



SYDNEY PROGRAM GUIDE

Sunday 12th February 2023

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly celebration of Catholic Mass for those unable to travel to church.

06:30 am Turning Point With David Jeremiah CC PG
Mature Themes

ALL NEW EPISODES

Evil is all around us, but because we serve a good God, we are able to put on His righteousness and overcome evil with good.

07:00 am Joseph Prince: New Creation Church CC G

ALL NEW EPISODES

461 - Expect A Harvest Of Blessings

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.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Religious.

08:00 am Luca's Key Ingredient (Rpt) CC G

Olive lovers rejoice. On today's episode, Luca has sourced a selection of some of the best olives to showcase in his recipes. A sublime olive pasta and a fluffy home-made olive focaccia to name a few.

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.



SYDNEY PROGRAM GUIDE

Sunday 12th February 2023

10:00 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.

12:00 pm Australian Survivor Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

The Heroes and Villains are presented with a major prize of lasagne and photos from home up for grabs. Which tribe will dominate the Reward Challenge and possibly help create bonds stronger than ever?

01:30 pm My Market Kitchen (Rpt) CC G

Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country.

02:00 pm Waltzing Jimeoin (Rpt) CC PG
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.

02:30 pm Exploring Off The Grid CC G

ALL NEW EPISODES

True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.

03:00 pm Pat Callinan's 4x4 Adventures CC

ALL NEW EPISODES

Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.

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.



SYDNEY PROGRAM GUIDE

Sunday 12th February 2023

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Sunday Project

CC

ALL NEW EPISODES

Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

09:00 pm NCIS: Hawaii (Rpt)

CC M
Violence

The Tourist

When Tennant and NCIS are tasked with finding a kidnapped globe-trotting social media star, they find that she is not who her husband, or her followers, think she is.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon

10:00 pm FBI (Rpt)

CC M
Violence,
Sexual References

Allegiance

The team must track down a shooter targeting detectives from the same precinct and unit, while facing mounting tension from the NYPD.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Katherine Renee Turner

11:00 pm The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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



SYDNEY PROGRAM GUIDE

Sunday 12th February 2023

01:30 am Home Shopping (Rpt)

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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 CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Monday 13th February 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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.

08:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.

09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Liam and Wyatt attempt to make sense of Bill's decisions. Bill burns his familial bridges, making the ultimate sacrifice for love.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus weekdays from 10:00AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Monday 13th February 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

From filming bad behavior to mocking innocent strangers for their appearance, nothing - and no one - is off limits. Can people really film you in public without your consent and post it online?

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.

04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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 The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Brooke makes a bold move to protect her family.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm Australian Survivor

CC

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Monday 13th February 2023

08:30 pm To Be Advised

09:30 pm Ghosts

CC PG
Sexual References,
Drug References

ALL NEW EPISODES

The Family Business

Sam gives relationship advice to Jay's assistant, Freddie, ignoring Hetty's warning not to get too close to "the help". Sasappis strikes up a romance with Jessica, the ghost who lives in Freddie's car

Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty

10:00 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence

Obstruction

After a double murder takes place in a small town, the team goes after a vigilante who is relying on dubious internet reports to exact revenge on suspects in the name of justice.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Keisha Castle-Hughes, Miguel Gomez, Jen Landon

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:00 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Tuesday 14th February 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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.

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07:30 am Good Chef Bad Chef (Rpt)

CC G

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08:00 am Everyday Gourmet With Justine Schofield (Rpt)

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Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight

CC

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09:00 am Judge Judy (Rpt)

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Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Brooke makes a bold move to protect her family.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

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SYDNEY PROGRAM GUIDE

Tuesday 14th February 2023

01:00 pm Dr Phil

CC M
Mature Themes

ALL NEW EPISODES

Dr. Phil's guests share what they consider outrageous miscarriages of justice involving a car accident, a rape, and a murder that ruined lives. Plus, hear from those trying to change the law.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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03:30 pm Judge Judy (Rpt)

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04:00 pm Farm To Fork

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ALL NEW EPISODES

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04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Deacon is forced to cover his genuine emotion for Sheila, who panics as Brooke makes a passionate appeal to Bill.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.



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Tuesday 14th February 2023

ALL NEW EPISODES

07:30 pm Australian Survivor CC

09:00 pm NCIS (Rpt) CC M

Winter Chill

NCIS dives into the competitive world of food trucks after finding a man frozen to death in the back of one.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

10:00 pm NCIS (Rpt) CC M
Mature Themes

Watchdog

The team are unexpectedly thrust into the secret underground world of dogfighting. After uncovering its operations, the team scramble to come up with a strategy, as they navigate uncharted waters.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:00 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Tuesday 14th February 2023

03:00 am Home Shopping (Rpt)

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Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Wednesday 15th February 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

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09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Deacon is forced to cover his genuine emotion for Sheila, who panics as Brooke makes a passionate appeal to Bill.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

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SYDNEY PROGRAM GUIDE

Wednesday 15th February 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

Have you ever been told by a doctor that your symptoms are all in your head? Dr. Phil meets several women who claim doctors didn't take them seriously, which led to major health problems.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:30 pm Judge Judy (Rpt)

CC PG

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04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

While Hope anxiously awaits reviews of her newest fashion collection, Sheila pays a visit to the new proprietor of Il Giardino, Deacon Sharpe.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Will Australian Shepard Alfie and the Holmes Family find their new mate? Will the 'stage-5-clinger' Missy be to much for first time owners? Will shaggy dog Doug be the right fit for the Billich brood?



