



SYDNEY PROGRAM GUIDE

Sunday 12th 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

031223 Overcoming Temptation With Scripture

When Jesus was Tempted. He used the Scripture to fend off Satan's attacks, and we are to follow His Example.

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

ALL NEW EPISODES

464 - How To Be Strong In Grace

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 Justine 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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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	<p>SPECIAL ENCORE PRESENTATION</p> <p>With numbers dwindling, it's anyone's game to take out the title of Sole Survivor. When two castaways put their best moves forward, will their plan to win over the alliance work?</p>
01:30 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.
02:00 pm	Luxury Escapes (Rpt)	CC G	<p>Fiji</p> <p>Sophie checks into not one, but two of Fiji's most luxurious resorts. One an adult-only boutique island escape, the other the perfect family escape.</p>
02:30 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.
03:00 pm	Pat Callinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations off-the-beaten-track 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 March 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 CC M
Violence

ALL NEW EPISODES

Misplaced Targets

After a close call at a meth lab explosion, the NCIS team learns Kai is being targeted by his old friend-turned-criminal and must take him down. Lucy gets her first big case aboard an aircraft carrier

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

10:00 pm FBI (Rpt) CC M
Violence

Fostered

As the team investigates a string of jewelry store robberies that culminate in a double murder, they uncover a connection to a 16-year-old boy trying to survive the foster care system.

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

11:00 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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12:00 am Home Shopping (Rpt)

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12:30 am Home Shopping (Rpt)

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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

Monday 13th 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 requests a second chance from Eric. Douglas, Liam, and Hope share a poignant family moment.

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 13th March 2023

01:00 pm Dr Phil

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Dr. Phil is joined by a panel of guests to discuss incidents of antisemitism and possible solutions following comments that rapper Ye, formerly known as Kanye West, and others have made recently.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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04:00 pm Freshly Picked With Simon Toohey

CC

ALL NEW EPISODES

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.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Eric, then Steffy, put Thomas in check. Taylor and Brooke band together in the best interest of Douglas.

05:00 pm 10 News First

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LIVE

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

06:30 pm The Project

CC

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07:30 pm Australian Survivor

CC

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Monday 13th March 2023

08:30 pm Would I Lie To You? Australia

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Chrissie Swan, Charlie Pickering and Frank Woodley are leading a panel of celeb guests on Would I Lie To You? Guests Peter Rowsthorn, Tommy Little, Geraldine Hickey and Myf Warhurst

09:30 pm Ghosts

CC PG
Sexual References,
Mild Coarse
Language

ALL NEW EPISODES

Date To Remember, A

Sam and Jay help Thorfinn create a perfect first date with Flower. Also, Hetty feels slighted by the ghosts' new housemate, Nigel.

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

10:00 pm The Montreal Comedy Festival (Rpt)

CC

SPECIAL ENCORE PRESENTATION

The 2022 Montreal Comedy Gala #2

The biggest stars in comedy descend on Montreal for an evening of nonstop laughs. Hosted by Tommy Little starring James Acaster, Patton Oswalt, Sophie Buddle, Sindhu Vee, Caroline Rhea & Jo Koy

11:00 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence,
Drug References

Chattaboogie

Most Wanted head to Tennessee to track down an undercover DEA agent who appears to have turned dirty amid a major drug ring operation. Sarah wonders if it was a mistake to move in with Jess so soon.

Starring: Julian McMahon, Kellan Lutz, Miguel Gomez, Keisha Castle-Hughes, Jen Landon, Victor Williams

12:00 am The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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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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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 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

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

CC PG

Eric, then Steffy, put Thomas in check. Taylor and Brooke band together in the best interest of Douglas.

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

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SYDNEY PROGRAM GUIDE

Tuesday 14th March 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

Last year, Americans lost over \$5.6 billion from phishing, vishing, smishing, and whaling – and that's only what was reported. Learn how sly scam artists think and why their grifts are so successful.

02:00 pm Australian Survivor (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Entertainment Tonight

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04:00 pm Freshly Picked With Simon Toohey

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ALL NEW EPISODES

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.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Brooke gets flirty attention from an unexpected person. Steffy and Finn put up boundaries with Thomas.

05:00 pm 10 News First

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LIVE

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

06:30 pm The Project

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



SYDNEY PROGRAM GUIDE

Tuesday 14th March 2023

07:30 pm The Dog House Australia

CC PG
Mature Themes

ALL NEW EPISODES

Will Sweetie the sassy staffy hit the sweet spot for Hillary and Jaxson? Can senior snaggletooth George find the perfect retirement home that he has been looking for with ex-pat professional Janice?

