



# SYDNEY PROGRAM GUIDE

Sunday 05th March 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

### 030523 Overcoming Confusion With Wisdom

If we desire to make wise decisions instead of foolish ones, we must seek the wisdom that only comes from God.

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

## ALL NEW EPISODES

### 463 - Perceive God's Wisdom In Your Heart

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 Everyday Gourmet With Justing Schofield (Rpt)** CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

**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 Preeya Alexander 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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|  |                          |   |
|--|--------------------------|---|
| <b>10:00 am Studio 10: Sunday</b>                | CC PG                    | Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody.   |
| <b>12:00 pm Australian Survivor Encore (Rpt)</b> | CC                       | <p><b>SPECIAL ENCORE PRESENTATION</b></p> <p>A powerful force has taken over the game. But can old enemies be trusted? Will vengeance and betrayal blow the game apart?</p>   |
| <b>01:10 pm My Market Kitchen (Rpt)</b>          | CC G                     | <p><b>SPECIAL ENCORE PRESENTATION</b></p> <p>Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country.</p>                             |
| <b>01:30 pm Bondi Rescue (Rpt)</b>               | CC PG<br>Coarse Language | <p><b>SPECIAL ENCORE PRESENTATION</b></p> <p>The Lifeguards investigate a UFO on Bondi's iconic shores - that is, an unidentified-floating-object of course. Will it be a whale, boat, or something out of this world?</p>            |
| <b>02:00 pm Luxury Escapes (Rpt)</b>             | CC PG                    | <p><b>Thailand</b></p> <p>Thailand has long been one of Australian travellers' favourite destinations, and for good reason! Sophie escapes first to the island of Koh Samui, before retreating back to the rainforests of Phuket.</p> |
| <b>02:30 pm Exploring Off The Grid</b>           | CC                       | <p><b>ALL NEW EPISODES</b></p> <p>True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.</p>   |
| <b>03:00 pm Pat Callinan's 4x4 Adventures</b>    | CC                       | <p><b>ALL NEW EPISODES</b></p> <p>Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.</p>  |
| <b>04:00 pm Farm To Fork (Rpt)</b>               | CC G                     | <p>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.</p>                          |



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## Sunday 05th March 2023

**04:30 pm Taste Of Australia With Hayden Quinn** CC G  
(Rpt)

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.

**06:30 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

The Vigilantes have taken over. Can the OG Heroes, hang on for dear life?

**09:00 pm NCIS: Hawaii** CC M  
Violence,  
Mature Themes

### ALL NEW EPISODES

#### Shields Up

When an elite special forces Marine captain is murdered, the NCIS team finds a suspect in a really unusual place.

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

**10:00 pm FBI (Rpt)** CC M  
Violence

#### Unfinished Business

After Rina is critically wounded, the team is horrified to discover that the vengeful Antonio Vargas orchestrated the shooting and is targeting the rest of the team and their loved ones.

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

Guest Starring: David Zayas

**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.



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## Sunday 05th March 2023

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

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02:00 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

Monday 06th March 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 (Rpt)**

CC PG

Thomas's unexpected news puts Douglas in a difficult position. Brooke and Taylor make a pact for the future.

**10:00 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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 06th March 2023

**01:00 pm Dr Phil**

CC PG  
Mature Themes

## ALL NEW EPISODES

All across social media, people are celebrating "child-free" living. Will having children make the world a better place or is it morally/ethically wrong or unjustifiable for people to have children?

**02:00 pm Australian Survivor Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

The Vigilantes have taken over. Can the OG Heroes, hang on for dear life?

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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.

**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

Sheila and Deacon share an emotional moment. Surrounded by those who love him, Douglas finds his voice.

**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 06th March 2023

**08:30 pm Would I Lie To You? Australia** CC

## ALL NEW EPISODES

Chrissie Swan, Charlie Pickering and Frank Woodley lead a guest panel of famous faces on Would I Lie To You? Guests Christopher Pyne, Josh Lawson, Em Rusciano and Mel Buttle

**09:30 pm Ghosts** CC PG

Sexual References,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

### Trevor's Body

Trevor receives disturbing news about his parents when they come to Woodstone B&B to collect his newly discovered remains. Also, Isaac and Nigel's relationship hits a roadblock. Tara Reid guest stars.

Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnoch, Brandon Scott Jones, Asher Grodman

Guest Starring: Tara Reid

**10:00 pm The Montreal Comedy Festival (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

### Gala All Stars

**11:00 pm FBI: Most Wanted (Rpt)** CC M

Violence,  
Drug Use

### Hustler

The team heads to D.C. to protect Ortiz's former informant after a hitman tries to kill her. Also, Sarah helps Jess' family prepare for Byron and Marie's last-minute wedding on Jess' farm.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Miguel Gomez, Keisha Castle-Hughes, Terry O'Quinn

**12:00 am The Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

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

**01:00 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.



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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

Tuesday 07th March 2023

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Akbar Gbajabamila, 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 (Rpt)**

CC PG

Sheila and Deacon share an emotional moment. Surrounded by those who love him, Douglas finds his voice.

**10:00 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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

Tuesday 07th March 2023

**01:00 pm Dr Phil**

CC PG  
Mature Themes

## ALL NEW EPISODES

Why would someone join a cult? Does your life revolve around a new trainer, diet or lifestyle that is taking your money, time and loyalty? Maybe you're in a cult like environment without realizing it.

**02:00 pm Australian Survivor Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

**03:00 pm Entertainment Tonight**

CC

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## 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

Sheila has a strange reaction when Deacon calls her bluff. Douglas's decision rocks everyone's world.

**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 07th March 2023

**07:30 pm Australian Survivor**

CC

## ALL NEW EPISODES

**09:00 pm NCIS**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

### Big Rig

An old pal of Torres' comes to him – disheveled and bloodied – for guidance amidst an undercover FBI operation and then disappears. Also, McGee prepares to be a contestant on a popular game show.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen

**10:00 pm NCIS(Rpt)**

CC M  
Violence

### Sangre

Evidence from the stabbing of a Marine Sergeant leads Torres to meet his father, Miguel who left when he was a child.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

**11:00 pm NCIS: Hawaii Encore (Rpt)**

CC M  
Violence,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

### Shields Up

When an elite special forces Marine captain is murdered, the NCIS team finds a suspect in a really unusual place.

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

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## ALL NEW EPISODES

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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 08th March 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)**

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**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 (Rpt)**

CC PG

Sheila has a strange reaction when Deacon calls her bluff. Douglas's decision rocks everyone's world.

**10:00 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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

Wednesday 08th March 2023

**01:00 pm Dr Phil**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

There are a number of disturbing pet trends today – including pet theft, dog attacks, and pandemic pet regrets. Dr. Phil shares the precautions and tips all pet lovers need to consider.

**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

Liam rails at Thomas for putting Douglas in a bad position. The Forresters and Logans become divided once again.

**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 PG  
Mature Themes

## ALL NEW EPISODES

Will Husky cross Elly be the right fit for the Bearsley-Young family? Will partners Annika & Evie be able to tame the stress-ball Bunji? And will pocket rocket Raff leap into Dave and Shelley's home?



# SYDNEY PROGRAM GUIDE

Wednesday 08th March 2023

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

CC M  
Violence,  
Sexual References,  
Mature Themes

## ALL NEW EPISODES

### And A Trauma In A Pear Tree

Carisi and Rollins work together on a very important arraignment. Meanwhile, Benson tries to make Noah's Christmas wish come true when a case falls in her lap.

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

**09:30 pm Fire Country**

CC M  
Violence

## ALL NEW EPISODES

### No Good Deed

An internal investigation is launched after a life was lost following a difficult rescue that went awry.