SYDNEY PROGRAM GUIDE

Wednesday 15th February 2023

08:40 pm Fire Country

CC M
Violence

ALL NEW EPISODES

Like Old Times

After a hiker falls from a steep cliff, Bode and Jake put aside their differences to make a daring rescue. Also, Sharon reveals devastating news to Bode about her health.

Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila

09:40 pm Bull (Rpt)

CC PG
Mature Themes

Friend In Need, A

Izzy puts the brakes on her wedding to Bull after he jeopardises Benny's election campaign by handling the defence in the corruption trial of the former District Attorney that Benny hopes to replace.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

10:40 pm Bull (Rpt)

CC M
Mature Themes

Gone

Bull and the TAC team must call upon all their collective experience to locate Bull's kidnapped daughter, with Bull suspecting the captor is someone connected to his past!

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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)

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02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Wednesday 15th February 2023

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Thursday 16th February 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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.

08:30 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

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.

09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

While Hope anxiously awaits reviews of her newest fashion collection, Sheila pays a visit to the new proprietor of Il Giardino, Deacon Sharpe.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

CC

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SYDNEY PROGRAM GUIDE

Thursday 16th February 2023

01:00 pm Dr Phil

CC M
Mature Themes

ALL NEW EPISODES

In May 2022, 19 students and two teachers were killed at Uvalde Elementary School. Dr. Phil talks to the parents of Amerie and her best Khloie, who were there when the gunman entered their classroom.

02:00 pm Taskmaster Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Fabulous Taskmaster Tom Gleeson puts five funny folk to the test, with Julia Morris, Luke McGregor, Jimmy Rees, Nina Oyama and Danielle Walker undergoing a range of ridiculous tasks for our amusement.

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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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.

04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Steffy and Eric balk at Hope's proposal for the Hope for the Future fashion line. Deacon presses Sheila for the truth about her motives concerning Dollar Bill.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



SYDNEY PROGRAM GUIDE

Thursday 16th February 2023

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm Taskmaster Australia

CC

ALL NEW EPISODES

08:30 pm Law & Order: S.V.U

CC MA15+
Violence,
Drug Use,
Strong Adult Themes

ALL NEW EPISODES

Controlled Burn

The SVU investigates a sexual assault by a man wearing a crow mask at an underground party, Benson soon uncovers a suspect who may be valuable as a witness as she faces off against a formidable foe.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Molly Burnett

09:30 pm Law & Order: S.V.U (Rpt)

CC M
Strong Adult Themes

Fast Times @diggyspenthouse

The SVU faces the court of public opinion and the fury of social media fans when they arrest two smug influencers after a popular TikTok dancer posts a rape allegation against them.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino

Guest Starring: Lena Torluemke, Aida Turturro

10:30 pm NCIS: Los Angeles Encore (Rpt)

CC M
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Survival Of The Fittest

When a Marine falls ill during a training mission due to an attack by a genetic weapon, the NCIS must track down the person responsible for unleashing it.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 am The Late Show With Stephen Colbert

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Thursday 16th February 2023

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02:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings

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SYDNEY PROGRAM GUIDE

Friday 17th February 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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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)

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09:00 am Judge Judy (Rpt)

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09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Steffy and Eric balk at Hope's proposal for the Hope for the Future fashion line. Deacon presses Sheila for the truth about her motives concerning Dollar Bill.

10:00 am Studio 10

CC PG

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12:00 pm 10 News First: Midday

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LIVE

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SYDNEY PROGRAM GUIDE

Friday 17th February 2023

01:00 pm Dr Phil

CC M
Mature Themes

ALL NEW EPISODES

Eleven-year-old Khloie, a young survivor of the Uvalde Elementary School shooting, remembers her best friend, Amerie, and the classmates and teachers she lost on that fatal day.

02:00 pm Jamie's Easy Meals For Every Day (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Pizza and Hollandaise.

Starring: Jamie Oliver

02:30 pm Jamie's Easy Meals For Every Day (Rpt) CC G

Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Chicken Curry and Dumplings.

Starring: Jamie Oliver

03:00 pm Entertainment Tonight

CC

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CC G

ALL NEW EPISODES

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 The Bold & The Beautiful

CC PG

ALL NEW EPISODES

An unexpected advocate for Thomas approaches Hope.



