TLC Sample week Jan 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
12:00				12:05, Curvy Brides Boutique, ,				12:00
12:15								12:15
12:30	12:30, Lost In Transition, ,	12:30, My 600-Lb Life, ,	12:30, My 600-Lb Life, ,	12:30, My 600-Lb Life, ,	12:30, My 600-Lb Life, ,	12:30, My 600-Lb Life, ,	12:30, My 600-Lb Life: Where Are They Now?, ,	12:30
12:45								12:45
13:00								13:00
13:15	13:20, Dr. Pimple Popper, ,	13:20, Long Island Medium, ,	13:20, Long Island Medium, ,	13:20, Long Island Medium, ,	13:20, Long Island Medium, ,	13:20, Long Island Medium, ,		13:15
13:30								13:30
13:45		13:45, Long Island Medium, ,	13:45, Long Island Medium, ,	13:45, Long Island Medium, ,	13:45, Long Island Medium, ,	13:45, Long Island Medium, ,		13:45
14:00	14:10, My 600-Lb Life, ,	14:10, The Little Couple, ,	14:10, The Little Couple, ,	14:10, The Little Couple, ,	14:10, The Little Couple, ,	14:10, The Little Couple, ,	14:10, Body Bizarre, ,	14:00
14:15								14:15
14:30		14:35, The Little Couple, ,	14:35, The Little Couple, ,		14:35, The Little Couple, ,	14:35, The Little Couple, ,		14:30
14:45								14:45
15:00	15:00, My 600-Lb Life, ,	15:00, Nightmare Next Door, ,	15:00, Nightmare Next Door, ,	15:00, Nightmare Next Door, ,	15:00, Nightmare Next Door, ,	15:00, Nightmare Next Door, ,	15:00, UK: Say Yes To The Dress, ,	15:00
15:15							15:25, UK: Say Yes To The Dress, ,	15:15
15:30								15:30
15:45		15:50, Say Yes To The Dress, ,	15:50, Say Yes To The Dress, ,	15:50, Say Yes To The Dress, ,	15:50, Say Yes To The Dress, ,	15:50, Say Yes To The Dress, ,	15:50, Australia: Say Yes To The Dress, ,	15:45
16:00								16:00
16:15		16:15, Say Yes To The Dress, ,	16:15, Say Yes To The Dress, ,	16:15, Say Yes To The Dress, ,	16:15, Say Yes To The Dress, ,	16:15, Say Yes To The Dress, ,	16:15, Australia: Say Yes To The Dress, ,	16:15
16:30								16:30
16:45	16:45, My 600-Lb Life, ,	16:45, Sister Wives, ,	16:45, Sister Wives, ,	16:45, Sister Wives, ,	16:45, Sister Wives, ,	16:45, Sister Wives, ,	16:45, Australia: Say Yes To The Dress, ,	16:45
17:00							17:10, Australia: Say Yes To The Dress, ,	17:00
17:15								17:15
17:30		17:40, Little People, Big World, ,	17:40, Dr. Pimple Popper, ,	17:40, Little People, Big World, ,	17:40, Curvy Brides Boutique, ,	17:40, Counting On, ,	17:40, Australia: Say Yes To The Dress, ,	17:30
17:45								17:45
18:00					18:05, Curvy Brides Boutique, ,		18:05, Australia: Say Yes To The Dress, ,	18:00
18:15								18:15
18:30	18:35, 90 Day Fiance: Before The 90 Days, ,	18:35, Say Yes To The Dress, ,	18:35, Say Yes To The Dress, ,	18:35, Say Yes To The Dress, ,	18:35, Say Yes To The Dress, ,	18:35, Say Yes To The Dress, ,	18:35, Extreme Couponing, ,	18:30
18:45								18:45
19:00		19:00, Say Yes To The Dress, ,	19:00, Say Yes To The Dress, ,	19:00, Say Yes To The Dress, ,	19:00, Say Yes To The Dress, ,	19:00, Say Yes To The Dress, ,	19:00, Extreme Couponing, ,	19:00
19:15								19:15
19:30		19:30, Dr. Pimple Popper, ,	19:30, Skin Tight, ,	19:30, Canada: Say Yes To The Dress, ,	19:30, Little People, Big World, ,	19:30, Dr. Pimple Popper, ,	19:30, Home Alone, ,	19:30
19:45								19:45
20:00				20:00, Say Yes To The Dress: Big Bliss, ,				20:00
20:15								20:15
20:30	20:30, 90 Day Fiance: Before The 90 Days, ,	20:30, Dr. Pimple Popper, ,	20:30, My 600-Lb Life: Where Are They Now?, ,	20:30, Curvy Brides Boutique, ,	20:30, Little People, Big World, ,	20:30, My 600-Lb Life, ,	20:30, The Perfect Suspect, ,	20:30
20:45				20:55, Curvy Brides Boutique, ,				20:45
21:00								21:00
21:15		21:25, Lost In Transition, ,		21:25, Say Yes To The Dress: Bridesmaids, ,	21:25, Counting On, ,	21:25, Body Bizarre, ,	21:25, Paranormal Lockdown UK, ,	21:15
21:30								21:30
21:45				21:50, Say Yes To The Dress: Bridesmaids, ,				21:45
22:00								22:00
22:15	22:15, Skin Tight, ,	22:15, My 600-Lb Life, ,	22:15, My 600-Lb Life, ,	22:15, My 600-Lb Life, ,	22:15, My 600-Lb Life, ,	22:15, My 600-Lb Life, ,	22:15, Beauty Queen Murders, ,	22:15
22:30								22:30
22:45								22:45
23:00	23:05, Ghost Asylum, ,	23:05, Ghost Asylum, ,	23:05, Ghost Asylum, ,	23:05, Ghost Asylum, ,	23:05, Ghost Asylum, ,	23:05, Ghost Asylum, ,	23:05, Ghost Asylum, ,	23:00
23:15								23:15
23:30								23:30
23:45	23:55, Body Bizarre, ,	23:55, The Little Couple, ,	23:55, The Little Couple, ,	23:55, The Little Couple, ,	23:55, The Little Couple, ,	23:55, The Little Couple, ,	23:55, Extreme Couponing, ,	23:45
24:00								24:00