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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 17th July 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **Mass For You At Home** | CC | G |  |
| Weekly Catholic Mass for those unable to travel to church. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Turning Point With David Jeremiah** | CC | PGMature Themes |  |
| Religious. |
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|  | **ALL NEW EPISODES** |
|  | **07:00 am** |  | **Joseph Prince** | CC | G | **431 - God’s Way Of Acceleration** |
| Religious program. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 am** |  | **Joel Osteen** | CC | G |  |
| Religious. |
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|  | **08:00 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. |
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|  | **08:30 am** |  | **The Living Room** (Rpt) | CC | G |  |
| Barry shows a couple of rookie renovators how to create a stylish DIY laundry on the cheap, while Miguel serves up a childhood favourite, and Chris goes canyoning in the stunning Behana Gorge. |
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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** |  | **Everyday Gourmet** (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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|  | **12:30 pm** |  | **Destination Desert** (Rpt) | CC | G |  |
| Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Sunday 17th July 2022** |
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|  | **01:00 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **01:30 pm** |  | **Luxury Escapes** (Rpt) | CC |  | **Maldives** |
| Sophie Falkiner welcomes her new co-host, Cameron Daddo, on board for series five before taking advantage of international travel re-opening with an escape to the Maldives. |
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|  | **LIVE** |
|  | **02:00 pm** |  | **Football: Aston Villa V Leeds United** | CC |  | **Aston Villa V Leeds United** |
| Join us for a pre-season match between two juggernauts in football as Aston Villa and Leeds United go head to head at Suncorp Stadium in Brisbane. Kick off 2.35pm (AEST). |
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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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|  | **07:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **09:00 pm** |  | **NCIS: Hawaii** | CC | MViolence | **Rescuers** |
| When a Navy petty officer is murdered, Jane and the team investigate while protecting the victim’s friend and colleagueStarring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon |
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|  | **10:00 pm** |  | **FBI** (Rpt) | CC | MViolence | **Outsider** |
| After a Wall Street investor is murdered, the team is led to an insider-trading ring that uses unconventional methods to gain information.Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd |
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| **Sunday 17th July 2022** |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  |
| Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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| **Monday 18th July 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  |
| Get ready for the day with the latest news from the 10 News First: Breakfast team. |
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|  | **LIVE** |
|  | **08:30 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGMature Themes |  |
| After serving over 19 years in prison, Kiera was released early and has continued to claim that she was falsely incarcerated and is innocent of committing murder when she was just a teenager. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **My Market Kitchen** | CC |  |  |
| Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC |  |  |
| Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PGMature Themes |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Hunted** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Have You Been Paying Attention?** | CC | MSexual References,Coarse Language,Mature Themes,Nudity,May Contain: |  |
| Have Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out! |
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|  | **SPECIAL EVENT** |
|  | **09:30 pm** |  | **Anne Edmonds & Lloyd Landford: Business With Pleasure** | CC | MA15+Sexual References,Coarse Language | **Anne Edmonds & Lloyd Landford: Business With Pleasure** |
| After spending multiple lockdowns together, comedians Anne Edmonds and Lloyd Langford went on a national tour. Mainly so they could see other people. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PGMature Themes |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  |
| Get ready for the day with the latest news from the 10 News First: Breakfast team. |
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|  | **LIVE** |
|  | **08:30 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGCoarse Language,Drug References,Mature Themes |  |
| Ed had a successful career in the aerospace industry but lost everything in just six months and left his home, marriage, children, and job and began street performing and preaching as “Cowboy Tygg" |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **My Market Kitchen** | CC |  |  |
| Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC |  |  |
| Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Hunted** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **The Cheap Seats** | CC | MCoarse Language,Mature Themes,May Contain: |  |
| Melanie Bracewell and Tim McDonald take a look at the week that was. From major news stories, entertainment and viral videos The Cheap Seats is a Reader's Digest for those who just don't want to read. |
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|  | **09:30 pm** |  | **NCIS** (Rpt) | CC | MViolence | **The First Day** |
| NCIS investigates the murder of a Navy officer who was killed while driving home a recently released inmate. Also, Gibbs helps Palmer deal with personal trauma.Starring: Mark Harmon, Sean Murray, Wilmer Valderrama |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Tuesday 19th July 2022** |
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|  | **10:30 pm** |  | **NCIS** (Rpt) | CC | MViolence,Mature Themes | **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.Starring: Mark Harmon, Sean Murray, Wilmer Valderrama |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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| **Wednesday 20th July 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  |
| Get ready for the day with the latest news from the 10 News First: Breakfast team. |
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|  | **LIVE** |
|  | **08:30 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGSexual References,Coarse Language,Mature Themes |  |
| BillySue says her children are monsters who have bullied her horribly. Alex and Hana deny any wrongdoing and claim it’s their mother who has transformed into a “mean, anxiety-riddled mess.” |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **My Market Kitchen** | CC |  |  |
| Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC |  |  |
| Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **SEASON PREMIERE** |
|  | **07:30 pm** |  | **Shaun Micallef's Brain Eisteddfod** | CC | G |  |
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|  | **08:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | MMature Themes | **The Great Divide** |
| The TAC team experiences a conflict of interest in court when Benny represents the plaintiff and Chunk represents the defendant in the same civil suit.Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **Good Sam** | CC | MMature Themes | **Truce** |
| Secrets revealed at a major fundraising gala for the hospital threaten to end a tenuous truce between Sam and her father. Meanwhile, Dr. Trulie makes a decision that could alter her career trajectory.Starring: Sophia Bush, Jason Isaacs, Skye P. Marshall, Michael Stahl-David, Wendy Crewson, Edwin Hodge, Omar Maskati |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Thursday 21st July 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  |
