



SYDNEY PROGRAM GUIDE

Sunday 09th 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

070923 Is He From The Old Testament Or The New Testament?

The Old Testament has more than 300 predictions about Jesus that are fulfilled in the New Testament. These fulfilled prophecies strengthen our faith and give us hope as we look toward the future.

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

ALL NEW EPISODES

The 481 - Kairos Year Of Right Time Right Place - Part 2

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 Waltzing Jimeoin (Rpt) CC PG
Mild Themes,
Nudity

Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him.

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.
SPECIAL ENCORE PRESENTATION			
12:00 pm	MasterChef Australia Encore (Rpt)	CC PG Mild Themes	Our judges face their toughest decision yet in a service challenge at the incredible Stick Shed in Murtoa. Who will separate the wheat from the chaff in our grain event and be first into Finals Week?
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.
ALL NEW EPISODES			
02:00 pm	Roads Less Travelled	CC	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 G	Two old 1940's 4WD's, 1100 sand dunes, outback roads known to destroy even new 4WD's... Welcome to Simmo or Bust! An Offroad Adventure Show special.
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 PG	Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.
LIVE			
05:00 pm	10 News First	CC	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



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Sunday 09th 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
Mild Coarse
Language,
Mild Themes

ALL NEW EPISODES

An all-out anvovy assault and a ding-dong Dijon duel sees contestants pitted against each other in pairs for the first Elimination round, with the bottom two duking it out to remain in the competition

09:00 pm FBI

CC M
Violence

ALL NEW EPISODES

Flopped Cop

When a wealthy accountant is gunned down for secretly testifying against a notorious drug lord, the FBI's probe leads Tiffany to ask for help from an ex-cop friend who is related to the deadly don.

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

10:00 pm NCIS: Hawaii (Rpt)

CC M
Frequent Violence

Pirates

As Jesse enjoys a day sailing with his daughter, pirates suddenly seize their yacht, take the passengers hostage and attack Jesse, leaving it up to his team to quickly locate and rescue his daughter.

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)

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01:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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





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



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Monday 10th 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

Did you know that your emotions could be damaging your heart, and you might not find out until it's too late? Dr. Phil reveals information that could save your life or someone you love.

02:00 pm MasterChef Australia Encroe (Rpt)

CC PG
Mild Coarse
Language,
Mild Themes

SPECIAL ENCORE PRESENTATION

An all-out anvovy assault and a ding-dong Dijon duel sees contestants pitted against each other in pairs for the first Elimination round, with the bottom two duking it out to remain in the competition

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

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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

Liam prepares to make a grand gesture. Ridge and Brooke take in the grandeur of Rome

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 10th July 2023

07:30 pm MasterChef Australia

CC PG
Mild Coarse
Language,
Mild Themes

ALL NEW EPISODES

Emotions run high with a semi final spot at stake, as contestants feel the love in a tear-jerker of a Mystery Box. Hearts and souls will go into a MasterChef version of their family's favourite dish.

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 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 MA15+
Strong Coarse
Language

ALL NEW EPISODES

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Mel Buttle, Blake Freeman and Tom Walker.

10:10 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence,
Drug Use,
Mature Themes

Shattered

The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.

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

11:00 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.

12:00 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.

01:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 11th July 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

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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 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

Liam prepares to make a grand gesture. Ridge and Brooke take in the grandeur of Rome

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.



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Tuesday 11th 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 addresses the recent movement, originating in the activism of transgender advocates, to replace the word "woman" with gender-neutral terms.

02:00 pm MasterChef Australia Encore (Rpt)

CC PG
Mild Coarse
Language,
Mild Themes

SPECIAL ENCORE PRESENTATION

Emotions run high with a semi final spot at stake, as contestants feel the love in a tear-jerker of a Mystery Box. Hearts and souls will go into a MasterChef version of their family's favourite dish.

03:10 pm Entertainment Tonight

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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

Liam finds a way to get to Hope. Ridge's uncertainty is disprove

05:00 pm 10 News First

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



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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

Bennelong Restaurant's Peter Gilmore demonstrates how to create an intricate and tasty seafood dish. With no recipe, contestants must use total recall to perfectly replicate the dish or be eliminated.

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

First Steps

As NCIS investigates the cause of death of a reservist Navy Seal surgeon, they're forced to bring Vance's daughter, Kayla, who recently trained with NCIS, to help with a highly dangerous mission

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

10:30 pm Riptide Encore (Rpt)

CC M
Violence,
Coarse Language

SPECIAL ENCORE PRESENTATION

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

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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(Rpt)

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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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Mild Themes

Liam finds a way to get to Hope. Ridge's uncertainty is disprove

10:00 am Studio 10 CC PG

LIVE

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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

Activists, writers, educators and descendants discuss giving financial reparations to African Americans.

02:00 pm MasterChef Australia Encore (Rpt)

CC PG
Coarse Language,
Mild Themes

SPECIAL ENCORE PRESENTATION

Bennelong Restaurant's Peter Gilmore demonstrates how to create an intricate and tasty seafood dish. With no recipe, contestants must use total recall to perfectly replicate the dish or be eliminated.

03:10 pm Entertainment Tonight

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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

Forrester brings its signature glamour to the streets of Rome.

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

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06:30 pm The Project

CC

ALL NEW EPISODES

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

07:30 pm The Dog House Australia (Rpt)

CC PG
Mild Themes

Will 3-year old Ollie and his family find a forever friend in staffy puppy Tiger? Can Frankie the pup help Simon overcome a childhood dog attack trauma? And will Jaran be Liz and Scott's first dog?

08:30 pm Riptide

CC M
Violence,
Coarse Language

ALL NEW EPISODES

Alison learns that the watch Sean was wearing before he vanished is in Michael's possession. An anonymous police tip-off results in his arrest, but evidence raises doubts about Michael's involvement.

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

09:30 pm Riptide

CC M
Violence,
Coarse Language

SEASON FINALE

With Hannah vowing to clear her father's name, Dan takes Alison to a mountain retreat where he suggests that they could move away to start a new life together.

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

10:30 pm So Help Me Todd

CC PG
Mature Themes

ALL NEW EPISODES

So Help Me Pod

Margaret enlists the help of a popular true crime podcaster Lea Luna to help exonerate a client who is serving a life sentence, and Todd seeks dating advice when sparks fly between him and Lea.

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

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CC

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04:30 am CBS Mornings CC

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



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Mild Themes

Forrester brings its signature glamour to the streets of Rome.

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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 debates whether transgender students should be allowed to use bathrooms corresponding with their gender identity. And how old should children be when learning about gender identity in school?

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

CC PG
Mild Themes

Will 3-year old Ollie and his family find a forever friend in staffy puppy Tiger? Can Frankie the pup help Simon overcome a childhood dog attack trauma? And will Jaran be Liz and Scott's first dog?

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04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

The Colosseum provides the backdrop for a turning point for one of our couples.

05:00 pm 10 News First

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07:30 pm Dogs Behaving (Very) Badly Australia

CC

SERIES PREMIERE

08:30 pm Law & Order: S.V.U (Rpt)

CC M

Strong Adult Themes

ONE More Tale Of Two Victims

Detective Joe Velasco joins the SVU as they search for a serial rapist who preys on mothers with young children, while Benson and Fin struggle under the tightened reins of Chief McGrath,

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

09:30 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.

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

CC M

Strong Adult Themes

Fast Times @diggyspenthouse

The SVU faces the court of public opinion and the fury of social media fans when they arrest two smug influencers after a popular TikTok dancer posts a rape allegation against them.

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

Guest Starring: Lena Torluemke, Aida Turturro

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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
Mild Themes

The Colosseum provides the backdrop for a turning point for one of our couples.

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 14th 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

With insights from an influencer, a marketing specialist and a spending coach, learn how product and service influencers use the trust and loyalty of viewers to persuade them to spend, spend, spend.

02:00 pm To Be Advised

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:30 pm Judge Judy (Rpt)

CC PG

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

04:00 pm 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

Ridge races to get to Brooke in time. Liam's world comes crashing down.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 14th July 2023

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 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 M
Stylised Violence,
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with Keanu Reeves, Olivia Colman, Cynthia Erivo, Jack Whitehall & Rag 'n' Bone Man.

10:30 pm The Graham Norton Show (Rpt)

CC PG
Sexual References,
Mild Coarse
Language

Compilation #1

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

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 14th July 2023

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 15th 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

2329 Enduring Wisdom: Part 6

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 15th July 2023

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

SPECIAL ENCORE PRESENTATION

Emotions run high with a semi final spot at stake, as contestants feel the love in a tear-jerker of a Mystery Box. Hearts and souls will go into a MasterChef version of their family's favourite dish.

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 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

Hear tips to boost your pet's gut health, home grooming advice & what you need to know when it comes to puppies & their exercise needs. They get down dirty at the Animal Aid Adventure Dog challenge.

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

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 15th 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

Greg & Allan are flat mates hoping Betty the Staffy will become their 3rd roomie, she really brings some personality to the meeting pen. And Jason falls hard for husky Lara but is the feeling mutual?

08:00 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Farewell To Arms, A

The NCIS team must identify a mystery woman who attacked the founder of an AI company, before the next major global conflict ensues. Kilbride's ex-wife asks him to consider reconnecting with their son

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

Guest Starring: Marilu Henner

09:00 pm NCIS: Los Angeles

CC M
Violence,
Strong Adult Themes

ALL NEW EPISODES

Shame

A petty officer is found dead with an apparent suicide note, and the NCIS team must investigate the mystery surrounding his death. Also, Callen and Anna begin planning their wedding.

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

10:00 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

The Other Shoe

Sam Hanna must go undercover as a fighter to catch the leader of a gang dealing drugs on the streets.

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



SYDNEY PROGRAM GUIDE

Saturday 15th 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.