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

**10:30 pm Bull (Rpt)**

CC M  
Mature Themes

### Better Angels

Bull and the TAC team are under pressure when they have just two days to prepare a defense for a midwife accused of practicing without a license.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**11:30 pm Bull (Rpt)**

CC PG  
Mature Themes

### Confidence Man

Bull's legal troubles go from professional to personal when new evidence in his bribery trial implicates his wife, Izzy.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**12:30 am The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

**01:30 am The Late Show With Stephen Colbert**

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## 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.



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**04:00 am Home Shopping** (Rpt)

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**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 09th March 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)**

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

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CC PG

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

CC PG

Liam rails at Thomas for putting Douglas in a bad position. The Forresters and Logans become divided once again.

**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

Thursday 09th March 2023

**01:00 pm Dr Phil**

CC PG  
Mild Coarse  
Language,  
Mature Themes

## ALL NEW EPISODES

Politics has been taking a heavy toll on relationships. Former Republican strategist and The Lincoln Project's co-founder Rick Wilson joins Dr. Phil to help make sense of why America is so polarized.

**02:00 pm Tasmaster 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 hilarious tasks for our amusement.

**03:00 pm Entertainment Tonight**

CC

## ALL NEW EPISODES

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**03:30 pm 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.

**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

A temporary solution to a difficult situation is proposed.

**05:00 pm 10 News First**

CC

## LIVE

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



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Thursday 09th March 2023

**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 Taskmaster Australia** CC

## ALL NEW EPISODES

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 hilarious tasks for our amusement.

**08:30 pm Gogglebox Australia** CC

## ALL NEW EPISODES

**09:30 pm The Montreal Comedy Festival** CC

## SPECIAL EVENT

**10:30 pm Would I Lie To You? Australia Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley lead a guest panel of famous faces on Would I Lie To You? Guests Christopher Pyne, Josh Lawson, Em Rusciano and Mel Buttle

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**12:30 am The Late Show With Stephen Colbert** CC PG

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**01:30 am Home Shopping (Rpt)**

## Home Shopping



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Mature Themes

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**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 (Rpt)**

CC PG

A temporary solution to a difficult situation is proposed.

**10:00 am Studio 10**

CC PG

## LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody 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

Friday 10th March 2023

**01:00 pm Dr Phil**

CC M  
Mature Themes

### ALL NEW EPISODES

Wildfires! Tornados! Hurricanes! Rebuilding your home and the community is a challenge, but overcoming the emotional aftermath can be just as, or more traumatic than, surviving the event itself.

**02:00 pm To Be Advised**

**03:00 pm Entertainment Tonight**

CC

### ALL NEW EPISODES

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.

**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

Thomas requests a second chance from Eric. Douglas, Liam, and Hope share a poignant family moment.

**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.



# SYDNEY PROGRAM GUIDE

Friday 10th March 2023

**07:30 pm The Graham Norton Show** CC

## ALL NEW EPISODES

### Compilation #1

Join Graham Norton and some of his top guests including Taylor Swift, Daniel Craig, Eddie Redmayne, Lashana Lynch, Bono, Kate Hudson, Sir Ian McKellen, Colin Farrell, Bruce Springsteen and more.

**08:30 pm To Be Advised**

**09:30 pm To Be Advised**

**10:30 pm Just For Laughs Australia (Rpt)** CC M  
Coarse Language

Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Demi Lardner, Guy Montgomery & Dave Thornton.

**11:00 pm Just For Laughs Uncut (Rpt)** CC MA15+  
Sexual References,  
Coarse Language

### Arj Barker, Aunty Donna, Jimmy Carr & Whitney Cummings

Nothing is off-limits in Just For Laughs Uncut where the biggest comics in the world showcase their raunchiest material. Comics include: Arj Barker, Jimmy Carr & Whitney Cummings. Host: Nikki Osborne

