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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 21st February 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 | **361 - Experience Unmerited Favor When You Look To Jesus** |
| Religious program. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo868 - I Declare** |
| 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** |  | **Australia By Design: Innovations** (Rpt) | CC | PG |  |
| Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence. It's about inspiration, disruption, changing the game and the next big thing. |
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|  | **ALL NEW EPISODES** |
|  | **09:00 am** |  | **Luca's Key Ingredient** | 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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|  | **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** |  | **All 4 Adventure** (Rpt) | CC | PGCoarse Language |  |
| 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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Sunday 21st February 2021** |
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|  | **SEASON PREMIERE** |
|  | **01:00 pm** |  | **The Offroad Adventure Show** | CC | G |  |
| 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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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **02:00 pm** |  | **Three Blue Ducks Encore** (Rpt) | CC |  |  |
| Travel with “The Ducks” Andy Allen, Mark Labrooy and Darren Robertson as they forage for native plants species, catch seafood in the ocean, and meet providores where ever they're to be found. |
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|  | **02:30 pm** |  | **Farm To Fork** (Rpt) | CC | G |  |
| Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen. |
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|  | **02:50 pm** |  | **To Be Advised** |  |  |  |
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|  | **03:20 pm** |  | **To Be Advised** |  |  |  |
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|  | **03:50 pm** |  | **To Be Advised** |  |  |  |
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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 Amazing Race Australia** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **09:00 pm** |  | **FBI: Most Wanted** | CC |  | **Dysfunction** |
| Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Nathaniel Arcand, Keisha Castle-Hughes |
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|  | **10:00 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** |
|  | **11:00 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 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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|  | **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 |  |
| Zoe gives as good as she gets when Zoe presents her with a document to sign. Ridge attentively listens when Finn reveals his intentions with Steffy. |
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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** | 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** |
|  | **02:30 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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|  | **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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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | 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** |  | **The Bold & The Beautiful** | CC | PG |  |
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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 Amazing Race Australia** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Hughesy, We Have A Problem** | CC |  |  |
| Hughesy will be solving the world's problems on a global scale assisted by Becky Lucas, Nazeem Hussain, the biggest names in comedy and entertainment and international celebrity zoom callers. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **09:30 pm** |  | **The Graham Norton Show Encore** (Rpt) | CC |  |  |
| Join the hilarious and cheeky Graham Norton as he chats with Daniel Kaluuya, Sienna Miller, Adrian Lester, Mayim Bialik, Marcus Brigstocke, Rachel Parris & Arlo Parks.Guest Starring: Daniel Kaluuya, Sienna Miller, Mayim Bialik, Arlo Parks |
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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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|  | **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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|  | **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** | 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** |  | **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** |
|  | **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** |  | **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** |
|  | **04:00 pm** |  | **Farm To Fork** | 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** |  | **The Bold & The Beautiful** | CC | PG |  |
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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 Amazing Race Australia** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **NCIS** | CC |  | **The First Day** |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Russia, Russia, Russia** |
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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Tuesday 23rd February 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 24th February 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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|  |  |  |  |  |  |  |
|  | **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** | 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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|  | **01:30 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** |  | **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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| **Wednesday 24th February 2021** |
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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** |  | **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** |
|  | **04:00 pm** |  | **Farm To Fork** | 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** |  | **The Bold & The Beautiful** | CC | PG |  |
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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 PREMIERE** |
|  | **07:30 pm** |  | **The Cube** | CC |  |  |
| Andy Lee hosts The Cube, an edge-of-your-seat game show where teams of two contestants put their skill, nerve, agility and ability to the ultimate test. Who will beat The Cube and take home $250,000? |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Bull** | CC |  |  |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | MViolence | **Wrecked** |
| Bull and the TAC team help Taylor bring a civil suit against the woman who killed Taylor's friend in a hit-and-run when the driver evades criminal charges by claiming diplomatic immunity. |
