



SYDNEY PROGRAM GUIDE

Sunday 04th June 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

060423 A Political Prophecy— Cancel Culture

It's not easy to live as a Christian in a world that is increasingly hostile to the truths of God's Word. We follow the example of Christ and the wisdom of Scripture, we show a better way to live.

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

ALL NEW EPISODES

476 - The Healing Power Of The Holy Communion

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 Australia By Design: Innovations (Rpt) CC PG

Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game.



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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	MasterChef Australia Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>Great frypans of fire! It's an Immunity Pin fracas as a field of faves fan the flames in a flipping flambé free-for-all. Who will face fab French foodie Gabriel Gaté in a fierce fight to the finish?</p>
01:10 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.
01:30 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.
02:00 pm	Luxury Escapes (Rpt)	CC PG	<p>Thailand</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>
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 PG Coarse Language	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.



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Sunday 04th June 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 MasterChef Australia

CC

ALL NEW EPISODES

Fancy a final trip down memory lane for a seventies-themed dinner party? A little fermented curd will do the trick! Then, time travel for the taste buds leads to a tearful farewell to one contestant.

09:00 pm NCIS: Hawaii

CC M
Violence

SEASON FINALE

Dies Irae

When a figure from Tennant's CIA past re-emerges, the NCIS team seeks help from the most unlikely place to catch a killer who threatens to destroy everything Tennant has built.

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

10:00 pm NCIS: Hawaii (Rpt)

CC M
Violence

Lost

NCIS crosses paths with Whistler's team while investigating a shipping container found filled with contraband weapons.

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

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



SYDNEY PROGRAM GUIDE

Sunday 04th June 2023

12:30 am Home Shopping (Rpt)

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01:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am 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 05th June 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.

SPECIAL ENCORE PRESENTATION

08:30 am Entertainment Tonight (Rpt) CC

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

09:00 am Judge Judy (Rpt) CC PG

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

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

When Hope and Thomas's flight home is delayed, Steffy springs into action, Liam gets anxious, Thomas searches for a solution and Hope attempts to maintain her emotions and composure.

LIVE

10:00 am Studio 10 CC PG

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 05th June 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

It's no secret that children who play contact and collision sports are at risk for head trauma and concussions. But the question is, should children be allowed to play these sports?

02:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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03:30 pm Judge Judy (Rpt)

CC PG

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

04:00 pm Good Chef Bad Chef

CC G

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
Mild Themes

ALL NEW EPISODES

Hope struggles to keep her feelings in check around Thomas.

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

Monday 05th June 2023

07:30 pm MasterChef Australia

CC PG
Mild Themes

ALL NEW EPISODES

It's home cooks vs pro cooks in a culinary smackdown! The gloves are off as three contenders go toe-to-toe with Jacqui Challinor and her Nomad Restaurant warriors. Who will deliver the knockout blow?

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, Lizzy Hoo, Luke McGregor and Urzila Carlson 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

ALL NEW EPISODES

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Alan Carr, Peter Helliar and Randy Feltface.

10:10 pm FBI: Most Wanted

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Rangeland

After two Land Management agents go missing while executing a land seizure warrant, the Fugitive Task Force heads to a hostile Wyoming county to track them down, while Hana's catfishing turns deadly.

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

11:10 pm FBI: Most Wanted (Rpt)

CC M
Violence

Run-Hide-Fight

While Christmas shopping with their families, all hell breaks loose as Barnes and Jess are caught in the middle of a mall shooting with the exits rigged with explosives so no one can escape.

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

12:00 am The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Monday 05th June 2023

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.

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 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 06th June 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 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
Mild Themes

Hope struggles to keep her feelings in check around Thomas.

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

Tuesday 06th June 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

M
Sexual References,
Mature Themes

ALL NEW EPISODES

More than half of all teachers in America earn income from sources other than their salary, with many turning to sex work on subscription social platforms. Dr. Phil discusses this once taboo subject.

