## what's on this week?

OPT, FILM & FOOT

12noon

2pm

4pm

6pm

8pm

**10pm** 

**Mon 29** Sep

**Tue 30** Sep

Wed 1 Oct

Thur 2 Oct

> Fri 3 Oct

**GET READY** 

eye on-screen for centre info and entertainment!

Sat 4 Oct

**Football Focus** 12noon - 12.45pm

**ITV Racing: Live from Ascot** 1pm - 4pm

**Final Score** 4.30pm -5:15pm

**Live Rugby League: Hull Kingston Rovers v TBC** 5:15pm - 7:40pm

Sun 5 Oct

Live EFL: **Ipswich town v Norwich City** 12pm - 2:15pm

Live NFL: Cleveland Browns v Minnesota Vikings 2:15pm - 5:30p

**Formula 1: Singapore Grand Prix Highlights** 5:30pm - 8pm

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