



SYDNEY PROGRAM GUIDE

Sunday 02nd July 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

070223 Is He From History Or From Eternity?

Jesus loved us from eternity past, provided the way for our eternal future, and is actively involved in our life today.

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

ALL NEW EPISODES

The 480 - Kairos Year Of Right Time Right Place

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 Planet Shapers (Rpt) CC G

Planet Shapers

Sustainability stories about innovating and adapting to create a more sustainable world.

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.

10:00 am Studio 10: Sunday CC PG

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



SYDNEY PROGRAM GUIDE

Sunday 02nd July 2023

12:00 pm MasterChef Australia Encore (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Hear ye, hear ye! It's crunch time in a cracker of an Immunity Challenge. Judges are listening for the loudest, most rip-roaring dish that offers both aural pleasure and sizzling taste. Sound good?

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 Cook With Luke (Rpt) CC G

Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.

02:00 pm Roads Less Travelled CC

ALL NEW EPISODES

A 2 part Road Trip series uncovering all the hidden gems that can be found in New Zealand.

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

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 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.

04:30 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.

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 02nd July 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
Coarse Language,
Mild Themes

ALL NEW EPISODES

Consummate pastry chef and chocolatier Kirsten Tibballs is here to set a sweet Elimination Challenge over two rounds. Who will pud up some patisserie magic and who will dessert the MasterChef kitchen?

09:00 pm FBI

CC M
Violence,
Sexual References,
Mature Themes

ALL NEW EPISODES

Victim

The team investigates a series of brutal assaults on women, while OA withholds information about his own attack and mugging from earlier that morning.

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

10:00 pm NCIS: Hawaii (Rpt)

CC M
Violence

Broken

While Jane is questioned following Maggie Shaw's arrest, the rest of the team investigates a mysterious case of Marines with damaged ear canals from a weapon that emits ultrasonic waves.

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

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 02nd July 2023

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 03rd July 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 Sexual References, Mild Themes	Wyatt offers a new perspective. Hope has an unexpected vision of her future.
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 03rd July 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

Experts discuss forms of victimhood and the types of people with a victim mentality. Dr. Phil outlines the dangers of over-sensitivity, negative thinking, playing the blame game and entitlement.

02:00 pm MasterChef Australia Encore (Rpt)

CC PG
Coarse Language,
Mild Themes

SPECIAL ENCORE PRESENTATION

Consummate pastry chef and chocolatier Kirsten Tibballs is here to set a sweet Elimination Challenge over two rounds. Who will pud up some patisserie magic and who will dessert the MasterChef kitchen?

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 Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Brooke decides to join the Forrester Creations team on their trip to Italy. Hope continues to wrestle with fantasy versus reality.

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 03rd July 2023

07:30 pm MasterChef Australia

CC PG
Coarse Language,
Mild Themes

ALL NEW EPISODES

With an open garden, open pantry and an open mind, freshness will be front and centre for our Top 5 as they compete for a spot in the next Immunity Challenge.

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, Urzila Carlson, Aaron Chen, Celia Pacquola and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

09:40 pm Just For Laughs Australia

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Rove McManus, Nish Kumar and Two Hearts.

10:10 pm FBI: Most Wanted

CC M
Violence

SEASON FINALE

Heaven Falling

The team helps Remy try to catch his brother's real killer 25 years after Mikey was murdered.

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

11:00 pm FBI: Most Wanted (Rpt)

CC MA15+
Strong Violence

Overlooked

The team race to prevent more killings as they search for an embezzling businessman who is wanted for his wife and daughter's murder. Jess takes advantage of his empty nest to properly court Sarah.

Starring: Julian McMahon, Alexa Davalos, Miguel Gomez, Keisha Castle-Hughes, Jen Landon

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.



SYDNEY PROGRAM GUIDE

Monday 03rd July 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 04th July 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	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 Sexual References, Mild Themes	Brooke decides to join the Forrester Creations team on their trip to Italy. Hope continues to wrestle with fantasy versus reality.
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

Tuesday 04th July 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 probes the very sensitive topic of discrimination. The news has reported accusations of reverse discrimination against white people in universities and workplaces. How real are these claims?

02:00 pm MasterChef Australia Encore (Rpt)

CC PG
Coarse Language,
Mild Themes

SPECIAL ENCORE PRESENTATION

With an open garden, open pantry and an open mind, freshness will be front and centre for our Top 5 as they compete for a spot in the next Immunity Challenge.