**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)**

### Home Shopping

**02:00 am Home Shopping (Rpt)**

### Home Shopping



# SYDNEY PROGRAM GUIDE

## Friday 10th March 2023

**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**

**05:00 am Home Shopping (Rpt)**

**Home Shopping**

**05:30 am Home Shopping (Rpt)**

**Home Shopping**





# SYDNEY PROGRAM GUIDE

## Saturday 11th March 2023

|                 |   |    |                               |   |
|-----------------|---|----|-------------------------------|---|
| <b>06:00 am</b> | <b>Reel Action</b> (Rpt)                        | CC | G                             | <b><u>Lake Awoonga Barramundi</u></b><br>Guesty, Jack Nolan and local barra guru Justin Nye explore the lake refining their technique as they go in search of Australia's favourite sportfish.        |
| <b>06:30 am</b> | <b>Leading The Way With Dr. Michael Youssef</b> | CC | G                             | <b><u>ALL NEW EPISODES</u></b><br><b><u>2311 We Preach Christ</u></b><br>Dr Michael Youssef speaks about the Word of God and offers hope.   |
| <b>07:00 am</b> | <b>Freshly Picked With Simon Toohey</b> (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.   |
| <b>07:30 am</b> | <b>Escape Fishing With ET</b> (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. |
| <b>08:00 am</b> | <b>Exploring Off The Grid</b> (Rpt)             | CC |                               | True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.   |
| <b>08:30 am</b> | <b>What's Up Down Under</b> (Rpt)               | CC | G                             | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!  |
| <b>09:30 am</b> | <b>Good Chef Bad Chef</b> (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.  |
| <b>10:00 am</b> | <b>Studio 10: Saturday</b>                      | CC | PG                            | Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.   |
| <b>12:00 pm</b> | <b>To Be Advised</b>                            |    |                               |   |
| <b>01:00 pm</b> | <b>Pat Callinan's 4x4 Adventures</b> (Rpt)      | CC | G                             | Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.  |
| <b>02:00 pm</b> | <b>All 4 Adventure</b> (Rpt)                    | CC | PG<br>Mild Coarse<br>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.                  |



# SYDNEY PROGRAM GUIDE

Saturday 11th March 2023

**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 Roads Less Travelled (Rpt)** CC G

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.

**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 - BBQ Special** CC

Hayden Quinn showcases the art of the perfect BBQ. Taste Of Australia - BBQ Special brings together great BBQ recipes with epic locations that everyone can enjoy.

**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

As thousands flock Bondi at the height of Coronavirus and social distancing, the State Police Minister arrives to bar people from the beach - the first time it's been done since World War 2.

**06:30 pm To Be Advised**

**07:30 pm Blue Bloods** CC M  
Mature Themes

## ALL NEW EPISODES

### Nothing Sacred

Joe contends with a grave insult to his father's memory, Henry tries to bust a scammer targeting the elderly, Danny intervenes in an undercover op and Eddie's captain takes suspicious interest in her.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray, Marisa Ramirez, Len Cariou



# SYDNEY PROGRAM GUIDE

Saturday 11th March 2023

**08:30 pm CSI: Vegas**

CC M  
Violence

## ALL NEW EPISODES

### In The White Room

When the bodies of two Regency Romantic Festival attendees are discovered, the CSI team uncovers a shocking link between their murders and previous cases.

Starring: Marg Helgenberger, Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Lex Medlin

**09:30 pm NCIS Encore (Rpt)**

CC M  
Violence,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

### Big Rig

An old pal of Torres' comes to him - disheveled and bloodied - for guidance amidst an undercover FBI operation and then disappears. Also, McGee prepares to be a contestant on a popular game show.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen

**10:30 pm NCIS: Hawaii Encore (Rpt)**

CC M  
Violence,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

### Shields Up

When an elite special forces Marine captain is murdered, the NCIS team finds a suspect in a really unusual place.

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

**11:30 pm Bull (Rpt)**

CC M  
Mature Themes

### Better Angels

Bull and the TAC team are under pressure when they have just two days to prepare a defense for a midwife accused of practicing without a license.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**12:30 am Bull (Rpt)**

CC PG  
Mature Themes

### Confidence Man

Bull's legal troubles go from professional to personal when new evidence in his bribery trial implicates his wife, Izzy.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr



# SYDNEY PROGRAM GUIDE

## Saturday 11th March 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)

**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.