentary following Kimberly Benson, aka Clare Balding introduces highlights from the best of day three's action at the 2018 Wimbledon Championships.

Wimbledon 2018 WEDNESDAY 4TH JULY 02:15 BBC Two

matches of her career.

Darren Davis. While fishing, they discuss their humble beginnings in show business.

22:30 Playing For The Mob Goodfellas, helped fix college basketball games. This is a tale of greed, betrayal and reckoning. Part of the 30 for 30 series.

10:00 BBC Two

All programme timings UK

06:00 Good Morning Sports Fans Bitesize

A round-up of the sports news with live analysis and comment plus extended interviews with the headline makers.

06:30 Good Morning Sports Fans Bitesize

07:00 Good Morning 1 Sports Fans

08:00 Good Morning Sports Fans

08:30 My Icon

West Indian cricket legend Michael Holding discusses the individuals that have inspired him during his life and career.

08:40 Live: ANZ Premiership Netball

Northern Stars take on Waikato Bay of Plenty Magic at the Pulman Arena in the ANZ Premiership. Magic won 64-53 when the sides met earlier on in the season.

10:15 My Icon

England netball star Kadeen Corbin discusses the individuals that have inspired her during her career.

10:30 Sky Sports News

All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day's other sports news.

11:00 Sky Sports News

12:00 Sky Sports News

13:00 Sky Sports News

14:00 Sky Sports News

15:00 Sky Sports News

16:00 Sky Sports News

17:00 Sky Sports News

18:00 Sky Sports News

19:00 Sky Sports News

00:15 See Hear

The magazine for the deaf community.

00:45 Ambulance

Documentary series. A specialist paramedic crew is sent to a shooting, but on this shift apparently lower priority jobs prove just as troubling and more time consuming.

01:45 Fight Like a Girl

20:30 Today at Wimbledon

Clare Balding introduces highlights from the NatWest T20 Blast. Here, Nottinghamshire face Birmingham at Edgbaston in the final of this season.

Holders Nottinghamshire kick off their Vitality T20 Blast defence against Warwickshire at Trent Bridge. This is a repeat of last season's final.

21:45 Twenty20 NatWest Blast 2017 Relive some of the most exciting matches from the NatWest T20 Blast. Here, Nottinghamshire face Birmingham at Edgbaston in the final of the 2017 season.

22:00 Sky Sports News at Ten

23:00 Sky Sports News

00:00 Sky Sports News

01:00 Sky Sports News

02:00 Sky Sports News

03:00 Football Years

03:30 Live: MLS

05:35 One2Eleven

20:30 Today at Wimbledon

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23:00 Sky Sports News

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20:30 Today at Wimbledon

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21:45 Twenty20 NatWest Blast 2017 Relive some of the most exciting matches from the NatWest T20 Blast. Here, Nottinghamshire face Birmingham at Edgbaston in the final of the 2017 season.
THURSDAY 5TH JULY

All programme timings UK

06:00 Breakfast
09:15 Right on the Money
10:00 Homes Under the Hammer
11:00 Rip Off Britain: Holidays
11:45 Caught Red Handed
12:15 Bargain Hunt
13:00 BBC News at One
13:30 BBC London News
13:45 Wimbledon 2018
18:00 BBC News at Six
18:30 BBC London News
19:00 Fake Britain
19:30 EastEnders
20:00 BBC News at Ten
20:30 EastEnders
18:30 Fake Britain
19:00 Regional News and Weather
19:30 BBC London News
20:00 Regional News and Weather
20:30 ITV News at Ten
21:30 Regional News and Weather
22:00 Forces News
22:30 Forces News
23:00 Forces News
23:30 Forces News
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00:00 Forces News

All programme timings UK

06:00 Good Morning Britain
06:30 Lorraine
09:25 The Jeremy Kyle Show
10:30 This Morning
12:30 Loose Women
13:30 ITV Lunchtime News
13:55 Regional News and Weather
14:00 Judge Rinder’s Crime Stories