02:00 pm MasterChef Australia Encore (Rpt)

CC

PG
Mild Themes

SPECIAL ENCORE PRESENTATION

It's home cooks vs pro cooks in a culinary smackdown! The gloves are off as three contenders go toe-to-toe with Jacqui Challinor and her Nomad Restaurant warriors. Who will deliver the knockout blow?

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

G

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
Mild Themes

ALL NEW EPISODES

Steffy tells Finn that she's concerned about Hope, not Thomas. Liam prepares a romantic surprise.



SYDNEY PROGRAM GUIDE

Tuesday 06th June 2023

05:00 pm 10 News First	CC
06:30 pm The Project	CC
07:30 pm MasterChef Australia	CC
08:40 pm The Cheap Seats	CC M Coarse Language, Mature Themes, May Contain:
09:40 pm NCIS (Rpt)	CC M Violence
10:30 pm North Shore Encore (Rpt)	CC M Coarse Language
11:30 pm The Project Encore (Rpt)	CC
12:30 am The Late Show With Stephen Colbert	CC PG

LIVE

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

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

Peacekeeper

NCIS investigates the case of a Navy reservist whose body is found in a beat-up car at the end of a gun range. Also, Kasie weighs the pros and cons of buying a gun

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

SPECIAL ENCORE PRESENTATION

Abigail faces increasing pressure to close the trade deal, Max struggles to get his informant back onside and a breakthrough fills a crucial gap in the case timeline.

SPECIAL ENCORE PRESENTATION

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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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Tuesday 06th June 2023

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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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

Wednesday 07th June 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	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.
SPECIAL ENCORE PRESENTATION		
08:30 am Entertainment Tonight (Rpt)	CC	Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
09:00 am Judge Judy (Rpt)	CC PG	Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.
09:30 am The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Steffy tells Finn that she's concerned about Hope, not Thomas. Liam prepares a romantic surprise.
LIVE		
10:00 am Studio 10	CC PG	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

Wednesday 07th June 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

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 MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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 G

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
Mild Themes

ALL NEW EPISODES

Sheila is determined to find her way out of prison. Taylor gives Deacon some advice.

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 07th June 2023

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm MasterChef Australia

CC

ALL NEW EPISODES

08:40 pm North Shore

CC

ALL NEW EPISODES

Abigail makes a shock announcement, as the detectives close in on the crime scene and get closer to learning the truth about what happened to her daughter.

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

CC

SEASON FINALE

All Pain Is ONE Malady

In the search for a revenge-for-hire crime ring, Benson and Stabler combine forces on a case that has now spread globally. Meanwhile, Fin and Bruno help a rape victim assaulted for a second time.

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

10:40 pm Fire Country

CC M
Violence,
Dangerous Activity

ALL NEW EPISODES

Backfire

Crews are called to a backfire started by Faye's private firefighting company Nozzle to protect a high-end winery, but instead threatens to grow out of control. Bode fears the worst as parole beckons.

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

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 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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02:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings

CC

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SYDNEY PROGRAM GUIDE

Thursday 08th June 2023

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

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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
Mild Themes

Sheila is determined to find her way out of prison. Taylor gives Deacon some advice.

10:00 am Studio 10 CC PG

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12:00 pm 10 News First: Midday CC

LIVE

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01:00 pm Dr Phil CC M
Mature Themes

ALL NEW EPISODES

Innocent people are often convicted after they provide police with a false confession. What could possibly motivate an innocent person to confess to a crime they didn't commit?

02:00 pm MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

03:10 pm Entertainment Tonight CC

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03:30 pm My Market Kitchen CC

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04:30 pm The Bold & The Beautiful CC PG
Mild Themes

ALL NEW EPISODES

Sheila manipulates Finn. Brooke is determined to keep her word to Taylor and respect their pact.

05:00 pm 10 News First CC

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CC

ALL NEW EPISODES

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

CC M
Mature Themes

Confess Your Sins To Be Free

When the only evidence in a rape crime is a church confession, Carisi must find another way to prove his suspect guilty. Benson agrees to meet with an old friend seeking to make amends for past sins.