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 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 Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Steffy makes a promise. Taylor deals with the consequences of her scheme to eliminate Brooke as an obstacle for Ridge's heart. Eric predicts that Rome will be a successful trip for multiple reasons.



SYDNEY PROGRAM GUIDE

Tuesday 04th July 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 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 Coarse
Language

ALL NEW EPISODES

Set your alarm for a classic Time Auction as we take a road trip to All Saints Estate in the Murray. A bidding war for local ingredients is just the opening salvo in a battle for a shot at Immunity.

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 (Rpt)

CC M
Violence,
Mature Themes

The Helpers

While investigating the death of an intruder at Quantico, Jimmy and Kasie are exposed to a deadly biotoxin, and the NCIS team calls on Doctor Carol Wilson for help as they race to find the antidote

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

10:30 pm Riptide Encore (Rpt)

CC M
Violence,
Coarse Language,
Drug References

SPECIAL ENCORE PRESENTATION

Newlyweds Alison and Sean appear to have an idyllic life. When Sean fails to return, having gone surfing, police conclude that he has drowned. However, Alison suspects something more sinister.

Starring: Jo Joyner, David Berry, Peter O'Brien, Ciaran Griffiths, Asher Yasbincek, Alexandra Fowler

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Tuesday 04th July 2023

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

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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03:00 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 Bursleson.



SYDNEY PROGRAM GUIDE

Wednesday 05th July 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

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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 (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
Mild Themes

Steffy makes a promise. Taylor deals with the consequences of her scheme to eliminate Brooke as an obstacle for Ridge's heart. Eric predicts that Rome will be a successful trip for multiple reasons.

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

Wednesday 05th July 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 talks to Gen Zers and millennials who express their thoughts and emotions about their feelings of loneliness, including their struggles with the social stigma of sadness and feeling alone.

02:00 pm MasterChef Australia Encore (Rpt)

CC PG
Mild Coarse
Language

SPECIAL ENCORE PRESENTATION

Set your alarm for a classic Time Auction as we take a road trip to All Saints Estate in the Murray. A bidding war for local ingredients is just the opening salvo in a battle for a shot at Immunity.

03:10 pm Entertainment Tonight

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ALL NEW EPISODES

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03:30 pm Judge Judy (Rpt)

CC PG

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

04:00 pm Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Taylor is once again left disappointed. Hope and Liam share a deeply emotional goodbye.

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 05th July 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

It's a fiesta of alfresco cooking in fields of cacti at the competition's pointy end. The most succulent Mexican dish will earn its maker a stab at Immunity. Needles to say, the loser will be cactus.

08:40 pm Riptide

CC M
Violence,
Coarse Language

ALL NEW EPISODES

Learning that Sean argued on the beach with his son Ethan increases Alison's suspicions. Michael has a secret connection with Hannah's friend Logan as shockwaves begin to be felt.

Starring: Jo Joyner, David Berry, Peter O'Brien, Ciaran Griffiths, Asher Yasbincek, Alexandra Fowler

09:40 pm So Help Me Todd

CC PG
Drug References

ALL NEW EPISODES

Let The Write ONE In

Margaret joins an elite philanthropy club and must represent a former employee accused of using the club to smuggle drugs. Todd goes undercover as a waiter to get information to help Margaret's case.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

10:30 pm FBI Encore (Rpt)

CC M
Violence,
Sexual References,
Mature Themes

Victim

The team investigates a series of brutal assaults on women, while OA withholds information about his own attack and mugging from earlier that morning.

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

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Wednesday 05th July 2023

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

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 06th July 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
Sexual References,
Mild Themes

Taylor is once again left disappointed. Hope and Liam share a deeply emotional goodbye.

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

Thursday 06th July 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 forced labor in prisons: should it end because it is punitive and even abusive, or is it a productive way for some prisoners to spend their days and invest in their future?

02:00 pm MasterChef Australia Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

It's a fiesta of alfresco cooking in fields of cacti at the competition's pointy end. The most succulent Mexican dish will earn its maker a stab at Immunity. Needles to say, the loser will be cactus.

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 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 Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Liam turns to an unexpected source for guidance. Hope is unaware that more than one person is watching her.

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 06th July 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

ALL NEW EPISODES

08:40 pm The First Inventors

CC PG
Mild Themes

SEASON FINALE

Indigenous knowledge teams up with cutting-edge science to develop lifesaving medicines and combat climate change. But to tackle humanity's future challenges, first we need to heal the past.