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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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| **Thursday 25th February 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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|  | **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** | 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** |  | **Bondi Rescue** (Rpt) | CC | PG |  |
| A man is reported to have fallen from cliffs, but when Jesse arrives the situation takes an unexpected turn. Later the police chopper arrives and the story takes another, far more tragic turn. |
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|  | **01:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. |
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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** |  | **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** |
|  | **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** |  | **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** |
|  | **04:00 pm** |  | **Farm To Fork** | 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** |  | **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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|  | **07:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **08:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Gogglebox** | CC |  |  |
| The 13th season sees Australia's favourite households back on the couch, ready to sink their teeth into their favourite TV snacks and the very best of 2021's newest television programs. |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **Law & Order: S.V.U** | CC | MStrong Adult Themes | **The Long Arm Of The Witness** |
| A powerful judge railroads Carisi by dismissing the rape case of a university student for his own political gain. Carisi resolves to take down the judge before he can become the next Attorney General.Starring: Mariska Hargitay, Peter Scanavino, Ice TGuest Starring: Wentworth Miller, Josh Stamberg, Elizabeth Marvel |
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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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|  | **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** |
|  |
| **Friday 26th February 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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|  | **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** | 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** |  | **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** |
|  | **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** |  | **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** |
|  | **04:00 pm** |  | **Farm To Fork** | 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** |  | **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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|  | **07:30 pm** |  | **The Living Room** (Rpt) | CC | PG |  |
| Barry brings a 1950s Palm Springs design to the backyard, Miguel cooks up a vegan alternative to a classic American burger and Chris gives the Australian White Ibis a much-needed makeover. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **The Graham Norton Show** | CC |  |  |
| Join the hilarious and cheeky Graham Norton as he chats with Rosamund Pike, Gordon Ramsay and Gareth Thomas.Guest Starring: Rosamund Pike, Gordon Ramsay |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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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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|  | **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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|  | **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 |  |
| Australia's foremost 4X4 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 | G |  |
| 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** |  | **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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|  | **ALL NEW EPISODES** |
|  | **01:00 pm** |  | **10 Minute Kitchen** | CC | G |  |
| Discover delicious, low-fuss recipes that use minimum ingredients and preparation time, but take family meals to another level. Hosted by Scott Pickett, Diana Chan and Kelvin Cheung. |
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|  | **ALL NEW EPISODES** |
|  | **01:30 pm** |  | **Places We Go** | CC |  |  |
| Places We Go is series about real travel, hosted by real travellers. Jennifer Adams and Clint Bizzell take viewers on a journey to some of most stunning destinations around Australia and the World. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **02:00 pm** |  | **Three Blue Ducks Encore** (Rpt) | CC |  |  |
| Travel with “The Ducks” Andy Allen, Mark Labrooy and Darren Robertson as they forage for native plants species, catch seafood in the ocean, and meet providores where ever they're to be found. |
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|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Australia By Design: Innovations** | CC | PG |  |
| Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence. It's about inspiration, disruption, changing the game and the next big thing. |
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|  | **SEASON FINALE** |
|  | **03:00 pm** |  | **What's Up Down Under** | CC | G |  |
| Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks. |
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|  | **03:30 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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|  | **04:00 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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|  | **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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|  | **06:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **06:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **07:00 pm** |  | **Three Blue Ducks** | CC |  |  |
| Travel with “The Ducks” Andy Allen, Mark Labrooy and Darren Robertson as they forage for native plants species, catch seafood in the ocean, and meet providores where ever they're to be found. |
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|  | **07:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **08:30 pm** |  | **Ambulance** (Rpt) | CC | MStrong Adult Themes |  |
| This episode follows ambulance crews in the wake of England's defeat at the 2018 World Cup. |
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|  | **09:40 pm** |  | **Ambulance** (Rpt) | CC | MDrug References,Mature Themes |  |
| While most enjoy a hot May bank holiday weekend in Manchester, North West Ambulance Service paramedics Gary and Claire need face matters of life and death. |
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|  | **10:50 pm** |  | **Inside The Children's Hospital** (Rpt) | CC | PG |  |
| A behind-the-scenes look at the Royal Aberdeen Children's Hospital, exploring the lives of patients and staff at one of Scotland's busiest hospitals. |
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|  | **11:00 pm** |  | **To Be Advised** |  |  |  |
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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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|  | **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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