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7:30 am to 9:00 am		Sunrise 7 ROCKHAMPTON	7:30 am to 9:00 am		Sunrise 7 ROCKHAMPTON	7:30 am to 9:00 am		Sunrise 7 ROCKHAMPTON	7:30 am to 12:00 pm		Sunrise > Morning Show 7 ROCKHAMPTON
9:00 am to 9:30 am		GPC Community Content	9:00 am to 9:30 am		GPC Community Content	9:00 am to 9:30 am		GPC Community Content	12:00 pm to 12:30 pm		GPC Community Content
9:30 am to 11:00 am		Kids Shows ABC Kids	9:30 am to 11:00 am		Kids Shows ABC Kids	9:30 am to 11:00 am		Kids Shows ABC Kids	12:30 pm to 5:00 pm		NRL Women's Premiership > NRL Finals 9HD
11:00 am to 11:30 am		GPC Community Content	11:00 am to 11:30 am		GPC Community Content	11:00 am to 11:30 am		GPC Community Content	5:30 pm to 10:00pm		NRL Finals 9HD
11:30 am to 1:30 pm		Kids Shows ABC Kids	11:30 am to 1:30 pm		Kids Shows ABC Kids	11:30 am to 1:30 pm		Kids Shows ABC Kids			
1:30 pm to 2:00 pm		GPC Community Content	1:30 pm to 2:00 pm		GPC Community Content	1:30 pm to 2:00 pm		GPC Community Content			
2:00 pm to 4:00 pm		Kids Shows ABC Kids	2:00 pm to 4:00 pm		Kids Shows ABC Kids	2:00 pm to 6:00 pm		Kids Shows ABC Kids	Sunday		
4:00 pm to 5:00 pm		Seven News 7 ROCKHAMPTON	4:00 pm to 5:00 pm		Seven News 7 ROCKHAMPTON	6:00 pm to 7:00 pm		Seven News 7 ROCKHAMPTON			
5:00 pm to 5:30 pm		GPC Community Content	5:00 pm to 5:30 pm		GPC Community Content	7:00 pm to 10:00 pm		A Current Affair > NRL Finals 9HD	7:30 am to 12:00 pm		Sunrise > Morning Show 7 ROCKHAMPTON
5:30 pm to 6:00 pm		Kids Shows ABC Kids	5:30 pm to 6:00 pm		Kids Shows ABC Kids				12:00 pm to 12:30 pm		GPC Community Content
6:00 pm to 7:00 pm		6pm News 7 ROCKHAMPTON	6:00 pm to 7:00 pm		6pm News 7 ROCKHAMPTON				12:30 pm to 5:00 pm		NRL Women's Premiership > NRL Finals 9HD
7:00 pm to 10:00 pm		Prime Time Content 9HD	7:00 pm to 10:00 pm		Prime Time Content 9HD				5:00 pm to 10:00 pm		NRL Finals > Prime Time Content 9HD

Disclaimer: Programs, channels, and screen schedules may change without notice. This timetable is updated weekly and may not reflect the latest changes.