15:00 Tenable
16:00 Tipping Point
17:00 The Chase
18:00 Regional News and Weather
18:30 ITV Evening News
19:00 Emmerdale
19:30 Violent Britain: Drugs, Knives and Gangs:20:00 Emmerdale
20:30 Best Walks with a View with Julia Bradbury
Angletsey: The Coastal Walk. Series in which Julia Bradbury shares some of her favourite walks from around the UK.
21:00 Police Tapes
22:00 ITV News at Ten and Weather
23:00 Regional News and Weather
23:45 This Week
A political review of the week presented by Andrew Neil, with Michael Portillo and guests.
00:30 Teen Model Factory: Reggie Yates’ Extreme Russia
Reggie Yates visits Siberia to meet the young girls who are going to extreme lengths to attract the international scouts and make it as fashion models in the west.
01:30 Weather for the Week Ahead
01:35 BBC News

All programme timings UK

09:50 Best Laid Plans
10:40 Paddington Station 24/7
11:30 Find It, Fix It, Flog It
12:15 Shortlist
12:20 Pawn Stars
12:45 Buffy the Vampire Slayer
13:30 The Big Bang Theory
13:55 The Middle
14:20 Young & Hungry
14:45 Modern Family
15:10 The 100k Drop
16:00 Supershoppers
16:50 Marvel’s Agents of S.H.I.E.L.D.
17:35 Shortlist
17:40 Hollyoaks
18:05 The Simpsons
18:55 Tricks of the Restaurant Trade
19:20 Get a Holiday Body; Lose a Stone in Four Weeks
20:10 Shortlist
20:15 MacGyver
21:00 Anon
22:40 Love Island
23:30 Love Island: Aftersun
00:20 Family Guy
00:50 High Maintenance
01:15 Tin Star
02:10 Hawaii Five-0
02:50 Shortlist
03:55 Buffy the Vampire Slayer
04:15 The Big Bang Theory
04:50 Archie's Jughead
05:45 Best Laid Plans
05:45 Paddington Station 24/7
06:35 Find It, Fix It, Flog It
07:20 Shortlist
07:25 Pawn Stars
07:50 Buffy the Vampire Slayer
08:45 The Big Bang Theory
09:05 The Middle

Valentine’s Day IV - Comedy series about a middle-class family. Axl launches a new venture that helps lazy guys break with girls. Mike writes a romantic text message for Frankie.

All programme timings UK

06:00 The Forces 500 Back-to-back Music!
07:00 The Forces 500 Back-to-back Music!
07:45 Hogan’s Heroes
08:15 Hogan’s Heroes
08:50 Goodnight Sweetheart
09:25 Goodnight Sweetheart
10:00 RAF100: Flying Boats
10:30 RAF100: Flying Boats
11:00 Hogan’s Heroes
11:30 Hogan’s Heroes
12:00 I Dream of Jeannie
12:30 I Dream of Jeannie
13:00 Forces News
13:30 Forces World
14:00 RAF100: Flying Boats
14:35 RAF100: Flying Boats
15:05 Shine on Harvey Moon
16:10 Goodnight Sweetheart
16:50 Goodnight Sweetheart
17:30 Forces News
18:00 Starsky and Hutch
19:00 I Dream of Jeannie
19:30 I Dream of Jeannie
20:00 Hogan’s Heroes
20:30 Hogan’s Heroes
21:00 Forces News
21:30 RATED: Games and Movies
22:00 Starsky and Hutch
23:00 Knight Rider
00:00 The Forces 500 Back-to-back Music!
00:30 RATED: Games and Movies
01:00 Starsky and Hutch
02:00 Top Guns
03:00 Forces News
03:30 RATED: Games and Movies
04:00 Shine on Harvey Moon
05:00 The Forces 500 Back-to-back Music!

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THURSDAY 5TH JULY
11:30 Wimbledon 2018
Sue Barker presents live coverage as day three of the 2018 Wimbledon Championship gets underway at the All England Club. The second-round stage concludes.

20:30 Today at Wimbledon
Clare Balding and guests review the key talking points and moments as the second round concludes at the All England Club.

21:30 RHS: Hampton Court Flower Show
22:00 Mock the Week
02:15 The Truth about Carbs
Dr Xand van Tulleken investigates whether claims about negative effects of carbohydrates are true.

00:15 Grammar Schools: Who Will Get In?
The selection test impacts on education. The first episode follows children from Upland Primary School as they prepare to take the test.

01:15 The Guru of Go
This documentary traces Paul Westhead’s career from NBA champion to coach of Loyola Marymount.

03:00 The Age of 27
This film tells the story of Casey Stoner.

04:30 In Depth with Graham Bensinger

02:00 Sky Sports News
All programme timings UK
06:00 Good Morning Sports Fans Bitesize
A round-up of the sports news with live analysis and extended interviews with the headline makers.

