



SYDNEY PROGRAM GUIDE

Sunday 21st May 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

052123 A Theological Prophecy - The Falling Away

Many people who claim to be Christians are turning away from Christ and His Church. Discover more about this trend, as well as how to keep from falling away from your faith.

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

ALL NEW EPISODES

474 - Powerful Truths From The Book Of Revelation

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 Luca's Key Ingredient CC G

ALL NEW EPISODES

Luca shows us his favourite recipes using today's key ingredient, banana

09:30 am Destination Dessert (Rpt) CC G

From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short - make it sweet.



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Sunday 21st May 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	To Be Advised		
01:10 pm	Everyday Gourmet With Justine Scofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
01:30 pm	Bondi Rescue (Rpt)	CC PG	A rough tackle brings a game of beach gridiron to a shuddering halt. Is it the intense pain or five hours of drinking that leads to the patient leaving a mess on the promenade?
02:00 pm	Luxury Escapes (Rpt)	CC G	Hawaii Cameron Daddo is on an enviable escape in Hawaii and the island of O'ahu where he runs into former Australian Bachelor, Jimmy and his partner Holly.
02:30 pm	My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
03:00 pm	The Offroad Adventure Show (Rpt)	CC G	This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt.
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.



SYDNEY PROGRAM GUIDE

Sunday 21st May 2023

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 MasterChef Australia

CC PG
Mild Themes

ALL NEW EPISODES

09:00 pm NCIS: Hawaii

CC M
Violence

ALL NEW EPISODES

Nighwatch Two

When Lucy receives a strange call on night watch from a man admitting to murder, the NCIS team sets out to find him.

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

10:00 pm FBI(Rpt)

CC M
Violence

Kayla

When a retired DEA agent is shot, the team works to determine if one of the victim's past cases is connected to the murder. The probe leads Nina and Tiffany to clash over the use of an informant.

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

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

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 21st May 2023

02:00 am Home Shopping (Rpt)

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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 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 22nd May 2023

06:00 am Freshly Picked With Simon Toohey CC G
(Rpt)

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.

06:30 am My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

07:00 am 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.

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

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

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

Brooke attempts to ease Carter's fears about Dollar Bill. Sheila receives a surprise visitor in prison.

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.



SYDNEY PROGRAM GUIDE

Monday 22nd May 2023

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.

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

Jane Fonda and Jamie Lee Curtis redefine what it means to be a "silver fox", but still inequity exists when it comes to women and aging and many older women feel invisible, washed up, and unwanted.

02:00 pm To Be Advised

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 Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Sheila receives an unexpected visit from a mysterious man. Dollar Bill does the hard work in his attempt to woo Katie back.

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 MasterChef Australia

CC PG
Mild Themes

ALL NEW EPISODES

Big Week lives up to its name as the contents of MasterChef's biggest ever Mystery Box is revealed. Contestants must think outside the box and big up the flavour to avoid tomorrow's Pressure Test.



SYDNEY PROGRAM GUIDE

Monday 22nd May 2023

08:40 pm Have You Been Paying Attention?

CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

ALL NEW EPISODES

Have our contestants, Ed Kavalee, Sam Pang, Melanie Bracewell, Guy Montgomery and Celia Pacquola been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

09:40 pm Just For Laughs Australia

CC MA15+
Sexual References,
Coarse Language

ALL NEW EPISODES

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Rob Beckett, Anne Edmonds and Rudy-Lee Taurua. Strap yourselves in for half an hour of non-stop laughs

10:10 pm FBI: Most Wanted

CC M
Violence

ALL NEW EPISODES

Doubt Fault

The Fugitive Task Force springs into action to find a famous Croatian tennis player after she's kidnapped from a tennis court in Brooklyn.

Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes

Guest Starring: Delaney Williams

11:00 pm FBI: Most Wanted (Rpt)

CC MA15+
Strong Violence

Gladiator

Missteps along the way lead to more death as the team investigates the high-profile murder of a professional basketball player's wife, who was a famous supermodel-turned lifestyle guru.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes, Alana De La Garza

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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02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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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

Tuesday 23rd May 2023

06:00 am Freshly Picked With Simon Toohey CC G
(Rpt)

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06:30 am My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

07:00 am Farm To Fork (Rpt) CC G

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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

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

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 receives an unexpected visit from a mysterious man. Dollar Bill does the hard work in his attempt to woo Katie back.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Tuesday 23rd May 2023

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.

01:00 pm Dr Phil

CC

PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

As a teen, Ben had no self-esteem, never got past the first date, and felt powerless with girls. He tells Dr. Phil how men like Andrew Tate inspired him to break out of his shell - and he shares how

02:00 pm To Be Advised

03:10 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 My Market Kitchen

CC

ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

04:00 pm Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC

PG

ALL NEW EPISODES

Steffy breaks down her visit with Sheila to a concerned Finn. Sheila attempts to make an ally of her surprise visitor.

