

EAST SHORES SCREEN TV GUIDE |25TH OF MARCH - 31ST OF MARCH

MONDAY TO FRIDAY

7:30AM-9:00AM	Sunrise 7 Rockhampton	
9:00AM-9:30AM	GPC Community Content	
9:30AM - 11:00AM	Kids Shows ABC Kids	
11:00AM-11:30AM	GPC Community Content	
11:30AM-1:30PM	Kids Shows ABC Me	
1:30PM-2:00PM	GPC Community Content	
2:00PM-4:00PM	Kids Shows ABC Kids	
4:00PM-5:00PM	Seven News 7 Rockhampton	
5:00PM-5:30PM	GPC Community Content	
5:30PM-6:00PM	Kids Shows ABC Kids	
6:00PM-7:00PM	Seven News 7 Rockhampton	

SPECIAL EVENTS

FRIDAY

10:00am - 12:00pm	Gladstone Ports Corporation 76th Brisbane to Gladstone Yacht Race Livestream
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EVENING PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY
7:00PM-9:00PM	The Project > I'm a Celebrity....Get me out of Here! > FBI Channel 10	The Project > I'm a Celebrity....Get me out of Here! Channel 10	Home and Away > The 1% Club 7 Rockhampton
9:00PM - 10:00PM	FBI Channel 10	NCIS Channel 10	The Front Bar > Unbelievable Moments Caught on Camera 7 Rockhampton
	THURSDAY	FRIDAY	
7:00PM-8:30PM	NRL Thursday Night Footy: Roosters V Panthers 9HD	NRL Friday Night Footy: Roosters V Panthers 9HD	
8:30PM - 10:00PM	9 News Late 9HD	Golden Point 9HD	
	SATURDAY	SUNDAY	
7:30AM-12:00PM	Sunrise 7 Rockhampton	Sunrise 7 Rockhampton	
12:00PM-1:00PM	GPC Community Content	GPC Community Content	
1:00PM-5:00PM	Ageless > Living on Coast > The Pet Rescuers > Drive TV > Renovate and Rebuild 9HD	Drive Tv > NRL Sunday Footy: Warrior V Nights 9HD	
5:00PM-7:30PM	Seven News > Creek to Coast 7 Rockhampton	9 News > Married at First Sight 9HD	
7:30PM - 10:00PM	AFL Round 3: PA v MEL 7 Rockhampton	60 Minutes 9HD	