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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 11th April 2021** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **Mass For You At Home** | CC | G |  |
| Weekly Catholic Mass for those unable to travel to a church. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Hillsong** | CC | G |  |
| Religious. |
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|  | **ALL NEW EPISODES** |
|  | **07:00 am** |  | **Joseph Prince** | CC | G | **367 - The Power Of Positive Expectations** |
| Religious program. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo874 -** |
| Religious. |
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|  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **08:30 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **09:00 am** |  | **Australia By Design: Architecture** (Rpt) | CC | G |  |
| Australia By Design: Architecture, uncovers the outstanding projects that exemplify excellence in Australian architectural design. |
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|  | **09:30 am** |  | **Studio 10: Sunday** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **12:00 pm** |  | **Advancing Australia Encore** (Rpt) | CC |  |  |
| Guy Pearce shows how three tech-savvy Aussies are making the world a better place for millions of Australians living with disabilities through ingenious inventions designed to help out their mates. |
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|  | **12:30 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market. |
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|  | **ALL NEW EPISODES** |
|  | **01:00 pm** |  | **The Offroad Adventure Show** | CC |  |  |
| Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series! |
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|  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC | PG |  |
| Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures. |
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|  | **03:00 pm** |  | **Roads Less Travelled** (Rpt) | CC | PGMild Coarse Language |  |
| An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia’s natural beauty. |
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|  | **03:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **04:00 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **Taste Of Australia With Hayden Quinn** | 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 contrubuting to our food culture. |
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|  | **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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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Sunday Project** | CC |  |  |
| Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Graham Norton Show** | CC |  |  |
| Join the hilarious and cheeky Graham Norton as he chats with Sharon Stone, Octavia Spencer, Melissa McCarthy, David Schwimmer, Nick Mohammed, Frank Skinner, Michelle Visage & Steps.Guest Starring: Sharon Stone, Octavia Spencer, Melissa McCarthy, David Schwimmer, Nick Mohammed, Frank Skinner, Michelle Visage |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **FBI: Most Wanted** | CC |  | **Spiderwebs** |
| Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Nathaniel Arcand, Keisha Castle-Hughes |
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|  | **09:30 pm** |  | **FBI** (Rpt) | CC | MViolence,Mature Themes | **American Dreams & Reveille** |
| Jess LaCroix from the Fugitive Task Force joins the case of a busload of kids being kidnapped when the suspect is a white supremacist he apprehended years ago. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  |
| Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **The Living Room** (Rpt) | CC | G |  |
| Kabir might look like any other 7-year-old...But Kabir is gifted! With an IQ of 142, he loves science and his parents want to transform their rental into a new space that inspires him. |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
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|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **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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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **SPECIAL EVENT** |
|  | **07:30 pm** |  | **What The Hell Happens Next?** | CC |  | **What The Hell Happens Next?** |
| If last year was up for the title of Worst Year Ever, what can this one deliver to top it? |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Hughesy, We Have A Problem** | CC |  |  |
| Julia Morris shares her bedroom secrets, Kyle Sandilands struggles to keep up with his much younger girlfriend and Hughesy is the reason a couple are seeking marriage counselling – what’s he done now? |
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|  | **SPECIAL EVENT** |
|  | **09:30 pm** |  | **Best Of The Sydney Comedy Festival** | CC | MA15+Sexual References,Coarse Language | **Best Of The Sydney Comedy Festival Vol. 2** |
| Strap yourselves in for some laughs! Comics include: Nick Cody, Stephen K. Amos, Ron Funches, Aaron Chen, Cameron James, Fern Brady, Dilruk Jayasinha, Amos Gill, Chris Ryan & Mark Forward. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
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|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **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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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Cube** | CC |  |  |
| Host Andy Lee welcomes sisters Lina and Nawal to The Cube. In order to win the big bucks, Lina must play a tricky game of memory where a she must recall the layout of a floor grid inside The Cube. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **NCIS** | CC |  | **Gut Punch** |
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|  | **09:30 pm** |  | **NCIS** (Rpt) | CC | MMature Themes | **Toil And Trouble** |
| The secretary of defense shuts down Gibbs' murder investigation and demands that McGee and Torres be arrested for their actions in the case.Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Tuesday 13th April 2021** |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **11:30 pm** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Wednesday 14th April 2021** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
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|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **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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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **SEASON FINALE** |
|  | **07:30 pm** |  | **The Cube** | CC |  |  |
| Sisters Michelle and Sam face an intense 10 second challenge where the tiniest wrong move of a finger could jeopodise the girls' shot at a $250,000 win. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Bull** | CC |  |  |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | MViolence | **Split Hairs** |
| New York's City's chief medical examiner, is charged with tampering with evidence on the case that made her career. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **11:30 pm** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
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|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **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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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Bondi Rescue** | CC |  |  |
| 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. |
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|  | **ALL NEW EPISODES** |
|  | **08:00 pm** |  | **Territory Cops** | CC | MViolence |  |
| Patrolling a million square kilometres of harsh landscape, dangerous wildlife, wild weather and precarious criminals, take a look into Australia's busiest police force – the Northern Territory Police. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Gogglebox** | CC |  |  |
| Australia's favourite armchair critics let you know what's hot and what'll have you reaching for the remote. Comedies, documentaries, dramas – nothing's safe from our Goggleboxers! |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **Law & Order: S.V.U** | CC |  | **Return Of The Prodigal Son** |
| The squad rallies around Det. Stabler to find the suspect behind a threat to his family.Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **This Is Us** | CC |  |  |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  |
| **Thursday 15th April 2021** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Friday 16th April 2021** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGMature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
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|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **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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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Living Room** | CC |  |  |
| The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way. |
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|  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC |  |  |
| Join the hilarious and cheeky Graham Norton as he chats with Sharon Stone, Octavia Spencer, Melissa McCarthy, David Schwimmer, Nick Mohammed, Frank Skinner, Michelle Visage & Steps.Guest Starring: Sharon Stone, Octavia Spencer, Melissa McCarthy, David Schwimmer, Nick Mohammed, Frank Skinner, Michelle Visage |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **10:30 pm** |  | **Just For Laughs** (Rpt) | CC | MSexual References,Coarse Language |  |
| Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Greg Proops, Gen Fricker, Sam Campbell and Tommy Little. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Saturday 17th April 2021** |
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|  | **06:00 am** |  | **Whichcar** (Rpt) | CC | PG |  |
| Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Leading The Way** | CC | G |  |
| Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. |
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|  | **07:00 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. |
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|  | **07:30 am** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G | **Bourke To The Big Red Bash** |
| Australia's foremost 4×4 expert “MR 4X4” Pat Callinan takes you on some of his all-time favourite four-wheel drive adventures. |
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|  | **08:30 am** |  | **The Offroad Adventure Show** (Rpt) | CC |  |  |
| Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series! |
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|  | **09:30 am** |  | **Studio 10: Saturday** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. |
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|  | **12:00 pm** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **12:30 pm** |  | **Luca's Key Ingredient** (Rpt) | CC | G |  |
| A very imaginative reflection of his own quirky self, this series will see Luca create some of Italy's finest and most traditional Italian dishes. |
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|  | **01:00 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market. |
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|  | **SEASON FINALE** |
|  | **01:30 pm** |  | **Buy To Build** | CC | G |  |
| Comparative building show where we explore new homes. |
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|  | **02:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **02:30 pm** |  | **Three Blue Ducks** (Rpt) | CC | PGCoarse Language |  |
| Andy Allen aims to dazzle his peers by creating a new age Asian beef salad. He and fellow chefs Mark and Daz search for exotic flavours in Cabramatta. |
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|  | **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! |
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|  | **03:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **04:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **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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|  | **ALL NEW EPISODES** |
|  | **06:00 pm** |  | **Advancing Australia** | CC |  |  |
| Twelve episodes - Thirty-six stories of courage, inspiration and innovation, woven into a series that proves when it comes to advancing Australia, we can do better, together. |
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|  | **06:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **07:00 pm** |  | **The Dog House** | CC | PG |  |
| Jess wants unconditional love after a recent break-up. Is Staffordshire bull terrier Gloria just the kind of buddy she needs right now? And cheeky Jack Russell Rocco seeks a new home. |
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|  | **ALL NEW EPISODES** |
|  | **08:00 pm** |  | **Ambulance** | CC | MMature Themes |  |
| This episode shines a light on mental health services and the struggles faced by others as the stories behind the sirens have a deep and lasting impact on the staff and crews of the ambulance service. |
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|  | **09:10 pm** |  | **Ambulance** (Rpt) | CC | MCoarse Language,Mature Themes |  |
| At the end of another busy day, Advanced Paramedic Luke puts his specialist training to use when he is dispatched to a life threatening motorcycle accident that has created multiple 999 calls. |
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|  | **10:20 pm** |  | **999: What's Your Emergency?** (Rpt) | CC | MCoarse Language,Mature Themes | **You Wouldn't Leave An Animal This Long** |
| With unbearable waiting times, crews help a schoolgirl whose life is threatened by anaphylactic shock, a woman who's been badly cut in a pub fight, and an elderly women who has fractured her hip. |
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|  | **11:25 pm** |  | **To Be Advised** |  |  |  |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **05:00 am** |  | **Hour Of Power** |  | G |  |
| Religious. |
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