

SBC1 TV PROGRAMME SCHEDULE		
FRIDAY 21ST MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
08:00	Treble Chance 75 (Rpt)	
08:08	Little People	Ep 5/6
08:34	Bob the Builder	Ep 29/30
08:58	Series: Grandpa in my Pocket	Ep 29/30
09:28	Entertainment: Steven and Chris	
10:12	Doc: Suddenly I was Deaf	
10:40	Magazine: Exploration Planete	Ep 7
11:07	Magazine: How Do They Do It	Ep 30
11:34	Magazine: Treasures of the World	
12:00	Magazine: In Good Shape	
12:30	Nouvel	
13:00	Series: A Love To Last	Ep 35
13:50	Doc: Tablets for Depression	
14:35	Series: The Athena	Ep 20
15:02	Cartoon Time	
17:12	Series: Swashbuckle	S2Ep07
17:42	Kids Fitness With Emma	Ep13
18:00	Flash d'Informations	
18:05	Topik konversasyon 2025	
19:00	News Headlines	
19:10	Lakwizin	Ep 20
19:40	Short Magazine	
20:00	Nouvel+Sport	
21:00	Game Show: Bridge of Lies	Ep 3
21:46	Série: OPJ: Pacifique-Sud	Ep 14
22:37	Series: Frankie Drake Mysteries	Ep 15
23:25	BBC World News	

SBC1 TV PROGRAMME SCHEDULE		
SATURDAY 22ND MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
08:00	Aerobingo Draw (Rpt)	
08:08	Bonzour Sesel	
10:17	Enchanted Tales	
11:08	Series: Backstage	S02Ep06
11:31	Magazine: Rev	
11:58	Series: Junior Bake Off	S07Ep13
12:44	Series: Make it or Break it	Ep 10
13:28	Series: Heidi Welcome Home	Ep 23
14:11	Series: Poh's Kitchen Secrets	Ep 6
14:38	Series: Doc Martin	Ep 10
15:26	Entertainment: Europe in Concert	
16:10	Series: The Ideal City	Ep 6
16:56	Series: Itch	Ep 3
17:23	Series: Forever My Love	Ep 12
18:10	Doc: The Tipping Points	Ep 2
19:05	Entertainment: Carrie Underwood - Country Idol	
20:00	Nouvel+Sport	
21:00	Series: Seal Team	S04Ep08
21:45	Movie: Love in the Maldives	
23:10	BBC World News	

SBC1 TV PROGRAMME SCHEDULE		
SUNDAY 23RD MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
07:00	Senm Laglwar	

08:00	Cartoon Time	
10:12	Enchanted Tales	
11:23	Series: Maggie & Bianca	Ep 58
11:49	Series: Mystic	Ep 14
12:18	Series: Born to Spy	Ep 3
12:45	Comedy: The Neighborhood	Ep 13
13:09	Series: Without You	Ep 68
14:00	Show: Sware Bar Plezir	
16:01	Series: My Perfect Landing	Ep 9
16:25	Movie: Hunt For The Wilderpeople	
18:10	Series: Reef Doctors	Ep 2
19:00	Series: Going Home	Ep 3
20:00	Nouvel+Sport	
21:00	Telenovela: Sweet Diva	Ep 5 of 64
22:34	Comedy: Bad Move	Ep 4
23:00	BBC World News	

SBC1 TV PROGRAMME SCHEDULE		
MONDAY 24TH MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
08:00	Little People	Ep 7/8
08:26	Bob the Builder	Ep 31/32
08:50	Series: Grandpa in my Pocket	Ep 31/32
09:20	Entertainment: Steven and Chris	
10:04	Comedy: Reed Between the Lines	Ep 2
10:26	Series: Great Chefs	Ep 19
10:49	Magazine: Close up	
11:18	Collection Thalassa	Ep 46
11:45	Magazine: Healthy Living	

12:01	Magazine: In Good Shape	
12:30	Nouvel	
13:00	Series: A Love To Last	Ep 36
13:50	Doc: The Dirty Business of Beauty	
14:35	Magazine: Tomorrow Today	
15:02	Cartoon Time	
17:15	Series: Popularity Papers	Ep 7
17:45	Kids Fitness With Emma	Ep14
18:00	Flash d'Informations	
18:05	Topik konversasyon 2025	
19:00	News Headlines	
19:10	La Francophonie en Musique- Norlis Rose	
20:00	Nouvel+Sport	
21:00	Tête à tête	Ep 10
21:30	Series: The River	Ep 146
22:15	Series: In The Dark	Ep 11
23:00	BBC World News	

SBC1 TV PROGRAMME SCHEDULE		
TUESDAY 25TH MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
08:00	Little People	Ep 9/10
08:26	Bob the Builder	Ep 33/34
08:50	Series: Grandpa in my Pocket	Ep 33/34
09:20	Entertainment: Steven and Chris	
10:04	Magazine: Euromaxx	
10:33	Fitness Zone Plus	Ep 3
10:58	Series: What's really in our food	Ep 10
11:23	Magazine: VOA Connect	Ep 40