06:30 Good Morning Sports Fans Bitesize
07:00 Good Morning Sports Fans
08:00 Good Morning Sports Fans
09:00 Good Morning Sports Fans
10:00 Sky Sports News
10:30 Live: European Tour Golf
Day one of the Dubai Duty Free Irish Open Hosted By The Rory Foundation from Ballyliffin Golf Club. Jon Rahm was the winner of this event last year.

18:00 Live: T20 Blast
Middlesex host Surrey at Lord’s in the opening week of the Vitality T20 Blast. A big rivalry, Middlesex won by one wicket when the sides met here last season.

19:30 Super League Rugby
Huddersfield Giants v Hull FC.

18:00 UEFA Champions League Classics
16:30 Real Madrid v Valencia 1999/00
17:00 UEFA Champions League Classics
19:30 Real Madrid v Leverkusen 2001/02
18:00 UEFA Champions League Classics
19:30 UEFA Champions League Classics
19:00 AC Milan v Liverpool 2004/05
19:30 Barcelona v Arsenal 2005/06
20:00 Golazzo: The Football Italia Story
This BT Sport Films documentary, presented by James Richardson, explores the surge in popularity Italian football enjoyed in the UK in: the years that followed the 1990 World Cup.

21:15 BT Sport Reload
21:30 Premier League Tonight: Best of
22:00 Live ESPN FC - Russia Tonight
A round up of the latest news from the 2018 World Cup in Russia.

22:00 The Guru of Go
This BT Sport Films documentary traces Paul Westhead’s career from NBA champion to coach of Loyola Marymount where his style of play earned him national recognition. Part of the 30 for 30 series.

00:00 Live Major League Baseball
00:45 Underworld: Blood Wars
01:15 12 Rounds
10:00 12 Rounds
12:00 Kong: Skull Island
14:15 Underworld: Blood Wars
16:00 Death Race
18:00 12 Rounds
20:00 Kong: Skull Island
22:00 Underworld: Blood Wars
23:45 Death Race
01:45 Keau
03:30 Broken Arrow
09:30 Anon: Special
FRIDAY 6TH JULY

06:00 Breakfast
09:15 Right on the Money
10:00 Homes Under the Hammer
11:00 Rip Off Britain: Holidays
11:45 Caught Red Handed
12:15 Bargain Hunt
13:00 BBC News at One
13:30 BBC London News
13:45 Wimbledon 2018
18:00 BBC News at Six
18:15 BBC London News
18:30 MOTD Live
21:15 EastEnders
21:45 Our Friend Victoria
22:15 BBC News at Ten
22:25 BBC London News
22:35 BBC News at Ten
22:40 Regional News and Weather
22:47 BBC Weather
22:50 Room 101 Extra Storage
22:55 Radio 1 Breakfast
23:30 Live at the Apollo
23:55 Shortlist
00:05 MOTD: World Cup Replay
06:00 The Forces 500 Back-to-back Music!
07:00 The Forces 500 Back-to-back Music!
08:15 Hogan’s Heroes
09:00 Hogan’s Heroes
09:45 Goodnight Sweetheart
10:00 RAF100: Spitfire Voices
11:00 Hogan’s Heroes
11:30 Hogan’s Heroes
12:00 I Dream of Jeannie
12:30 I Dream of Jeannie
13:00 Forces News
13:30 RATED: Games and Movies
14:00 RAF100: Spitfire Voices
15:05 Shine on Harvey Moon
16:10 Goodnight Sweetheart
16:50 Goodnight Sweetheart
17:30 Forces News
18:00 Starsky and Hutch
19:00 I Dream of Jeannie
19:30 I Dream of Jeannie
20:00 Hogan’s Heroes
20:30 Hogan’s Heroes
21:00 Forces News
21:30 Tech Effect
22:00 Starsky and Hutch
23:00 Knight Rider
00:00 Top Guns
01:00 Starsky and Hutch
02:00 Top Guns
03:00 Forces News
03:30 Forces World
04:00 Shine on Harvey Moon
05:00 The Forces 500 Back-to-back Music!

