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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly celebration of Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Key Of David** | CC | PG Mature Themes |  | | The Key of David covers today's most important events with a unique perspective. Not only does the program tell you what's happening to our society and our world, it tells you why. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince: New Creation Church** | CC | G | **509 - Live Fearless In Dark Times** | | Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church iin Singapore, which has a congregation of more than 31,000 attendees. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  | | Hosted by Dog Trainer & Behaviourist, Lara Shannon find out tips and tricks on how to be the best carer and friend to your favourite furry pals. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 am** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Buy To Build** (Rpt) | CC | G |  | | Each episode, Walt Collins helps house hunters explore the country's latest display homes and land developments to find the perfect home to suit their needs. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 pm** |  | **Healthy Homes** (Rpt) | CC | G |  | | Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **Cook With Luke** (Rpt) | CC | G |  | | Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Roads Less Travelled** | CC | G |  | | A travel and Road trip series that uncovers the hidden gems in each location that we visit | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **All 4 Adventure** | CC |  |  | | Armed with all-new rigs, Australia’s favourite adventurers, Jase and Simon, along with their good mate Jesse, set out to tackle a remote track in the Kimberley. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | Chappo must decide which of three struggling swimmers to rescue first. Lifeguards use spotlights when Bondi hosts 15,000 World Pride Beach Party revellers. Hoppo celebrates his 30th year on the beach. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join the Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Gladiators** | CC | PG Stylised Violence |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:45 pm** |  | **NCIS: Hawaii** (Rpt) | CC | M Violence | **Recruiter** | | Kai goes undercover with one of Hawaii's is oldest surf gangs when a petty officer who’s trying to help wayward kids find a new path in the Marines is murdered  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:40 pm** |  | **NCIS: Hawaii** (Rpt) | CC | M Violence | **Paniolo** | | When a beloved Hawaiian cowboy is shot and wounded while riding his horse, Tennant and her team must gain the trust of the paniolo community to help find the culprit and protect the cowboy's life.  Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:30 pm** |  | **FBI: International Encore** (Rpt) | CC | M Violence | **Money Is Meaningless** | | The Fly Team is off to Mallorca when an American woman is found brutally murdered on the estate of her powerful father-in-law during an anti-capitalism Eat The Rich protest.  Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Eva-Jane Willis | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join the Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | Hope is caught off guard when Thomas proposes. Xander recounts a story about Thomas to Finn. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Dr Phil** (Rpt) | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:15 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:45 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **03:30 pm** |  | **10 News First: Afternoon** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Neighbours** | CC | PG Mature Themes |  | | Chelsea locks onto her target. Paul makes a mysterious proposal. Terese grapples with her moral compass. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | Thomas is surprised by Hope's response to his proposal. Steffy gets defensive about Thomas to Finn. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | | | **Tuesday 30th January 2024** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Neighbours Encore** (Rpt) | CC | PG Mature Themes |  | | Chelsea locks onto her target. Paul makes a mysterious proposal. Terese grapples with her moral compass. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | Thomas is surprised by Hope's response to his proposal. Steffy gets defensive about Thomas to Finn. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Dr Phil** (Rpt) | CC | PG Sexual References, Coarse 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:15 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:45 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **03:30 pm** |  | **10 News First: Afternoon** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Neighbours** | CC | PG Mature Themes |  | | Nicolette is surprised by an unwanted visitor. Toadie takes action. Paul savours a rare win. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | Bill goes on a date with Poppy. Conflicted by Xander and Steffy's dueling stories, Finn fears Hope may be in danger. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Gladiators** | CC | PG Stylised Violence |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:45 pm** |  | **NCIS** (Rpt) | CC | M Violence, Medical Procedures | **Second Opinion** | | NCIS works to solve the murder of a senator's daughter who has a rebellious reputation and large online following. Also, Jimmy gets competitive with an old college rival.  Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:40 pm** |  | **NCIS: Los Angeles** (Rpt) | CC | M Violence | **Farewell To Arms, A** | | The NCIS team must identify a mystery woman who attacked the founder of an AI company, before the next major global conflict ensues. Kilbride's ex-wife asks him to consider reconnecting with their son  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney  Guest Starring: Marilu Henner | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:35 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **11:35 pm** |  | **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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **My Market Kitchen** (Rpt) | CC | PG Mature Themes |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Neighbours Encore** (Rpt) | CC | PG Mature Themes |  | | Nicolette is surprised by an unwanted visitor. Toadie takes action. Paul savours a rare win. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | Bill goes on a date with Poppy. Conflicted by Xander and Steffy's dueling stories, Finn fears Hope may be in danger. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Dr Phil** (Rpt) | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:15 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:45 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **03:30 pm** |  | **10 News First: Afternoon** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Neighbours** | CC | PG Mature Themes |  | | Cara reaches the end of her tether. Chelsea gets derailed. A dream holiday quickly turns into a nightmare. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | Separately, Hope and Thomas learn of Xander Avant's damning accusations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **12:35 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | | | **Thursday 01st February 2024** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Neighbours Encore** (Rpt) | CC | PG Mature Themes |  | | Cara reaches the end of her tether. Chelsea gets derailed. A dream holiday quickly turns into a nightmare. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | Separately, Hope and Thomas learn of Xander Avant's damning accusations. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Dr Phil** (Rpt) | CC | PG Coarse 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:15 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:45 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **03:30 pm** |  | **10 News First: Afternoon** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Neighbours** | CC | PG Mature Themes |  | | The residents of Ramsay Street are shaken by a terrible tragedy. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | Zende and R.J.'s argument escalates. Luna receives an anonymous invitation to a romantic dinner. Thomas attempts to sway Steffy to believe that he and Hope are good for each other. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON PREMIERE** | |  | **07:30 pm** |  | **The Dog House Australia** | CC |  |  | | Will energetic Harriett bring joy to Mary's Family? Can the timid kelpie, Berry find her place with Jasmine & Stewart? Can Corgi, Drover break through Garey's doubts and become the companion he needs? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **The Dog Hospital With Graeme Hall** | CC | PG Mature Themes |  | | Tonight, on The Dog Hospital, sixteen-month-old Doberman Nova has a deadly congenital condition and has a hole in her heart which requires a lifesaving operation. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Drug References, Mature Themes | **King Of The Moon** | | A famous writer suffering with dementia confesses to murder, but Benson believes there's more to the case. With squadroom rumours swirling, Fin presses Velasco for the truth about the taped confession  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano  Guest Starring: Bradley Whitford | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Blue Bloods** (Rpt) | CC | M Violence | **The Big Leagues** | | Danny helps a childhood friend to find his missing fiancée. Anthony surprises Erin with one last stakeout before her run for D.A., and Jamie helps a former officer caught committing a crime.  Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Vanessa Ray  Guest Starring: Tom Cavanagh | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **My Market Kitchen** (Rpt) | CC | PG |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **The Talk** | CC | PG Mature Themes |  | | Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 am** |  | **Neighbours Encore** (Rpt) | CC | PG Mature Themes |  | | The residents of Ramsay Street are shaken by a terrible tragedy. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **The Bold & The Beautiful** (Rpt) | CC | PG Mature Themes |  | | Zende and R.J.'s argument escalates. Luna receives an anonymous invitation to a romantic dinner. Thomas attempts to sway Steffy to believe that he and Hope are good for each other. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Farm To Fork** (Rpt) | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 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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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 am** |  | **Dr Phil** (Rpt) | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **12:00 pm** |  | **10 News First: Midday** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Farm To Fork** | CC | G |  | | Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **03:30 pm** |  | **10 News First: Afternoon** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG Mature Themes |  | | Xander remains steadfast to Finn that Thomas is a murderer. Luna is surprised to find Zende, not R.J., when she arrives for her romantic date. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 03rd February 2024** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **What's Up Down Under** (Rpt) | 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2404 Whose Disciple?: Part 04** | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **Reel Action** (Rpt) | CC | G |  | | Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **iFish** (Rpt) | CC | G |  | | Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 am** |  | **Cook With Luke** (Rpt) | CC | G |  | | Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 am** |  | **Australia By Design: Innovations** (Rpt) | CC | PG |  | | Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:30 am** |  | **Healthy Homes** (Rpt) | CC | G |  | | Home, garden, lifestyle or build - Walt Collins and Dani Reilly have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 am** |  | **The Chef's Garden** (Rpt) | CC | G |  | | Massimo pairs delicious Tongola goat curd with freshly-picked beetroot and vegetables. Joshua and Tony from Tasmanian Oyster Co. join where Massimo samples some of the world's best oysters. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 am** |  | **All 4 Adventure** (Rpt) | CC | PG Mild Coarse Language |  | | Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:45 pm** |  | **Farm To Fork** (Rpt) | CC | G |  | | Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **Wildlife Rescue Australia** (Rpt) | CC | PG Mature Themes | **Arni The Koala** | | Arni the Koala needs his sore eye checked and 6 Green Sea Turtles are heading back into the wild. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | CC | PG Mild Themes |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Exploring Off The Grid** (Rpt) | CC | G |  | | True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **My Market Kitchen** | CC | G |  | | Celebrity Cook and successful Restauranteur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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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 contributing to our food culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language |  | | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **The Dog House** (Rpt) | CC | PG |  | | it's a double date as Londoners, Roshni and Jay meet two very different dogs, Bella the playful Staffie and Cech the shy, cuddly terrier. Bella seems to prefer Jay, but who'll get the final say? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Ambulance UK** (Rpt) | CC | M Coarse Language, Medical Procedures |  | | One year on from the beginning of national lockdown, Lancashire ambulance crews attend to patients whose health problems have been bought on or exacerbated by isolation caused by the lockdown. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Ambulance UK** (Rpt) | CC | M Mature Themes |  | | On a busy night shift in Lancashire, a call for a patient threatening to take his life by walking into the sea in Blackpool takes priority for the North West Ambulance Service. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **Authentic** | CC | PG |  | | Have you ever heard someone say that the stories in the Bible are just a rip-off of older, pagan documents? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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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