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

Tuesday 23rd May 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 MasterChef Australia

CC PG
Coarse Language,
Mild Themes

ALL NEW EPISODES

Pressure Test elimination looms as three contestants strive to replicate Eddie Stewart's Tokyo Lamington Tower, featuring Snickers, strawberry matcha, charcoal pumpkin and yuzu curd meringue flavours!

08:40 pm The Cheap Seats

CC M
Coarse Language,
Mature Themes,
May Contain:

ALL NEW EPISODES

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.

09:40 pm NCIS

CC

ALL NEW EPISODES

Kompromat

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

10:40 pm North Shore Encore (Rpt)

CC M
Violence,
Coarse Language

SPECIAL ENCORE PRESENTATION

A public appeal by Abigail wins over the press, as Max's attempts to win over Meg fail and the case throws open more questions than answers.

11:40 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:40 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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Tuesday 23rd May 2023

01:30 am Home Shopping (Rpt)

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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 Burseson.



SYDNEY PROGRAM GUIDE

Wednesday 24th May 2023

06:00 am Freshly Picked With Simon Toohey (Rpt) CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

06:30 am My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

07:00 am Farm To Fork (Rpt) CC G

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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

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

08:30 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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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

Steffy breaks down her visit with Sheila to a concerned Finn. Sheila attempts to make an ally of her surprise visitor.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Wednesday 24th May 2023

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.

01:00 pm Dr Phil

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

We meet parents whose kids ran away, became violent, or suicided due to their addiction to digital devices, social media and video games and learn how screen time affects a child's brain development.

02:00 pm To Be Advised

03:10 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 My Market Kitchen

CC

ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

04:00 pm Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Deacon Sharpe sets himself up to succeed at Il Giardino! Ridge makes Ridge, Jr. an offer for a bright future.

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

Wednesday 24th May 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 MasterChef Australia

CC PG
Mild Themes

ALL NEW EPISODES

As thousands of hungry punters descend on Melbourne's hip Grazeland, it's surf and turf for the masses with two teams vying for a shot at Immunity in MasterChef's biggest ever service challenge!

08:40 pm North Shore

CC M
Coarse Language

ALL NEW EPISODES

Abigail and Simon prepare to take Sophie's body home, as evidence from an anonymous informant provides a motive for murder.

09:40 pm Law & Order: S.V.U

CC

ALL NEW EPISODES

Debatable

Benson tries to help a student after she's assaulted on a field trip. Fin suspects a witness in the case may not be telling the whole truth.

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

10:40 pm Fire Country

CC M
Violence,
Drug References,
Medical Procedures

ALL NEW EPISODES

Watch Your Step

The Station 42 crew responds to an out-of-control underground blaze at a wellness retreat, and tensions run high as the Three Rock crew tries to protect one of their own from a dangerous overdose.

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

11:40 pm Bull (Rpt)

CC M
Mature Themes

Silent Killer

When Bull handles the negligent homicide defense of a building owner accused of killing tenants by carbon monoxide poisoning, the case rocks Bull and the TAC team to their core.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr



SYDNEY PROGRAM GUIDE

Wednesday 24th May 2023

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 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.

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 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 Bursleson.



SYDNEY PROGRAM GUIDE

Thursday 25th May 2023

06:00 am Freshly Picked With Simon Toohey CC G
(Rpt)

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.

06:30 am My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

07:00 am 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.

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

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

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

Deacon Sharpe sets himself up to succeed at Il Giardino! Ridge makes Ridge, Jr. an offer for a bright future.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Thursday 25th May 2023

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.

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

Dr. Phil discusses the rise in "grey" divorces that happen around age 50, also known as "silver splitters." Plus, hear about an organization that helps children with autism to get on the tennis court.

02:00 pm To Be Advised

03:10 pm Entertainment Tonight

CC

ALL NEW EPISODES

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03:30 pm My Market Kitchen

CC

ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

04:00 pm Good Chef Bad Chef

CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Ridge, Jr. humorously gives in to his father's request. Hope becomes affected while modeling a design for Thomas.

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 25th May 2023

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm MasterChef Australia

CC PG
Mild Coarse
Language,
Mild Themes

ALL NEW EPISODES

Contestants cook with a mystery appliance before their Round 1 champion summons the strength of Thor, hoping to wrest an Immunity Pin away from Chris Hemsworth's Michelin-trained chef, Sergio Perera.

08:40 pm Law & Order: S.V.U (Rpt)

CC MA15+
Violence,
Strong Adult Themes

Once Upon A Time In El Barrio

The stakes are high and dangerous when Velasco asks Benson for help finding three Mexican girls who were trafficked from his hometown to New York City.