09:40 pm The Cheap Seats Encore (Rpt)

CC M
Coarse Language,
Mature Themes,
May Contain:

SPECIAL ENCORE PRESENTATION

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

10:40 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Strong Adult Themes

I Thought You Were On My Side

Benson and Rollins must contend with the FBI and the Organized Crime bureau when a rape victim identifies a dangerous mobster as her assailant.

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

Guest Starring: Christopher Meloni, Josh Cooke

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

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Thursday 06th July 2023

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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

Friday 07th July 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
Mature Themes

Liam turns to an unexpected source for guidance. Hope is unaware that more than one person is watching her.

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 07th July 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 hears horrific stories from survivors of mass shooting tragedies. How do they heal the trauma which continues to haunt them for years, and what are they doing to move forward past tragedy?

02:00 pm The First Inventors Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Indigenous knowledge teams up with cutting-edge science to develop lifesaving medicines and combat climate change. But to tackle humanity's future challenges, first we need to heal the past.

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 Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

R.J. gets some attention. Liam decides to take matters into his own hands.

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 07th July 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 Location, Location, Location Australia CC

ALL NEW EPISODES

Location Location Location follows dynamic property experts, Mitch and Mark, as they leave no stone unturned in the quest to find the perfect home for two set of buyers each week.

08:30 pm Have You Been Paying Attention? Encore (Rpt)

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

SPECIAL ENCORE PRESENTATION

Have our contestants Ed Kavalee, Urzila Carlson, Aaron Chen, Celia Pacquola and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

09:30 pm The Graham Norton Show (Rpt)

CC PG
Violence,
Sexual References,
Coarse Language

Kick off your shoes and nestle in for a night full of international superstars. Joining Graham on the red sofa are Hugh Bonneville, Lesley Manville, Lashana Lynch, rapper Big Zuu and singer Sam Ryder.

10:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language,
Mature Themes

Join the hilarious and cheeky Graham Norton as he chats with guests Miriam Margolyes, Paul Rudd, Ron Howard, Halle Berry, Stephen Fry and Gregory Porter!

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 07th July 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 08th July 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

2328 Enduring Wisdom: Part 5

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 iFish (Rpt) CC G

Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.

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 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 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.

10:00 am Studio 10: Saturday CC PG

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



SYDNEY PROGRAM GUIDE

Saturday 08th July 2023

12:00 pm The First Inventors Encore (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Indigenous knowledge teams up with cutting-edge science to develop lifesaving medicines and combat climate change. But to tackle humanity's future challenges, first we need to heal the past.

01:00 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 Hungry (Rpt) CC G

Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.

02:00 pm Pooches At Play CC

ALL NEW EPISODES

Pooches At Play

Hosted by Dog Trainer and Behaviourist, Lara Shannon, get all the tips and advice you need to be the best carer and friend to your favourite furry pals.

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.

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!

04:00 pm My Market Kitchen CC G

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.

04:30 pm 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.



SYDNEY PROGRAM GUIDE

Saturday 08th July 2023

05:00 pm 10 News First

CC

LIVE

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

06:00 pm To Be Advised

07:00 pm The Dog House Australia (Rpt)

CC PG
Mild Themes

Shih Tzu crosses Alfonso & Lorenzo are the last of the 5 dogs who came into the shelter after their owner died, their mother & siblings have found love so it's finally their turn when they meet Carol.

08:00 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

In The Name Of Honour

The NCIS team must quickly find Kensi and Fatima after they are kidnapped and drugged while searching for a missing Navy lieutenant who they learn has ties to a dangerous Islamic militia.

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

09:00 pm Blue Bloods

CC M
Violence,
Mature Themes

SEASON FINALE

Forgive Us Our Trespasses

Danny teams up with his old partner, Jackie, to find a copycat killer. Frank debates how to handle the city's homeless problem. Jamie, Eddie and Erin join forces to nab an ex-con committing assaults.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray, Jennifer Esposito

10:00 pm CSI: Vegas

CC M
Violence,
Mature Themes

SEASON FINALE

Dying Words

The CSI team investigates a murder case that hits close to home for Folsom, who is forced to sit the investigation out. While Folsom does his own digging, the team members race to arrest the suspect.

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



SYDNEY PROGRAM GUIDE

Saturday 08th July 2023

11:00 pm The Cheap Seats Encore (Rpt)

CC M
Coarse Language,
Mature Themes,
May Contain:

SPECIAL ENCORE PRESENTATION

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

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

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power

G

ALL NEW EPISODES

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