11:46	Magazine: Healthy Living	
12:01	Magazine: In Good Shape	
12:30	Nouvel	
13:00	Series: A Love To Last	Ep 37
13:50	Doc: State Capture	
14:35	Series: Bushwhacked	S02Ep10
15:06	Series: The Other Kingdom	Ep 15
15:30	Cartoon Time	
17:31	Series: Mr Bloom's Nursery	Ep 19
18:00	Flash d'Informations	
18:05	Topik konversasyon 2025	
19:00	News Headlines	
19:10	La Francophonie en Musique- Denise Cecile	
20:00	Nouvel+Sport	
21:00	Comedy: The Neighborhood	Ep 47
21:25	Téléfilm: Inès et Yvan	
23:00	BBC World News	

SBC1 TV PROGRAMME SCHEDULE		
WEDNESDAY 26TH MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
08:00	Little People	Ep 11/12
08:26	Bob the Builder	Ep 35/36
08:50	Series: Grandpa in my Pocket	Ep 35/36
09:20	Entertainment: Steven and Chris	
10:04	Magazine: Eco India	
10:31	Magazine: Vanishing Food	Ep 5
10:55	Magazine: Global Us	
11:23	Comedy: House of Payne	Ep 56

11:45	Magazine: Healthy Living	
12:00	Magazine: Initiative Africa	Ep 24
12:30	Nouvel	
13:00	Series: A Love To Last	Ep 38
13:50	Doc: Nollywood	
14:35	Series: The Athena	Ep 21
15:02	Cartoon Time	
17:15	Series: Popularity Papers	Ep 8
17:45	Kids Fitness With Emma	Ep 15
18:00	Flash d'Informations	
18:05	Topik konversasyon 2025	
19:00	News Headlines	
19:10	La Francophonie en Musique- Andy Wirtz	
20:00	Nouvel+Sport	
21:00	Magazin Sport	Ep 1
21:46	Series: The Split	S3Ep04
22:33	Series: CSI: Cyber	Ep 9
23:15	BBC World News	

SBC1 TV PROGRAMME SCHEDULE		
THURSDAY 27TH MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
08:00	Bonanza Draw (rpt)	
08:08	Little People	Ep13/14
08:34	Bob the Builder	Ep 37/38
08:58	Series: Grandpa in my Pocket	Ep 37/38
09:28	Entertainment: Steven and Chris	
10:10	Doc: Penthouse of Hovel - Living on a roof	
10:38	Fitness Zone Plus	Ep 4

10:56	Magazine: Innovation Nation	Ep 12
11:18	Magazine: Espace Francophone	
11:45	Magazine: Healthy Living	
12:00	Magazine: In Good Shape	
12:30	Nouvel	
13:00	Series: A Love To Last	Ep 39
13:50	Doc: The business of poverty	
14:35	Series: Bushwhacked	S02Ep11
15:06	Series: The Other Kingdom	Ep 16
15:30	Cartoon Time	
17:31	Magazine: Eco Africa	
18:00	Flash d'Informations	
18:05	Topik konversasyon 2025	
19:00	News Headlines	
19:10	Rekolt	Ep 1
19:40	Short Magazine	
20:00	Nouvel+Sport	
21:00	Telenovela: Sweet Diva	Ep 6 of 64
22:34	Series: Billions	S07Ep07
23:30	BBC World News	

SBC1 TV PROGRAMME SCHEDULE		
FRIDAY 28TH MARCH 2025		
Start Time	Programme Title	Episode Title
06:00	Bonzour Sesel	
08:00	Treble Chance 75 (Rpt)	
08:08	Little People	Ep 15/16
08:34	Bob the Builder	Ep 39/40
08:58	Series: Grandpa in my Pocket	Ep 39/40
09:28	Entertainment: Steven and Chris	

10:12	Doc: Madam Chutney and Taste of Freedom	
10:40	Magazine: Exploration Planete	Ep 8
11:07	Magazine: How Do They Do It	Ep 1
11:32	Magazine: Treasures of the World	
12:00	Magazine: In Good Shape	
12:30	Nouvel	
13:00	Series: A Love To Last	Ep 40
13:50	Doc: The Satoshi Mystery- The Story of Bitcoin	
14:35	Series: The Athena	Ep 22
15:02	Cartoon Time	
17:15	Series: Swashbuckle	S2Ep08
17:45	Kids Fitness With Emma	Ep 16
18:00	Flash d'Informations	
18:05	Topik konversasyon 2025	
19:00	News Headlines	
19:10	Lakwizin	Ep 21
19:40	Short Magazine	
20:00	Nouvel+Sport	
21:00	Game Show: Bridge of Lies	Ep 4
21:47	Série: OPJ: Pacifique-Sud	Ep 15
22:36	Series: Frankie Drake Mysteries	Ep 16
23:25	BBC World News	