| Get ready for the day with the latest news from the 10 News First: Breakfast team. |
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|  | **LIVE** |
|  | **08:30 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGViolence,Coarse Language,Mature Themes |  |
| Dr. Phil devotes his platform to the current shoplifting crisis that is sweeping the nation – an epidemic that, according to experts, is costing the retail industry over $45 billion a year. |
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|  | **ALL NEW EPISODES** |
|  | **01:00 pm** |  | **Dr Phil** | CC | PGMature Themes |  |
| Bethany is terrified of all pregnant women and can’t even look at one without having a panic attack! Then, Victoria can’t travel, go to a party, or eat at restaurants because she’s scared of gluten! |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **My Market Kitchen** | CC |  |  |
| Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC |  |  |
| Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Dog House Australia** | CC | PGMild Themes |  |
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|  | **SEASON FINALE** |
|  | **08:30 pm** |  | **Law & Order: S.V.U** | CC | MMature Themes | **Tangled Strands Of Justice** |
| Garland asks Benson to reopen a missing persons case he worked as a rookie officer on the day of 9/11. A victim in one of Carisi's recent cases is busted for theft, but the arrest proves unethical.Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Octavio PisanoGuest Starring: Demore Barnes, Ron Canada |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MMature Themes | **Wolves In Sheep's Clothing** |
| While Fin and Phoebe make wedding plans, SVU uncover a wider conspiracy when they try to help a homeless single mother who is being trafficked in exchange for safe housing for her and her young son.Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Demore BarnesGuest Starring: Christopher Meloni |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Friday 22nd July 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **LIVE** |
|  | **08:00 am** |  | **10 News First: Breakfast** | CC |  |  |
| Get ready for the day with the latest news from the 10 News First: Breakfast team. |
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|  | **LIVE** |
|  | **08:30 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **12:00 pm** |  | **Dr Phil** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| Erin expects his parents to financially support him so that he can drop out of college to pursue his dream of becoming the next big social media star. Dr. Phil’s offers sound advice to Erin's parents. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **01:00 pm** |  | **The Living Room Encore** (Rpt) | CC |  |  |
| Baz renovates a garage into a wheelchair friendly space for entertaining. Miguel cooks with Rick Stein and Dr Chris heads to Kuku Yalanji country for a Walkabout Cultural Adventure. |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **My Market Kitchen** | CC |  |  |
| Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC |  |  |
| Justine Schofield along with special guests, present a variety of delicious recipes for the home cook. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Living Room** | CC |  |  |
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|  | **08:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **10:30 pm** |  | **Just For Laughs Australia** (Rpt) | CC | MSexual References,Coarse Language |  |
| Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Adam Christie, Nikki Osborne & Luke Heggie. |
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|  | **11:00 pm** |  | **Just For Laughs Australia** | CC | MSexual References,Coarse Language |  |
| Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Tommy Little, Ivan Aristeguieta & Nina Conti. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **06:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2230 - Fear Deceives/grace Frees: Part 2** |
| Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. |
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|  | **ALL NEW EPISODES** |
|  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC |  |  |
| 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** |  | **Wildlife Rescue Australia** (Rpt) | CC | PGMedical Procedures | **Manda The Wombat** |
| Manda the Wombat has problems with her teeth. Cher the Squirrel Glider possum won’t survive in the wild unless Dr Bree can repair her injured eye. |
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|  | **08:30 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! |
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|  | **09:00 am** |  | **Australia By Design: Architecture** (Rpt) | CC | PG |  |
| Now in its fifth season, Australia by Design, uncovers the outstanding projects that exemplify excellence in Australian architectural, interior, landscape and urban design. |
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|  | **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** |  | **To Be Advised** |  |  |  |
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|  | **01:30 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country. |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Pooches At Play** | 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. |
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|  | **02:30 pm** |  | **Luxury Escapes** (Rpt) | CC |  | **Maldives** |
| Sophie Falkiner welcomes her new co-host, Cameron Daddo, on board for series five before taking advantage of international travel re-opening with an escape to the Maldives. |
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|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **What's Up Down Under** | CC |  |  |
| Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! |
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|  | **04:00 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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|  | **04:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **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** |
|  | **06:00 pm** |  | **Luxury Escapes** | CC |  | **Hawaii** |
| Cameron Daddo makes his first appearance in this series of Luxury Escapes with an escape to Hawaii and the island of O’ahu where he runs into former Australian Bachelor, Jimmy and his partner Holly. |
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|  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. |
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|  | **LIVE** |
|  | **07:00 pm** |  | **Football: Manchester United V Aston Villa** | CC |  | **Manchester United V Aston Villa** |
| Join us for a pre-season match between two juggernauts in football as Manchester United and Aston Villa go head to head at Optus Stadium in Perth. Kick off 7.45pm (AEST). |
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|  | **10:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **11:00 pm** |  | **Ambulance** (Rpt) | CC | MSexual References,Coarse Language,Mature Themes |  |
| A potentially fatal stabbing, alcohol poisoning, broken ankles, substance abuse and cardiac arrests are just some of the difficult jobs the crews face in Liverpool during St. Patrick's Day celebrations |
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|  | **12:15 am** |  | **Ambulance** (Rpt) | CC | PGCoarse Language,Drug References,Mature Themes |  |
| A cocaine binge, a horrifying traffic collision and a shocking accident involving a cherry picker are just some of the cases that the team of skilled paramedics must attend in tonight's episode. |
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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** |  | **Authentic** |  | PG |  |
| Authentic is the flagship television program of the Voice of Prophecy. Pastor Shawn Boonstra, pursues the deepest questions of human existence and tackles the issues we all face as humans. |
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|  | **ALL NEW EPISODES** |
|  | **05:00 am** |  | **Hour Of Power** |  | G |  |
| Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus. |
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