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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 27th 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 | **412 - Unlock Redemption's Blessings In Your Life** |
| Religious program. |
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|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo797r** |
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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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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **12:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  |
| It's no surprise that it's always the quiet ones you need to watch for and tonight, someone's game really begins to heat up. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Sunday 27th February 2022** |
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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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|  | **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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| **Sunday 27th February 2022** |
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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 | **Hard Decisions** |
| A bank hold-up leads the team to a safe deposit box, the contents of which have the potential to destroy national security. While helping with the case, Kirsten requests a return to field work.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 | **Payback** |
| When the son of a retired FBI agent is taken just blocks from their home in what appears to be a revenge kidnapping, the team must uncover if the reason for the abduction is tied to the agent's past.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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| **Sunday 27th February 2022** |
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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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| **Monday 28th 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 |  |
| 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** |
|  | **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 | 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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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  |
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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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Monday 28th February 2022** |
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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 desperately attempts crisis control with Ridge. Deacon reluctantly spills the secret of his shared kiss with Brooke to Sheila. |
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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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|  | **SEASON PREMIERE** |
|  | **08:30 pm** |  | **Would I Lie To You? Australia** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **FBI: Most Wanted** | CC | MA15+Strong Violence | **Overlooked** |
| Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes |
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| **Monday 28th February 2022** |
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|  | **10:30 pm** |  | **FBI: Most Wanted** (Rpt) | CC | MStrong Violence | **Caesar** |
| Barnes goes on a dangerous undercover mission involving an ambitious gang leader who is plotting turf wars and massacres across the Bronx in a bid for more power.Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel ArcandGuest Starring: Alana De La Garza |
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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 01st March 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 |  |
| Brooke desperately attempts crisis control with Ridge. Deacon reluctantly spills the secret of his shared kiss with Brooke to Sheila. |
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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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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  |
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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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| **Tuesday 01st March 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 | PGViolence |  |
| Separately, Taylor confronts Brooke, and Steffy confronts Hope about Brooke's betrayal of Ridge. Meanwhile, Deacon fuels Ridge's rage as the two engage in a fight of epic proportion. |
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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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|  | **ALL NEW EPISODES** |
|  | **09:00 pm** |  | **NCIS** | CC |  | **The Helpers** |
| Starring: Mark Harmon, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Tuesday 01st March 2022** |
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|  | **ALL NEW EPISODES** |
|  | **10:00 pm** |  | **NCIS: Los Angeles** | CC | MViolence,Mature Themes | **Under The Influence** |
| The NCIS: Los Angeles team helps a U.S. ambassador search for her missing daughter Gia, a popular social media influencer.Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah |
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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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Wednesday 02nd March 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 | PGViolence |  |
| Separately, Taylor confronts Brooke, and Steffy confronts Hope about Brooke's betrayal of Ridge. Meanwhile, Deacon fuels Ridge's rage as the two engage in a fight of epic proportion. |
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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 | MMature 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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|  | **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 |  |
| Sheila gloats about Brooke's infidelity and gives Taylor her full support. As she strives to calm the situation, Ridge reaches his breaking point with Brooke. |
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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 | MCoarse Language,Drug References,Medical Procedures |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Bull** | CC | MMature Themes | **Caliban** |
| Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | MMature Themes | **Missing** |
| Bull represents a woman who is guilty of kidnapping her niece years ago to stop the girl's father from abusing her.Starring: Michael Weatherly, Geneva Carr, Jaime Lee Kirchner, Chris Jackson |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **This Is Us** | CC | MSexual References | **ONE Giant Leap** |
| Nicky, Rebecca and Miguel go on a road trip.Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz |
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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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| **Thursday 03rd March 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 |  |
| Sheila gloats about Brooke's infidelity and gives Taylor her full support. As she strives to calm the situation, Ridge reaches his breaking point with Brooke. |
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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 | PGSexual References,Coarse 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 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 | PG |  |
| Hope and Liam attempt to comfort a distraught Brooke. Meanwhile, Steffy passionately pleas to Ridge to end things with Brooke once and for all. |
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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** |  | **First Dates Australia** | CC |  |  |
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|  | **SEASON PREMIERE** |
|  | **08:30 pm** |  | **Gogglebox Australia** | CC |  |  |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **Blue Bloods** | CC |  | **Allegiance** |
| Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez |
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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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|  | **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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| **Friday 04th March 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 |  |
| Hope and Liam attempt to comfort a distraught Brooke. Meanwhile, Steffy passionately pleas to Ridge to end things with Brooke once and for all. |
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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 | PGViolence,Coarse 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** |
|  | **02:30 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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Friday 04th March 2022** |
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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 |  |  |
| Deacon recalls how Brooke defended him in his brawl with Ridge to an ecstatic Sheila. Meanwhile, Thomas thwarts Brooke's efforts to contact Ridge. |
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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 famous guests including Ru Paul, Regard x Years & Years |
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|  | **08:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **09:30 pm** |  | **Just For Laughs Australia** (Rpt) | CC | MCoarse Language |  |
| JustFor Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Aaron Chen, Georgie Carrol & Nath Valvo. |
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|  | **10:00 pm** |  | **Akmal: Transparent** (Rpt) | **NO CC** | MA15+Strong Coarse Language | **Akmal - Transparent** |
| See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter! |
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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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Friday 04th March 2022** |
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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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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Saturday 05th March 2022** |
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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 | **2210 - Never Give Up: Working For The Lord (Part 4)** |
| 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 |  |
| This episode features a number of touching therapy and assistance dog stories, highlighting the important role dogs play in our lives. |
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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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Saturday 05th March 2022** |
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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 contributing 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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Saturday 05th March 2022** |
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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 | PGMature Themes |  |
| New recruit Josh experiences a day he will never forget. It's been a long hot summer with the lifeguards protecting beachgoers at the unpredictable Bondi Beach. |
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|  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PGMature 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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|  | **LIVE** |
|  | **07:00 pm** |  | **Isuzu UTE A-League Men** | **NO CC** |  | **Round 17: Western Sydney Wanderers V Sydney Fc** |
| Tune in for all the Round 17 action of the Isuzu UTE A-League Men as the Western Sydney Wanderers V Sydney FC from CommBank Stadium. Match start time: 7:45PM (AEDT). |
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|  | **10:00 pm** |  | **Ambulance** (Rpt) | CC | MCoarse Language,Mature Themes |  |
| As climate change protestors bring London to gridlock, 999 call handlers deal with a patient having twins, a man threatening to blow up a building, a baby having a fit, and a teen stabbing victim. |
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|  | **11:00 pm** |  | **Ambulance** (Rpt) | CC | MDrug References,Mature Themes |  |
| North West Ambulance crews respond when a burglar breaks his leg escaping the scene of the crime, a school pupil falls from a bridge. a child is run into by a car and someone is hit by a train. |
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|  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Saturday 05th March 2022** |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **05:00 am** |  | **Hour Of Power** |  | G |  |
| Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus. |
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