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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly celebration of Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Turning Point With David Jeremiah** | CC | PG Mature Themes |  | | When we are overwhelmed and we have no strength within ourselves, we have the tools to overcome whatever trial or disappointment comes our way. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **459 - Win The Battle Over Hopelessness** | | Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G |  | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Luca's Key Ingredient** (Rpt) | CC | G |  | | Today's episode is an amazing cheese journey with Luca Ciana, focussing on the key ingredient of buffalo cheese. From snacks to mains and desserts, this cheesy episode has something for everyone. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Destination Dessert** (Rpt) | CC | G |  | | Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:00 am** |  | **Studio 10: Sunday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 pm** |  | **The Bachelors Australia Encore** (Rpt) | CC | PG Sexual References, Coarse Language |  | | With the finale looming, the possibility of a proposal becomes very real for the bachelors and their remaining bachelorettes as they ultimately question if they have met The One. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Coarse Language, Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:30 pm** |  | **Exploring Off The Grid** | CC | G |  | | True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Pat Callinan's 4x4 Adventures** | CC | G |  | | Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SEASON FINALE** | |  | **07:30 pm** |  | **The Bachelors Australia** | CC | PG Sexual References, Coarse Language |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:10 pm** |  | **NCIS: Hawaii** (Rpt) | CC | M Violence | **Paniolo** | | When a beloved Hawaiian cowboy is shot and wounded while riding his horse, Tennant and her team must gain the trust of the paniolo community to help find the culprit and protect the cowboy's life.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:10 pm** |  | **FBI** (Rpt) | CC | M Violence, Mature Themes | **Know Thyself** | | The FBI hunts for a serial killer who is targeting young, homeless men, but Tiffany and Scola don’t see eye to eye on how to handle the case when Tiffany's cousin becomes a person of interest.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Katherine Renee Turner | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Farm To Fork** (Rpt) | CC | PG |  | | Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Sheila taunts Li about soon being back in Hayes and Finn’s lives. Katie gives Bill pause when she applauds him for doing the right thing. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **10:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:30AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Catch the latest breaking news stories from around the country and the world with 10 News First: Midday. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:00 pm** |  | **The Bachelors Australia Encore** (Rpt) | CC | PG Sexual References, Coarse Language |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:40 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC | G |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Facing the most significant decision of his life, Bill asks hard questions. An unexpected couple shares a kiss. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON PREMIERE** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **FBI: Most Wanted** | CC | M Violence, Mature Themes | **Processed** | | When a celebrity child psychiatrist is kidnapped by the son of a former client, the team races to track down the perpetrator and learn what really happened to him and why he has gone to such extremes.  Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Frequent Violence | **ONE-Zero** | | The team goes after a serial killer targeting college athletes who has a shocking endgame. Hana is back from her medical leave, while Jess and Sarah's relationship heads to the next level.  Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Miguel Gomez, Keisha Castle-Hughes, Jen Landon | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Tuesday 31st January 2023** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Farm To Fork** (Rpt) | CC | PG |  | | Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Facing the most significant decision of his life, Bill asks hard questions. An unexpected couple shares a kiss. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **10:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:30AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Catch the latest breaking news stories from around the country and the world with 10 News First: Midday. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC | G |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Finn and Steffy are tormented by Bill’s blackmail. At the start of her hearing, Sheila issues a warning to Steffy. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:15 pm** |  | **NCIS** (Rpt) | CC | M Violence | **Head Of The Snake** | | Gibbs and Fornell's crusade to find the head of the drug ring responsible for Fornell's daughter's overdose comes to a climax.  Starring: Mark Harmon, Sean Murray, Wilmer Valderrama | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:15 pm** |  | **NCIS** (Rpt) | CC | M | **1mm** | | Following a tip about smuggled weapons, Bishop and Torres engage in a shootout in a former sheriff's residence, only to find themselves locked in abandoned jail cells there.  Starring: Mark Harmon, Sean Murray, Wilmer Valderrama | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:15 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:20 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Farm To Fork** (Rpt) | CC | PG |  | | Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Finn and Steffy are tormented by Bill’s blackmail. At the start of her hearing, Sheila issues a warning to Steffy. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **10:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:30AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Catch the latest breaking news stories from around the country and the world with 10 News First: Midday. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **09:15 pm** |  | **Fire Country** | CC | M Violence | **Work, Don’t Worry** | | Division Chief Sharon is forced to make a gut-wrenching decision as the crew engages in a search and rescue mission after a building collapses, trapping wedding reception guests underneath the rubble.  Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:15 pm** |  | **Bull** (Rpt) | CC | M Mature Themes | **Evidence To The Contrary** | | Bull uses the First Amendment's freedom of speech to defend a controversial news commentator blamed for a man's suicide after she accused him on air of murder.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:05 pm** |  | **Bull** (Rpt) | CC | M Violence, Mature Themes | **Law Of The Jungle** | | Bull is hired to help a woman determined to go against legal advice when she insists on pleading guilty to the murder of a wealthy philanthropist who preyed on her a teenager.  Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 02nd February 2023** | | |  | | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 02nd February 2023** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Coarse Language, Dangerous Activity |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:45 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC | G |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Mike Guthrie remembers his most fabulous moments with Sheila. Steffy and Finn are shocked by Bill’s cunning move. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Law & Order: S.V.U** | CC | MA15+ Violence, Strong Adult Themes | **The Steps We Cannot Take** | | While Muncy tries to fit in with the squad, a home invasion and kidnapping leads the SVU to a shocking discovery.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Molly Burnett, Octavio Pisano, Betty Buckley | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Strong Adult Themes | **I Thought You Were On My Side** | | Benson and Rollins must contend with the FBI and the Organized Crime bureau when a rape victim identifies a dangerous mobster as her assailant.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino  Guest Starring: Christopher Meloni, Josh Cooke | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:30 pm** |  | **NCIS: Los Angeles Encore** (Rpt) | CC | M Violence, Mature Themes | **Flesh & Blood** | | NCIS is called to investigate when a woman is seen fleeing the scene of her husband's murder. Also, Roberta Deeks comes into town to meet Rosa, and Sam looks for another aide for his father.  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS Mornings** | CC |  |  | | CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Farm To Fork** (Rpt) | CC | PG |  | | Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Mike Guthrie remembers his most fabulous moments with Sheila. Steffy and Finn are shocked by Bill’s cunning move. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **10:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:30AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Catch the latest breaking news stories from around the country and the world with 10 News First: Midday. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **Dr Phil** (Rpt) | CC | PG Mature Themes |  | | Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **Jamie's Ultimate Veg** (Rpt) | CC | PG |  | | Jamie is encouraging everyone to stop thinking of vegetables as side dishes to meat. He says vegetables can steal the show and he wants to show us how through a variety of delicious recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Judge Judy** (Rpt) | CC | PG |  | | Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Farm To Fork** | CC | G |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Stylised Violence, Mature Themes |  | | Katie and Brooke become confused by Carter’s unexpected information. Steffy confesses Bill’s blackmail to a mortified Taylor. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Graham Norton Show** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Tom Holland, Zendaya, Henry Cavill, Gugu Mbatha-Raw and Little Mix. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Just For Laughs Australia** (Rpt) | CC | M Sexual References, Coarse Language |  | | Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Judith Lucy, Micky Bartlett & Randy. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Just For Laughs Uncut** (Rpt) | CC | MA15+ Sexual References, Coarse Language, Strong Adult Themes | **Fortune Feimster, Nick Thune, Chelsea Peretti & Godfrey** | | Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Fortune Feimster, Nick Thune, Chelsea Peretti & Godfrey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 04th February 2023** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G | **Crowdy Head Tailor** | | Sammy Hitzke and Brian Perry try out their tailor tactics fishing the coastline around spectacular Crowdy Head. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2306 Is The Near End? TV Special (What Jesus Told Us About The Last Days)** | | Dr Michael Youssef speaks about the Word of God and offers hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Exploring Off The Grid** (Rpt) | CC | G |  | | True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | PG Mild Themes |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Studio 10: Saturday** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 04th February 2023** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:00 pm** |  | **The Offroad Adventure Show** (Rpt) | CC | PG |  | | This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC |  |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | CC |  |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Cook It With Luke** (Rpt) | CC | G |  | | Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Farm To Fork** (Rpt) | CC | G |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  | | Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language, Mature Themes |  | | Australia’s East Coast has been devasted by drought and fires. While the fires continue to blaze, the smoke impacts the lifeguards visibility, quality of air and their ability to protect beachgoers. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **Jamie Oliver: Together** | CC | G | **Picnic** | | Jamie creates super-cute jam jar prawn cocktails with a lemony avocado sauce and a sprinkle of pancetta crumb that are utterly delicious. Plus, two brilliant veggie quiches packed full of flavour!  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 am** |  | **Hour Of Power** |  | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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