Starring: Mariska Hargitay, Octavio Pisano, Ice T

Guest Starring: Brad William Henke

09:30 pm To Be Advised

10:30 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Strong Adult Themes

Eighteen Wheels A Predator

The probe into a brutal sexual assault in Central Park is turned upside-down when Benson receives an anonymous confession, sending Rollins and Fin to Kentucky, where an identical victim has been found

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

SPECIAL ENCORE PRESENTATION

11:30 pm The Project Encore (Rpt)

CC

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12:30 am The Late Show With Stephen Colbert

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02:00 am Home Shopping (Rpt)

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Home Shopping

04:30 am CBS Mornings

CC

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SYDNEY PROGRAM GUIDE

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(Rpt)

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07:00 am Farm To Fork (Rpt) CC G

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

Ridge, Jr. humorously gives in to his father's request. Hope becomes affected while modeling a design for Thomas.

10:00 am Studio 10 CC PG

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SYDNEY PROGRAM GUIDE

Friday 26th May 2023

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.

01:00 pm Dr Phil CC PG
Mature Themes

ALL NEW EPISODES

This is a show every parent needs to watch, as Dr. Phil hears stories from parents whose children have been tragically killed by guns that were not secured safely in the home.

02:00 pm To Be Advised

03:10 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 My Market Kitchen CC

ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

04:00 pm Good Chef Bad Chef CC

ALL NEW EPISODES

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Brooke, Taylor, and Ridge enjoy their blended family. Steffy witnesses something she wishes she didn't.

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 26th May 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 Bondi Rescue 2023

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Chappo goes to rescue a father & daughter and gets assistance from an unlikely source. A girl is rushed to the tower suffering an anaphylactic shock, Jackson must do something he's never done before.

08:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
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.

08:30 pm To Be Advised

09:30 pm The Graham Norton Show (Rpt)

CC PG
Mature Themes

It's a show jam-packed with talent as Graham has fun on the couch with Daniel Craig, Clive Myrie, Sir Ian McKellen and John Bishop. Plus, Charlie Puth performs his song "Loser".

10:30 pm The Graham Norton Show (Rpt)

CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with guests Adele, Dame Helen Mirren, Jim Broadbent, Golda Rosheuvel and George Ezra.

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 26th May 2023

01:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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 27th May 2023

06:00 am	Reel Action (Rpt)	CC G	Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p>ALL NEW EPISODES <u>2322 Hope For The Heart Of Georgia - Macon</u> Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.
07:30 am	Escape Fishing With ET (Rpt)	CC	Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.
08:00 am	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	What's Up Down Under (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!
09:00 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.
09:30 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.
10:00 am	Studio 10: Saturday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
12:00 pm	To Be Advised		



SYDNEY PROGRAM GUIDE

Saturday 27th May 2023

01:10 pm	My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
01:30 pm	Pat Calinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
02:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
ALL NEW EPISODES			
03:00 pm	What's Up Down Under	CC	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
03:30 pm	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.
04:00 pm	Farm To Fork (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
04:30 pm	Taste Of Australia With Hayden Quinn (Rpt)	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.
LIVE			
05:00 pm	10 News First	CC	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
SPECIAL ENCORE PRESENTATION			
06:00 pm	Bondi Rescue 2023 Encore (Rpt)	CC PG Coarse Language, Mature Themes	Chappo goes to rescue a father & daughter and gets assistance from an unlikely source. A girl is rushed to the tower suffering an anaphylactic shock, Jackson must do something he's never done before.



SYDNEY PROGRAM GUIDE

Saturday 27th May 2023

06:30 pm The Dog House

CC PG
Mild Themes

ALL NEW EPISODES

American bulldog Buddy throws his weight around with plucky couple Katie and James. Abandoned terrier Tiddles enjoys a makeover in the hope that his spruced-up look will show that age is just a number

07:30 pm Indiana Jones And The Last Crusade (Rpt)(1989)

CC PG
Mild Violence

MOVIE

In 1938, Nazis kidnap Indy's father, archaeologist Dr Henry Jones. Father and son must put family tensions to one side as they race to beat the Nazis to The Holy Grail, which promises eternal life.

Starring: Harrison Ford, Sean Connery, John Rhys-Davies, Denholm Elliott, Julian Glover

10:00 pm Indiana Jones And The Kingdom Of The Crystal Skull (Rpt)(2008)

CC M
Action Violence

MOVIE

In 1957, archaeologist and adventurer Indiana Jones is called back into action and becomes entangled in a Soviet plot to uncover the secret behind mysterious artifacts known as the Crystal Skulls.

Starring: Harrison Ford, Cate Blanchett, Shia LaBeouf, Karen Allen, John Hurt

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Saturday 27th May 2023

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.