All programme timings UK
09:50 Project Impossible
10:40 How to Get Fit Fast
11:30 My Floating Home
12:15 Shortlist
12:20 Pawn Stars
12:45 Buffy the Vampire Slayer
13:30 The Big Bang Theory
13:55 The Middle
14:20 Young & Hungry
14:45 Goodnight Sweetheart
15:10 The 100K Drop
16:00 Psych
16:50 Elementary
17:35 Shortlist
17:40 Hollyoaks
18:05 Young Sheldon
18:30 Young Sheldon
18:50 Pets Make You Laugh Out Loud
19:35 Duck Quacks Don’t Echo
20:20 Shortlist
20:25 Scorpion
21:10 Friday Night Dinner
21:35 The Last Leg
22:30 Love Island
23:20 Zombieland
00:40 Empire
01:25 Two and a Half Men
01:50 Two and a Half Men
02:10 Hawaii Five-0
02:50 Shortlist
02:55 Buffy the Vampire Slayer
03:45 The Big Bang Theory
04:05 The Middle
04:30 Young & Hungry
Young & Younger Brother, Part 2 - US sitcom.
Gabi is excited when Jake buys her a food truck.

It is the day of Shakil’s funeral, and everyone prepares themselves for the emotional day ahead.

Series celebrating the comedy of Victoria Wood. Michael Ball presents the third installment, which looks at Victoria’s refreshingly candid views on sex and relationships.

Compiled series featuring clips of things going wrong on a (not so) relaxing holiday. To retrieve his stolen camel train, Max enters the savage precincts of Bartertown where he is forced to fight for his possessions. Banished to the desert after breaking the only rule of the city, he is rescued by a tribe of feral children who see him as a prophesied saviour.

Another chance to see a quarter-final match from the 2018 World Cup.

All channels provided via BFBS TV. For technical help Email servicedesk@bfbs.com
FRIDAY 6TH JULY
11:30 Wimbledon 2018
Sue Barker presents live coverage from the fifth day of the 2018 Wimbledon Championships from the All England Club. The third round gets underway.

20:30 Today at Wimbledon
Clare Balding presents highlights from the best of day five’s action at the 2018 Wimbledon Championships.

21:30 RHS: Hampton Court Flower Show
22:30 Newsnight
In-depth investigation and analysis of the stories behind the day’s headlines with Evan Davis.

23:05 Romper Stomper
Drama series.

23:55 Romper Stomper
Drama series. Antifasc set out to ambush a Patriot Blue funeral.

00:15 The Trouble With Women with Anne Robinson
Anne Robinson meets women from across the UK to find out what is still preventing them from achieving equality and what they are doing to fight back.

01:50 The Richard Dimbleby Lecture
Award-winning writer and author Jeanette Winterson delivers the 2018 Richard Dimbleby Lecture, examining both the contemporary and historical fight for the equality of women.

02:35 BBC Two

All programme timings UK
06:00 Good Morning Sports Fans Bitesize
06:30 Good Morning Sports Fans Bitesize
07:00 Good Morning Sports Fans
08:00 Good Morning Sports Fans
09:00 Good Morning Sports Fans
09:30 British F1 GP: Paddock Uncut
All the latest from the Formula 1 paddock ahead of the British Grand Prix at Silverstone.

09:45 Live: British F1 GP Practice 1
The opening practice session from the British Grand Prix at Silverstone. Mercedes’ Valtteri Bottas was fastest in this session last year.

11:55 Live: European Tour Golf
Day two of the Dubai Duty Free Irish Open Hosted By The Rory Foundation from Ballyliffin Golf Club. Rory McIlroy was the winner of this event back in 2016.

17:00:13:30 RHS: Hampton Court Flower Show
England take on India in the second T20 in their series at Sophia Gardens in Cardiff. After this, the sides move to the final match in Bristol.

21:00 Live: PGA Tour Golf
Day two of the Greenbrier Classic at The Old White TPC from White Sulphur Springs in West Virginia. Xander Schauffele is the tournament’s reigning champion.

21:30 The Trouble With Women with Anne Robinson
Day two of the Dubai Duty Free Irish Open Hosted By The Rory Foundation from Ballyliffin Golf Club. Rory McIlroy was the winner of this event back in 2016.

00:30 Sporting Triumphs
A look back at some of sport’s greatest triumphs. Golfer Ian Poulter relives the ‘Miracle of Medinah’ when Europe’s Ryder Cup team claimed victory over the Americans in 2012.

00:45 Sporting Triumphs
01:00 Sky Sports News
02:00 Sky Sports News
03:00 Sky Sports News
04:00 Sky Sports News
05:00 Sky Sports News
All the news from the Premier League and beyond. Plus, a comprehensive round-up of the day’s other sports news.