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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 07th March 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 | **362 - Strong Encouragement In Times Of Famine** |
| Religious program. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo870 - Stronger Than You Think** |
| 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 | PG |  |
| Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Sunday 07th March 2021** |
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|  | **ALL NEW EPISODES** |
|  | **01:00 pm** |  | **The Offroad Adventure Show** | CC |  |  |
| Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series! |
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|  | **02:00 pm** |  | **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** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **03:00 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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|  | **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** |  | **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 |  | **Winner** |
| 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 | **Prophet** |
| A cult leader and his most trusted followers go on the run after he orders the murder of his own family. As Jess and the team race to find them, they uncover the self-proclaimed prophet's conman past.Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand |
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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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|  | **SYDNEY PROGRAM GUIDE** |
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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 |  |
| Knowing that Hope has borne the brunt of the heartache, Steffy offers an apology. Thomas decides to help Hope and Steffy in an unusual way. |
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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,Drug References,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier 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** |  | **Freshly Picked With Simon Toohey** | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **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 |  |
| Wyatt asks Katie for a favor on behalf of an unknowing Flo. Steffy intervenes when Finn and Liam compete for her time. |
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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 Kate Winslet, Stanley Tucci, Kingsley Ben-Adir & Silk City ft Ellie Goulding. |
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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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|  | **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 |  |
| Wyatt asks Katie for a favor on behalf of an unknowing Flo. Steffy intervenes when Finn and Liam compete for her time. |
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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 | 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 bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC |  |  |
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|  | **SYDNEY PROGRAM GUIDE** |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **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 |  |
| Katie goes to bat for Flo with the Logan sisters. Finn recognizes a familiar face in an unfamiliar place |
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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 |  | **True Believer** |
| When Sloane's name is discovered in Afghanistan at the site of an abandoned bus with a dead driver, Gibbs accompanies her on a trip to find a group of girls who were kidnapped from the bus. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Tuesday 09th March 2021** |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  |  |
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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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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (Rpt) | CC |  |  |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Katie goes to bat for Flo with the Logan sisters. Finn recognizes a familiar face in an unfamiliar place |
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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 | MCoarse Language |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **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 |  |
| Bill seizes an opportunity for a second chance with Katie. The Logan sisters come full circle in completing their family. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Cube** | CC |  |  |
| 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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|  | **08:30 pm** |  | **Bull** (Rpt) | CC | MViolence | **Excessive Force** |
| The team consult the NYPD on the defence of a police officer accused of excessive force in the shooting of a man. The social politics surrounding the case create tension within their own ranks. |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | M | **Justice For Cable** |
| Business becomes personal for Bull when TAC assists with a civil suit against the bank that funded the terrorists responsible for Cable's death. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **11:30 pm** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 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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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (Rpt) | CC |  |  |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Bill seizes an opportunity for a second chance with Katie. The Logan sisters come full circle in completing their family. |
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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** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **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 |  |  |
| Flo receives an unexpected gift from Brooke, Katie, and Donna. Zoe attempts to fix what's broken between her and Carter. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Bondi Rescue** | CC | PGMature Themes |  |
| It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. |
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|  | **ALL NEW EPISODES** |
|  | **08:00 pm** |  | **Territory Cops** | CC |  |  |
| Patrolling a million square kilometres of harsh landscape, dangerous wildlife, wild weather and precarious criminals, take a look into Australia's busiest police force – the Northern Territory Police. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Gogglebox** | CC |  |  |
| 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 |  | **Hunt, Trap, Rape, And Release** |
| Benson teams up with Lt. Barek and the Bronx SVU to track down a serial rapist with victims in both boroughsStarring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes |
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|  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MMature Themes | **I Deserve Some Love Too** |
| Rollins goes undercover to investigate a government worker who is dealing green cards in exchange for sex.Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray HyderGuest Starring: Delaney Williams |
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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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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (Rpt) | CC |  |  |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
| Flo receives an unexpected gift from Brooke, Katie, and Donna. Zoe attempts to fix what's broken between her and Carter. |
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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** |  | **The Living Room** (Rpt) | CC | PG |  |
| The Living Room helps a small-town boxing gym bring physical & mental strength to the local community. |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **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 |  |  |
| Zoe puts her plan in motion to get her man back. Zende takes Paris outside of the office for some fun and romance. |
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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 |  |
| Sasha and Brian's horse riding business has taken a hit from both drought and COVID. The team get to work on renovating a cabin where Sasha and Brian can get away from it all. |
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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 Vicky McClure, Adrian Dunbar, Daisy Ridley, Bryan Cranston, Chiwetel Ejiofor & Imelda May.Guest Starring: Bryan Cranston |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **10:30 pm** |  | **Just For Laughs** (Rpt) | CC | MA15+Sexual References,Coarse Language |  |
| Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Becky Lucas, Peter Helliar, Al Del Bene and Tommy Little. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **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 |  |  |
| 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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|  | **SEASON PREMIERE** |
|  | **01:30 pm** |  | **Buy To Build** | CC |  |  |
| Comparative building show where we explore new homes. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **02:00 pm** |  | **Three Blue Ducks Encore** (Rpt) | CC |  |  |
| Andy, Mark and Daz make unexpected food discoveries in Canberra. They're hoping for inspiration to help design a signature trout dish, but catching the key ingredient is much harder than expected. |
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|  | **02:30 pm** |  | **Australia By Design: Innovations** | CC | PG |  |
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|  | **03:00 pm** |  | **10 Travlr Northern Territory** (Rpt) | CC | G | **10 Travlr Northern Territory** |
| Discover the people and places of the breathtaking Northern Territory. Explore all the ways this sunburnt region is unique͘ in every sense and learn that Summer in the NT is not what you might expect. |
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|  | **03:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **04:00 pm** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
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|  | **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 | MCoarse Language,Mature Themes |  |
| North West Ambulance Service mobilises extra resources as thousands of visitors arrive in Liverpool for the Grand National weekend. Crews attend emergencies at the racecourse and beyond. |
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|  | **09:40 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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|  | **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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|  | **11:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **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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