Starring: Mariska Hargitay, Peter Scanavino, Ice T , Octavio Pisano

Guest Starring: Aidan Quinn, Patch Darragh

09:30 pm To Be Advised

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

CC M
Strong Adult Themes

Final Call At Forlini's Bar, A

The SVU provides help and protection for a longtime domestic violence victim, but when she winds up at the defendant's table in court, Rollins surprises Carisi with a formidable opponent at trial.

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

Guest Starring: Raúl Esparza

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 am The Late Show With Stephen Colbert

CC PG

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Home Shopping

04:30 am CBS Mornings

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

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

Sheila manipulates Finn. Brooke is determined to keep her word to Taylor and respect their pact.

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

Friday 09th June 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
Mild Coarse
Language,
Mature Themes

ALL NEW EPISODES

Sologamy, also known as "self-marriage", is a ceremony where a person commits to a meaningful and loving relationship with themselves and a promise to give themselves what they often seek from others.

02:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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 G

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
Mild Themes

ALL NEW EPISODES

Liam decides it's time to have a talk with Thomas face-to-face. Thomas overhears something upsetting.

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 09th June 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

08:00 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.

08:30 pm To Be Advised

09:30 pm The Graham Norton Show (Rpt)

CC M
Mature Themes

Graham brings you Everything Everywhere All at Once with Michelle Yeoh, Elvis star Austin Butler, Slow Horses actor Jack Lowden, Ashley Banjo from Dance Monsters and a performance by Mimi Webb.

10:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with famous guests including Benedict Cumberbatch, Ru Paul, Daisy Edgar-Jones, Diane Morgan and Regard X Years & Years.

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 09th June 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 10th June 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

ALL NEW EPISODES

2324 Enduring Wisdom: Part 2

Dr Michael Youssef speaks about the Word of God and offers hope.

07:00 am Freshly Picked With Simon Toohey (Rpt) CC G

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

07:30 am Escape Fishing With ET (Rpt) CC

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 MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION



SYDNEY PROGRAM GUIDE

Saturday 10th June 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.

ALL NEW EPISODES

01:30 pm Buy To Build CC G

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) CC G

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

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.

ALL NEW EPISODES

04:00 pm My Market Kitchen CC

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.

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

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.

05:00 pm 10 News First CC

LIVE

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

06:00 pm Bondi Rescue 2023 Encore (Rpt) CC PG
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION



SYDNEY PROGRAM GUIDE

Saturday 10th June 2023

06:30 pm The Dog House

CC PG
Mild Themes

ALL NEW EPISODES

Loveable goofball Peaches sends Jane and Alan into a spin, Hetti enjoys a game of tennis with the Jobanputras to prove that she is really young at heart, and Duchess is back on the charm offensive!

07:30 pm The Dog House Australia (Rpt)

CC PG
Mild Themes

Sammy the Jack Russell has the wiggliest bum ever, and could be the perfect complement to young Alex's dry reserve. Plus, neglect victim Martin the Staffy may finally find the caring home he deserves.

08:30 pm Blue Bloods

CC M
Violence

ALL NEW EPISODES

Smoke & Mirrors

Jamie and Danny investigate a series of carjackings, Eddie helps a woman being stalked by a man she met on a dating app, and Erin seeks out the culprit behind online attacks on her boss, D.A. Crawford

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

09:30 pm CSI: Vegas

CC M
Violence

ALL NEW EPISODES

The Promise

When the body of a young girl who was killed over 40 years ago is discovered at the bottom of Lake Mead, Max Roby promises her mother that the CSI team will finally find justice for her daughter.

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

Guest Starring: Eric Szmanda

10:30 pm To Be Advised

11:30 pm FBI: Most Wanted Encore (Rpt)

CC M
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Rangeland

After two Land Management agents go missing while executing a land seizure warrant, the Fugitive Task Force heads to a hostile Wyoming county to track them down, while Hana's catfishing turns deadly.

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



SYDNEY PROGRAM GUIDE

Saturday 10th June 2023

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)

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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 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.