08:40 pm NCIS

CC MA15+
Violence

Evil Eye

In preparation for a role, a world-renowned actress shadows the NCIS team as they investigate a decapitation case.

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

09:30 pm NCIS (Rpt)

CC M
Violence

Misconduct

The team investigates a biker killed in a hit and run as Gibbs prepares to testify against a financial advisor who stole millions from his Navy clients.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

10:30 pm NCIS: Hawaii (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Misplaced Targets

After a close call at a meth lab explosion, the NCIS team learns Kai is being targeted by his old friend-turned-criminal and must take him down. Lucy gets her first big case aboard an aircraft carrier

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

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Brooke gets flirty attention from an unexpected person. Steffy and Finn put up boundaries with Thomas.

10:00 am Studio 10

CC PG

LIVE

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Wednesday 15th March 2023

01:00 pm Dr Phil

CC M
Sexual References,
Mature Themes

ALL NEW EPISODES

Hundreds of women say they were sexually assaulted by obstetrician-gynecologist Dr. James Heaps. Now the alleged victims speak out on the horrific abuse they claim to have endured during examinations.

02:00 pm The Dog House Australia Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Will Sweetie the sassy staffy hit the sweet spot for Hillary and Jaxson? Can senior snaggletooth George find the perfect retirement home that he has been looking for with ex-pat professional Janice?

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04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Hope expresses her grief to Liam over missing Douglas. Taylor mediates Thomas and Steffy's heated argument.

05:00 pm 10 News First

CC

LIVE

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CC PG
Mild Themes

ALL NEW EPISODES

Pomeranian Prince is ready to rule his kingdom - will the Acton family be his new loyal subjects? And will Winnie's obsession with chewing toys be his downfall with the Johnsons?

08:40 pm Law & Order: S.V.U

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Jumped In

Benson heads to the Bronx SVU for answers after becoming the target of a ruthless gang leader. Meanwhile, Fin works with Sgt. Kate Dixon and Det. Terry Bruno to help clear Bronx SVU's case backlog.

Starring: Mariska Hargitay, Ice T, Octavio Pisano, Terry Serpico

Guest Starring: Camryn Manheim, Kevin Kane

09:40 pm Fire Country

CC M
Violence

ALL NEW EPISODES

Get Your Hopes Up

A box truck crashes into the fire station, causing a power outage and triggering a dangerous blaze. Meanwhile, both Sharon and Bode's ex-girlfriend, Cara face multiple medical emergencies.

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

10:40 pm Bull (Rpt)

CC M
Drug Use,
Mature Themes

Snowed In

Bull needs a Christmas miracle when he takes on a sports agency's young assistant charged with providing a star client lethal drugs.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

11:30 pm Bull (Rpt)

CC M
Violence

False Positive

Bull helps the mother of a man fatally shot by police, to sue the computer developers that misidentified him as a criminal.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr



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01:30 am The Late Show With Stephen Colbert CC PG

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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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SYDNEY PROGRAM GUIDE

Thursday 16th March 2023

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CC PG
Mature Themes

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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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CC PG

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

CC PG

Hope expresses her grief to Liam over missing Douglas. Taylor mediates Thomas and Steffy's heated argument.

10:00 am Studio 10

CC PG

LIVE

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Thursday 16th March 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

The discussion on real estate bias against Black Americans continues as Dr. Phil asks how do these incidents of bias affect victims' psychological and mental health?

02:00 pm Tasmaster Australia Encore (Rpt)

CC M
Coarse Language

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

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04:30 pm The Bold & The Beautiful

CC PG

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Hope queries Taylor about her true motives. Sheila keeps a secret from Bill.

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07:30 pm	Taskmaster Australia	CC
08:30 pm	Gogglebox Australia	CC
09:30 pm	The Montreal Comedy Festival	CC
10:30 pm	Would I Lie To You? Australia Encore (Rpt)	CC M Sexual References, Coarse Language
11:30 pm	The Project Encore (Rpt)	CC
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ALL NEW EPISODES

Our favourite couch commentators return for a new season. Join the Goggleboxers as they watch the best and worst of television in 2023.

SPECIAL EVENT

Montreal's 40th Birthday Gala

It's the 40th Birthday of the Just For Laughs Comedy Festival in Montreal, Tommy Little has assembled the best of the fest to celebrate. Starting Russell Peters, Dara Ó Briain, Aida Rodriguez & more

SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley are leading a panel of celeb guests on Would I Lie To You? Guests Peter Rowsthorn, Tommy Little, Geraldine Hickey and Myf Warhurst

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CC PG
Mature Themes

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CC

LIVE

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



SYDNEY PROGRAM GUIDE

Friday 17th March 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

The killing of four college students in Idaho shocked the nation. Dr Phil examines this mysterious case as victim's families speak about their frustration with the lack of information and answers.