SYDNEY PROGRAM GUIDE

Friday 17th February 2023

05:00 pm	10 News First	CC
06:30 pm	The Project	CC
07:30 pm	The Graham Norton Show	CC
08:30 pm	Taskmaster Australia Encore (Rpt)	CC
09:30 pm	To Be Advised	
10:30 pm	Just For Laughs Australia (Rpt)	CC M Sexual References, Coarse Language
11:00 pm	Just For Laughs Uncut (Rpt)	CC M Sexual References, Coarse Language
11:30 pm	The Project Encore (Rpt)	CC
12:30 am	The Late Show With Stephen Colbert	CC PG

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

ALL NEW EPISODES

It's a night of glamour and celebrity as Graham welcomes Salma Hayek, Julianne Moore, Shania Twain, and Strictly's Johannes Radebe to the show.

SPECIAL ENCORE PRESENTATION

Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Tommy Little, Ivan Aristeguieta & Nina Conti.

Sarah Tiana, Sammy J And Randy, Daniel Sloss And Kristen Schaal

Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Sarah Tiana, Sammy J and Randy, Daniel Sloss and Kristen Schaal.

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

ALL NEW EPISODES

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.



SYDNEY PROGRAM GUIDE

Friday 17th February 2023

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)

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04:30 am Home Shopping (Rpt)

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05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 18th February 2023

06:00 am	Reel Action (Rpt)	CC G	<p><u>Black Drummer And Green Eye Squid</u></p> <p>Winter brings cold westerly winds and cooler water temperatures. Big green eye squid along with rock black fish better known as black drummer are two highly sort after winter species.</p>
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p>ALL NEW EPISODES</p> <p><u>2308 Look Up When Others Are Looking Down, Part 02</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	<p>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.</p>
07:30 am	Escape Fishing With ET (Rpt)	CC	<p>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.</p>
08:00 am	Exploring Off The Grid (Rpt)	CC G	<p>True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.</p>
08:30 am	What's Up Down Under (Rpt)	CC G	<p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
09:00 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.</p>
09:30 am	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
10:00 am	Studio 10: Saturday	CC PG	<p>Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.</p>
12:00 pm	Pat Callinan's 4x4 Adventures (Rpt)	CC G	<p>Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.</p>



SYDNEY PROGRAM GUIDE

Saturday 18th February 2023

01:00 pm	The Offroad Adventure Show (Rpt)	CC G	Two old 1940's 4WD's, 1100 sand dunes, outback roads known to destroy even new 4WD's... Welcome to Simmo or Bust! An Offroad Adventure Show special.
02:00 pm	All 4 Adventure (Rpt)	CC PG Mild Coarse Language	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.
03:00 pm	What's Up Down Under	CC	ALL NEW EPISODES 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 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.
05:00 pm	10 News First	CC	LIVE 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	No two days are the same at Bondi Beach, and for good reason! The lifeguards are on high alert when a group of monks go missing on the iconic shores.
06:30 pm	To Be Advised		



SYDNEY PROGRAM GUIDE

Saturday 18th February 2023

07:30 pm NCIS

CC M
Violence

ALL NEW EPISODES

Too Many Cooks

NCIS agents from L.A., Washington and Hawai'i are all in D.C. to attend the retirement party of a beloved training centre professor, but find themselves jointly investigating his shocking suicide.

Starring: Gary Cole, Sean Murray, David McCallum

Guest Starring: Chris O'Donnell, LI Cool J , Vanessa Lachey

08:30 pm NCIS: Hawaii

CC M
Violence

ALL NEW EPISODES

Deep Fake

Jane, Jimmy Palmer and Sam Hanna get captured in D.C. by a woman claiming to be a CIA agent demanding intel from the team, and it all ties into the mysterious apparent suicide of the professor.

Starring: Vanessa Lachey, Alex Tarrant

Guest Starring: Gary Cole, Chris O'Donnell, LI Cool J , Brian Dietzen

09:30 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Long Time Coming, A

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

10:30 pm FBI: International

CC PG
Mature Themes

ALL NEW EPISODES

Snakes

The Fly Team must contend with a menacing crime family as they try to track down a couple who have fled to Albania after bilking millions in COVID relief funds from the U.S. Government.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

11:30 pm FBI: International

CC PG
Violence,
Mature Themes

ALL NEW EPISODES

The Kill List

The Fly Team must figure out how to keep the U.S. Attorney General safe while she's in Hungary for an important meeting, after the suspicious death of an aide suggests a possible security breach.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul



SYDNEY PROGRAM GUIDE

Saturday 18th February 2023

12:30 am Home Shopping (Rpt)

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01:00 am Home Shopping (Rpt)

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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 Hour Of Power

G

ALL NEW EPISODES

Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus.