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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 20th February 2022** |
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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 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 | **411 - Be Led By The Spirit Into Every Blessing** |
| Religious program. |
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|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo909** |
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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 |  |
| 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. |
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|  | **09:00 am** |  | **Left Off The Map** (Rpt) | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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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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|  | **12:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **01:30 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Sunday 20th February 2022** |
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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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|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Australia By Design: Architecture** | CC | PG |  |
| Now in its fifth season, Australia by Design, uncovers the outstanding projects that exemplify excellence in Australian architectural, interior, landscape and urban design. |
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|  | **03:00 pm** |  | **Destination Dessert** (Rpt) | CC | G |  |
| Destination Dessert is the ultimate travel show for the sweet tooth! Exploring NSW in our first series, discovering the sweeter things in life. |
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|  | **03:30 pm** |  | **Roads Less Travelled** (Rpt) | CC | G |  |
| 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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|  | **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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|  | **04:30 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  |
| Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces 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** |  | **Australian Survivor** | CC |  |  |
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|  | **09:00 pm** |  | **FBI** (Rpt) | CC | MViolence,Mature Themes | **Ties That Bind** |
| A kidnapping victim is linked to a series of murders that includes the daughter of an NYPD detective. Also, Kristen begins to doubt her ability as an agent after a training exercise leaves her shaken.Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd |
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|  | **10:00 pm** |  | **FBI** (Rpt) | CC | MViolence | **Fallout** |
| After a businessman with a history of harassment claims against him is killed, the team suspects that one of his many accusers may be behind ordering the man's murder.Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 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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|  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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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 Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Hope strives to keep her mother Brooke from spiraling out of control. Meanwhile, Steffy makes use of Charlie's security tools to corroborate Douglas' account of New Year's Eve. |
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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 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC |  |  |
| 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** |
|  | **02:30 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **03:00 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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Carter and Paris's heart-to-heart talk brings into focus where their relationship is headed. Meanwhile, Ridge takes comfort in Taylor's company while Steffy plots to bring Brooke down. |
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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 as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Australian Survivor** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **FBI: Most Wanted** | CC | MViolence,Drug References | **El Pincho** |
| The team go in search of a notorious Colombian drug lord who has escaped from prison and is on a killing spree, leading Kristin to open up to her ex-husband about a terrifying ordeal from her past,Starring: Julian McMahon, Alexa Davalos, Roxy Sternberg, Keisha Castle-HughesGuest Starring: Molly Burnett |
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|  | **09:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | MViolence | **Defender** |
| A single mother goes on a deadly rampage at a Public Defender's office, taking justice into her own hands after her son is given a harsh sentence for a petty crime.Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand |
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|  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | MViolence,Mature Themes | **Hairtrigger** |
| The team must act quickly to track down a young man traumatized by his experience surviving a school shooting, before he can exact a mass casualty revenge event on those he believes failed him.Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel ArcandGuest Starring: Charlie Tahan |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **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 Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Tuesday 22nd February 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Carter and Paris's heart-to-heart talk brings into focus where their relationship is headed. Meanwhile, Ridge takes comfort in Taylor's company while Steffy plots to bring Brooke down. |
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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 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGCoarse Language,Drug References,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 brings 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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Tuesday 22nd February 2022** |
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|  | **03:00 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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Grace's threat echoing in his head, Carter sets out to break things off with Paris. Meanwhile, Taylor gets wind of the shocking truth about Brooke's secret night with Deacon. |
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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 as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Australian Survivor** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **09:00 pm** |  | **NCIS** | CC | MViolence | **Fight Or Flight** |
| When the body of a Navy lieutenant is discovered missing an eye, the NCIS investigation leads to the world of cage fightingStarring: Mark Harmon, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law |
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|  | **10:00 pm** |  | **NCIS** (Rpt) | CC | MViolence | **Wide Awake** |
| NCIS investigates a Marine after evidence suggests she murdered her neighbour while being treated for insomnia by a hypnotherapist. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **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 Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Grace's threat echoing in his head, Carter sets out to break things off with Paris. Meanwhile, Taylor gets wind of the shocking truth about Brooke's secret night with Deacon. |
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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 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGCoarse Language,Drug References,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** |
|  | **02:30 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **03:00 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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Brooke decides to come clean to Ridge… but will she get to him in time? Meanwhile, Taylor determines to clue Ridge in about Brooke's ultimate betrayal. |
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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 as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Ambulance Australia** | CC | MMature Themes |  |
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|  | **08:30 pm** |  | **Bull** (Rpt) | CC | MMedical Procedures | **Quid Pro Quo** |
| Bull is hired by a doctor, Samir Shadid, who's accused by the Manhattan U.S. attorney of bribing his way into college, just as Bull's ex-wife, Isabella, is due to give birth.Starring: Michael Weatherly, Geneva Carr, Jaime Lee Kirchner, Chris Jackson |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | MViolence | **Flesh And Blood** |
| Bull assists in the murder trial defense of an old friend, Vivian Cahill, an in-debt professional gambler accused of killing her wealthy father to gain her inheritance.Starring: Michael Weatherly, Geneva Carr, Jaime Lee Kirchner, Chris Jackson |
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|  | **SEASON PREMIERE** |
|  | **10:30 pm** |  | **This Is Us** | CC | PGMature Themes | **The Challenger** |
| The Big Three celebrate their 41st birthday. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 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 Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Brooke decides to come clean to Ridge… but will she get to him in time? Meanwhile, Taylor determines to clue Ridge in about Brooke's ultimate betrayal. |
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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 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGCoarse Language,Drug References,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 brings 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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| 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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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Steffy faces-off with a blind-sided Brooke. Meanwhile, Ridge misinterprets Taylor's line of questioning and lets it slip that Brooke fell off the wagon. |
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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 as they dissect and digest the daily news, events and hottest topics. |
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|  | **07:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **MOVIE PREMIERE** |
|  | **08:30 pm** |  | **Hustlers** (2019) | CC | MA15+Sexual References,Coarse Language,Nudity |  |
| When the 2008 economic collapse hits their Wall Street clientele hard, Destiny and Ramona concoct a plan with their fellow nightclub strippers to turn the tables on these greedy power players.Starring: Jennifer Lopez, Constance Wu, Julia Stiles, Cardi B, Lizzo |
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|  | **10:40 pm** |  | **Blue Bloods** (Rpt) | CC | MDrug References | **Friends In High Places** |
| Henry and Danny butt heads over a case involving a man who is volatile toward his wife. Frank gets caught in the middle of an ongoing battle between the NYPD and FDNY, and Erin receives a big offer.Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa RayGuest Starring: Dan Lauria |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **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 Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Steffy faces-off with a blind-sided Brooke. Meanwhile, Ridge misinterprets Taylor's line of questioning and lets it slip that Brooke fell off the wagon. |
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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 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | MSexual References,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** |  | **Jamie's Ultimate Veg** (Rpt) | CC | PG |  |
| Jamie is encouraging everyone to stop thinking of vegetables as side dishes to meat. He says vegetables can steal the show and he wants to show us how through a variety of delicious recipes. |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings 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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|  | **03:00 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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
| During a heated altercation, Steffy rubs Brooke's past scandals and obstacles in her face. Meanwhile, Ridge is appalled to learn a sordid truth. |
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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 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 guests Andrew Garfield, Dawn French, Channing Tatum, Rob Beckett and Natalie Imbruglia. |
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|  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | MCoarse Language |  |
| Join Graham Norton as he chats with Tom Cruise, Rebel Wilson, Sir Tom Jones, Sam Neill, Kate Winslet, Amy Poehler, Jennifer Garner, Liam Neeson, Melissa McCarthy, Orlando Bloom and many more. |
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|  | **09:30 pm** |  | **Just For Laughs** (Rpt) | CC | MA15+Sexual References,Coarse Language |  |
| Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Becky Lucas, Peter Helliar, Al Del Bene and Tommy Little. |
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|  | **10:00 pm** |  | **Georgie Carroll The Gloves Are Off** (Rpt) | CC | MCoarse Language,Mature Themes | **Georgie Carroll - The Gloves Are Off** |
| Treat yourself to a nonstop hour of hilarious stories from Georgie Carroll's twenty years on the frontline of Nursing. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **06:00 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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|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2209 - Never Give Up: Standing For The Truth (Part 3)** |
| Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. |
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|  | **ALL NEW EPISODES** |
|  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  |
| 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** |  | **Left Off The Map** (Rpt) | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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|  | **08:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country. |
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|  | **08:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  |
| Every wondered what your dog's poop should really look like, how to train a reactive dog or what it takes to own a Rottweiler? |
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|  | **09:00 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. |
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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** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  |
| Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. |
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|  | **01:00 pm** |  | **Left Off The Map** (Rpt) | CC | G |  |
| Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. |
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|  | **01:30 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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|  | **02:00 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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|  | **02:30 pm** |  | **Destination Dessert** (Rpt) | CC | G |  |
| Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **What's Up Down Under** | 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! |
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|  | **03:30 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. |
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|  | **04:00 pm** |  | **Taste Of Australia With Hayden Quinn** (Rpt) | CC | G |  |
| Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contrubuting to our food culture. |
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|  | **04:30 pm** |  | **Roads Less Travelled** (Rpt) | CC | G |  |
| 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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|  | **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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|  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  |
| A rough tackle brings a game of beach gridiron to a shuddering halt. Is it the intense pain or five hours of drinking that leads to the patient leaving a mess on the promenade? |
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|  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. |
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|  | **LIVE** |
|  | **07:00 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 16: Sydney Fc V Melbourne City** |
| Tune in for all the Round 16 action of the Isuzu UTE A-League Men as Sydney FC take on Melbourne City from Netstrata Jubilee Stadium. Match start time: 7:45PM (AEDT). |
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|  | **LIVE** |
|  | **07:40 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 16: Sydney Fc V Melbourne City** |
| Tune in for all the Round 16 action of the Isuzu UTE A-League Men as Sydney FC take on Melbourne City from Netstrata Jubilee Stadium. Match start time: 7:45PM (AEDT). |
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|  | **LIVE** |
|  | **09:30 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 16: Sydney Fc V Melbourne City** |
| Tune in for all the Round 16 action of the Isuzu UTE A-League Men as Sydney FC take on Melbourne City from Netstrata Jubilee Stadium. Match start time: 7:45PM (AEDT). |
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|  | **10:00 pm** |  | **Ambulance** (Rpt) | CC | MMature Themes |  |
| As protesters begin flooding London and blocking the roads, the entire computer system used to respond to 999 calls crashes and call handlers resort to filling out urgent ambulance requests on paper. |
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|  | **11:00 pm** |  | **Ambulance** (Rpt) | CC | MCoarse Language,Mature Themes |  |
| North West Ambulance Service mobilises extra resources as thousands of visitors arrive in Liverpool for the Grand National weekend. Crews attend emergencies at the racecourse and beyond. |
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|  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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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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|  | **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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|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **05:00 am** |  | **Hour Of Power** |  | G |  |
| Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus. |
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| Last Updated 04th Feb 2022 - 18:34 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
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