02:00 pm Would I Lie To You? Australia (Rpt)

CC M
Sexual References,
Coarse Language

SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley are leading a panel of celeb guests on Would I Lie To You? Guests Peter Rowsthorn, Tommy Little, Geraldine Hickey and Myf Warhurst

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 Freshly Picked With Simon Toohey

CC

ALL NEW EPISODES

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.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Deacon shares information about Ridge's past with Brooke. Dollar Bill makes a big commitment to Sheila.

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

Friday 17th 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 The Graham Norton Show CC

ALL NEW EPISODES

Compilation #2

Join Graham Norton and some of his top guests including Tom Hanks, Cate Blanchett, Hugh Jackman, Naomi Ackie, Brendan Fraser, Dame Judi Dench, Jamie Dornan, Kate Winslet, Lizzo, Margot Robbie and more

08:30 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 hilarious tasks for our amusement.

09:30 pm To Be Advised

10:30 pm Just For Laughs Australia (Rpt) CC

M
Sexual References,
Coarse Language,
Drug References

Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Ben Lomas, Melanie Bracewell & Rhys Nicholson.

11:00 pm Just For Laughs Uncut (Rpt) CC

M
Coarse Language,
Mature Themes

Jim Jefferies, Nick Cody, Iliza Shlesinger & Tim Minchin

Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Jim Jefferies, Nick Cody, Iliza Shlesinger & Tim Minchin. 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.



SYDNEY PROGRAM GUIDE

Friday 17th March 2023

01:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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03:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 18th March 2023

06:00 am	Reel Action (Rpt)	CC G	<p><u>Marlin And Mako Sharks</u></p> <p>Guesty, Simon Pender, Rebecca Roberts and Ben Wilson head out to tackle Mahi Mahi and Marlin on the troll. But the star of the show is an acrobatic mako shark that puts on a show to remember!</p>
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p>ALL NEW EPISODES</p> <p><u>2312 The Folly And The Power Of The Cross: Part 1</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 G	<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	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>
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>
09:30 am	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Preeya Alexander 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	Taskmaster Australia Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>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.</p>



SYDNEY PROGRAM GUIDE

Saturday 18th March 2023

01:00 pm Pat Callinan's 4x4 Adventures (Rpt) CC G

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

02:00 pm All 4 Adventure (Rpt) CC PG
Mild Coarse
Language,
Mature Themes

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 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

Clontarf

Clontarf Reserve is the perfect spot for a BBQ, and Hayden turns things up a notch with recipes featuring beef steaks, lamb cutlets and a pork loin rack.

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
Mature Themes

It's been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it's a challenge the lifeguards are only too keen to accept.



SYDNEY PROGRAM GUIDE

Saturday 18th March 2023

06:30 pm To Be Advised

07:30 pm Blue Bloods

CC M
Violence

ALL NEW EPISODES

Fake It' Till You Make IT

Jamie's team infiltrate a high-tech car smuggling ring, Eddie asks Danny to help her bust a cop impersonator, Frank faces off against the city's transit chief, and Erin hires an image consultant.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray, Steve Schirripa

08:30 pm CSI: Vegas

CC M
Violence

ALL NEW EPISODES

Eyeballs

A social media influencer party ends with the brutal murder of a popular guest. Chris Park's Instagram side hustle makes him uniquely qualified to lead the CSI team in their investigation.

Starring: Paula Newsome, Jay Lee, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Lex Medlin

09:30 pm FBI: International

CC M
Drug References

ALL NEW EPISODES

Black Penguin

The son of an American billionaire is found unresponsive in his Berlin apartment, and the Fly Team suspect that foul play was involved as they try to track a shadowy group that is on the case as well.

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

10:30 pm NCIS Encore (Rpt)

CC MA15+
Violence

SPECIAL ENCORE PRESENTATION

Evil Eye

In preparation for a role, a world-renowned actress shadows the NCIS team as they investigate a decapitation case.

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

11:30 pm NCIS: Hawaii Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Misplaced Targets

After a close call at a meth lab explosion, the NCIS team learns Kai is being targeted by his old friend-turned-criminal and must take him down. Lucy gets her first big case aboard an aircraft carrier

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



SYDNEY PROGRAM GUIDE

Saturday 18th March 2023

12:30 am Bull Encore (Rpt)

CC M
Drug Use,
Mature Themes

SPECIAL ENCORE PRESENTATION

Snowed In

Bull needs a Christmas miracle when he takes on a sports agency's young assistant charged with providing a star client lethal drugs.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

01:30 am Bull Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

False Positive

Bull helps the mother of a man fatally shot by police, to sue the computer developers that misidentified him as a criminal.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

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.