



Jan. 20, 2022

“Fight or Flight” – Officers John Nolan and Lucy Chen must fulfill three quests if they want to get a stolen police helicopter back safely from a teenage thief. Meanwhile, Officer Nyla Harper and Aaron Thorson must guard a convicted cop killer in the hospital following a prison riot on an all-new episode of “The Rookie,” **SUNDAY, JAN. 30** (10:00-11:00 p.m. EST), on ABC. (TV-14, L) Watch episodes on demand and on [Hulu](https://www.hulu.com) the day following their premieres.

Guest starring is Tru Valentino as Aaron Thorson, Arjay Smith as James Murray and Jay Hunter as Officer Gil Webb.

“Fight or Flight” was written by Brynn Malone and directed by Lanre Olabisi.

-- ABC --