|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Hillsong** | CC | G |  | | Religious | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince** | CC | G | **415 - Unleash His Resurrection Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo912** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Left off the Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | | Trying to get your Tribe to believe your story can make or break your game, as one Castaway tries to spell out the truth. Three Castaways are on the outer, and bond together over a shared experience. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:40 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Luca's Key Ingredient** (Rpt) | CC | G |  | | A very imaginative reflection of his own quirky self, this series will see Luca create some of Italy's finest and most traditional Italian dishes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Studio Gangster** | | When a U.S. attorney is found dead steps away from the body of a private escort, the team must piece together what connected the two seemingly random victims.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Legacy** | | To OA's horror, the probe into the hijacking of a truck filled with armour-piercing ammunition leads the FBI to believe that a violent terrorist is back from the dead - but who or what is his target?  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Sheila accidentally lets something slip out during an intense squabble with Thomas. Dollar Bill Spencer shares his take about what’s going on with Ridge and Brooke to his sons Wyatt and Liam | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Would I Lie To You? Australia** | CC | M Sexual References, Coarse Language |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:40 pm** |  | **FBI: Most Wanted** | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:40 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Strong Violence, Mature Themes | **Ghosts** | | After the disappearance of his daughter is ignored by police, a man takes matters into his own hands. When his search escalates to murder, the team must track him down before he claims any more lives.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | | Can a father and son duo look past Cara the beagle's anxiety and give her a shot? The Ford family look for a new canine companion for their nervous therapy dog Lucy. Plus, Parmigiana's second chance. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Dog House Australia** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS** | CC |  | **The Wake** | | Starring: Gary Cole, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Mumuration** | | The NCIS team investigates an unidentified aircraft that flies into U.S. airspace and crashes into a Navy plane. Also, Deeks and Kensi begin to prepare for their foster inspection.  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M | **Irl** | | The team investigates a petty officer's murder that was live-streamed on a popular gaming app. Gibbs is asked to look after his 11 year old neighbour, when his mom must leave on a last-minute trip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Ambulance Australia** | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Gogglebox Australia** | CC |  |  | | Return to the comfort of the country’s most familiar and inviting loungerooms to watch our Goggleboxers laugh, shout, cry and argue about what appeared on television this week. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **10:30 pm** |  | **This Is Us** | CC | PG Sexual References, Coarse Language | **Heart And Soul** | | Kevin visits the construction site. Malik and Deja share controversial news at dinner.  Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **07:30 pm** |  | **Football: Socceroos V Japan** | CC |  | **Socceroos V Japan** | | Join us for the FIFA World Cup Asian Qualifiers when the Socceroos take on Japan live from Stadium Australia in Sydney. Kick off 8.10pm (AEDT). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **In The Year We All Fell Down** | | Benson walks into a hostage situation at a neighbourhood restaurant. Rollins tries to help her father after he’s hospitalized.  Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes  Guest Starring: Sarita Choudhury | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Sexual References, Drug References | **Trick-Rolled At The Moulin'** | | The SVU search for three women suspected of drugging and robbing wealthy men. Elliot Sabler joins the investigation when the case links to the Organized Crime unit and the death of Olivia's brother.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Jamie Gray Hyder  Guest Starring: Christopher Meloni, Tunie Tamara | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:30 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Brooke share a heart-wrenching moment. Grace flips out when she finds Paris at Carter’s loft. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Miriam Margolyes, Paul Rudd, Ron Howard, Halle Berry, Stephen Fry and Gregory Porter! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Lady Gaga, Adam Driver, Josh Gad, Nadiya Hussain, and Rod Stewart! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:40 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2213 - Never Give Up: Urgently Sharing The Truth (Part 7)** | | Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Left Off The Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  | | Hosted by Dog Trainer and Behaviourist Lara Shannon and Morgan Burrett, Pooches at Play is a Lifestyle TV Show all about dogs and our relationship with them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **The Offroad Adventure Show** | CC | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC | PG Mild Themes |  | | Jase and Simon, head into the wilds of Western Australia and the Northern Territory for another epic season of off-road and off-shore adventures. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Coarse Language, Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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, Drug References, Mature Themes |  | | American Superstar Comedian, Conan O'Brien, tries his hand at lifeguarding - with hilarious results. And on the promenade Singlets treats a rollerblader with a severely dislocated knee. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | A man is reported to have fallen from cliffs, but when Jesse arrives the situation takes an unexpected turn. Later the police chopper arrives and the story takes another, far more tragic turn. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **LIVE** | |  | **07:00 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 20: Macarthur Fc V Melbourne City** | | Tune in for all the Round 20 action of the Isuzu UTE A-League Men as the Macarthur FC v Melbourne City from Campbelltown Stadium. Match start time: 7:45PM (AEDT). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:00 pm** |  | **Ambulance Australia Encore** (Rpt) | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Ambulance** (Rpt) | CC | M Coarse Language, Mature Themes |  | | Cameras follow the London Ambulance Service as they care for the nine million people of the city. Amid stabbings, overdoses, accidents and heart attacks, dispatcher Mandy reflects on losing her son. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Hillsong** | CC | G |  | | Religious | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince** | CC | G | **415 - Unleash His Resurrection Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo912** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Left off the Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | | Trying to get your Tribe to believe your story can make or break your game, as one Castaway tries to spell out the truth. Three Castaways are on the outer, and bond together over a shared experience. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:40 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Luca's Key Ingredient** (Rpt) | CC | G |  | | A very imaginative reflection of his own quirky self, this series will see Luca create some of Italy's finest and most traditional Italian dishes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Studio Gangster** | | When a U.S. attorney is found dead steps away from the body of a private escort, the team must piece together what connected the two seemingly random victims.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Legacy** | | To OA's horror, the probe into the hijacking of a truck filled with armour-piercing ammunition leads the FBI to believe that a violent terrorist is back from the dead - but who or what is his target?  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Sheila accidentally lets something slip out during an intense squabble with Thomas. Dollar Bill Spencer shares his take about what’s going on with Ridge and Brooke to his sons Wyatt and Liam | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Would I Lie To You? Australia** | CC | M Sexual References, Coarse Language |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:40 pm** |  | **FBI: Most Wanted** | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:40 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Strong Violence, Mature Themes | **Ghosts** | | After the disappearance of his daughter is ignored by police, a man takes matters into his own hands. When his search escalates to murder, the team must track him down before he claims any more lives.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | | Can a father and son duo look past Cara the beagle's anxiety and give her a shot? The Ford family look for a new canine companion for their nervous therapy dog Lucy. Plus, Parmigiana's second chance. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Dog House Australia** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS** | CC |  | **The Wake** | | Starring: Gary Cole, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Mumuration** | | The NCIS team investigates an unidentified aircraft that flies into U.S. airspace and crashes into a Navy plane. Also, Deeks and Kensi begin to prepare for their foster inspection.  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M | **Irl** | | The team investigates a petty officer's murder that was live-streamed on a popular gaming app. Gibbs is asked to look after his 11 year old neighbour, when his mom must leave on a last-minute trip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Ambulance Australia** | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Gogglebox Australia** | CC |  |  | | Return to the comfort of the country’s most familiar and inviting loungerooms to watch our Goggleboxers laugh, shout, cry and argue about what appeared on television this week. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **10:30 pm** |  | **This Is Us** | CC | PG Sexual References, Coarse Language | **Heart And Soul** | | Kevin visits the construction site. Malik and Deja share controversial news at dinner.  Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **07:30 pm** |  | **Football: Socceroos V Japan** | CC |  | **Socceroos V Japan** | | Join us for the FIFA World Cup Asian Qualifiers when the Socceroos take on Japan live from Stadium Australia in Sydney. Kick off 8.10pm (AEDT). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **In The Year We All Fell Down** | | Benson walks into a hostage situation at a neighbourhood restaurant. Rollins tries to help her father after he’s hospitalized.  Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes  Guest Starring: Sarita Choudhury | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Sexual References, Drug References | **Trick-Rolled At The Moulin'** | | The SVU search for three women suspected of drugging and robbing wealthy men. Elliot Sabler joins the investigation when the case links to the Organized Crime unit and the death of Olivia's brother.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Jamie Gray Hyder  Guest Starring: Christopher Meloni, Tunie Tamara | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:30 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Brooke share a heart-wrenching moment. Grace flips out when she finds Paris at Carter’s loft. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Miriam Margolyes, Paul Rudd, Ron Howard, Halle Berry, Stephen Fry and Gregory Porter! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Lady Gaga, Adam Driver, Josh Gad, Nadiya Hussain, and Rod Stewart! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:40 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2213 - Never Give Up: Urgently Sharing The Truth (Part 7)** | | Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Left Off The Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  | | Hosted by Dog Trainer and Behaviourist Lara Shannon and Morgan Burrett, Pooches at Play is a Lifestyle TV Show all about dogs and our relationship with them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **The Offroad Adventure Show** | CC | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC | PG Mild Themes |  | | Jase and Simon, head into the wilds of Western Australia and the Northern Territory for another epic season of off-road and off-shore adventures. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Coarse Language, Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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, Drug References, Mature Themes |  | | American Superstar Comedian, Conan O'Brien, tries his hand at lifeguarding - with hilarious results. And on the promenade Singlets treats a rollerblader with a severely dislocated knee. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | A man is reported to have fallen from cliffs, but when Jesse arrives the situation takes an unexpected turn. Later the police chopper arrives and the story takes another, far more tragic turn. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **LIVE** | |  | **07:00 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 20: Macarthur Fc V Melbourne City** | | Tune in for all the Round 20 action of the Isuzu UTE A-League Men as the Macarthur FC v Melbourne City from Campbelltown Stadium. Match start time: 7:45PM (AEDT). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:00 pm** |  | **Ambulance Australia Encore** (Rpt) | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Ambulance** (Rpt) | CC | M Coarse Language, Mature Themes |  | | Cameras follow the London Ambulance Service as they care for the nine million people of the city. Amid stabbings, overdoses, accidents and heart attacks, dispatcher Mandy reflects on losing her son. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **MELBOURNE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Hillsong** | CC | G |  | | Religious | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince** | CC | G | **415 - Unleash His Resurrection Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo912** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Left off the Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | | Trying to get your Tribe to believe your story can make or break your game, as one Castaway tries to spell out the truth. Three Castaways are on the outer, and bond together over a shared experience. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:40 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Luca's Key Ingredient** (Rpt) | CC | G |  | | A very imaginative reflection of his own quirky self, this series will see Luca create some of Italy's finest and most traditional Italian dishes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Studio Gangster** | | When a U.S. attorney is found dead steps away from the body of a private escort, the team must piece together what connected the two seemingly random victims.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Legacy** | | To OA's horror, the probe into the hijacking of a truck filled with armour-piercing ammunition leads the FBI to believe that a violent terrorist is back from the dead - but who or what is his target?  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Sheila accidentally lets something slip out during an intense squabble with Thomas. Dollar Bill Spencer shares his take about what’s going on with Ridge and Brooke to his sons Wyatt and Liam | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Would I Lie To You? Australia** | CC | M Sexual References, Coarse Language |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:40 pm** |  | **FBI: Most Wanted** | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:40 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Strong Violence, Mature Themes | **Ghosts** | | After the disappearance of his daughter is ignored by police, a man takes matters into his own hands. When his search escalates to murder, the team must track him down before he claims any more lives.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | | Can a father and son duo look past Cara the beagle's anxiety and give her a shot? The Ford family look for a new canine companion for their nervous therapy dog Lucy. Plus, Parmigiana's second chance. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Dog House Australia** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS** | CC |  | **The Wake** | | Starring: Gary Cole, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Mumuration** | | The NCIS team investigates an unidentified aircraft that flies into U.S. airspace and crashes into a Navy plane. Also, Deeks and Kensi begin to prepare for their foster inspection.  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M | **Irl** | | The team investigates a petty officer's murder that was live-streamed on a popular gaming app. Gibbs is asked to look after his 11 year old neighbour, when his mom must leave on a last-minute trip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Ambulance Australia** | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Gogglebox Australia** | CC |  |  | | Return to the comfort of the country’s most familiar and inviting loungerooms to watch our Goggleboxers laugh, shout, cry and argue about what appeared on television this week. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **10:30 pm** |  | **This Is Us** | CC | PG Sexual References, Coarse Language | **Heart And Soul** | | Kevin visits the construction site. Malik and Deja share controversial news at dinner.  Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **07:00 pm** |  | **Football: Socceroos V Japan** | CC |  | **Socceroos V Japan** | | Join us for the FIFA World Cup Asian Qualifiers when the Socceroos take on Japan live from Stadium Australia in Sydney. Kick off 8.10pm (AEDT). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **In The Year We All Fell Down** | | Benson walks into a hostage situation at a neighbourhood restaurant. Rollins tries to help her father after he’s hospitalized.  Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes  Guest Starring: Sarita Choudhury | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Sexual References, Drug References | **Trick-Rolled At The Moulin'** | | The SVU search for three women suspected of drugging and robbing wealthy men. Elliot Sabler joins the investigation when the case links to the Organized Crime unit and the death of Olivia's brother.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Jamie Gray Hyder  Guest Starring: Christopher Meloni, Tunie Tamara | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Brooke share a heart-wrenching moment. Grace flips out when she finds Paris at Carter’s loft. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Miriam Margolyes, Paul Rudd, Ron Howard, Halle Berry, Stephen Fry and Gregory Porter! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Lady Gaga, Adam Driver, Josh Gad, Nadiya Hussain, and Rod Stewart! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:40 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2213 - Never Give Up: Urgently Sharing The Truth (Part 7)** | | Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Left Off The Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  | | Hosted by Dog Trainer and Behaviourist Lara Shannon and Morgan Burrett, Pooches at Play is a Lifestyle TV Show all about dogs and our relationship with them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **The Offroad Adventure Show** | CC | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC | PG Mild Themes |  | | Jase and Simon, head into the wilds of Western Australia and the Northern Territory for another epic season of off-road and off-shore adventures. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Coarse Language, Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:00 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 20: Macarthur Fc V Melbourne City** | | Tune in for all the Round 20 action of the Isuzu UTE A-League Men as the Macarthur FC v Melbourne City from Campbelltown Stadium. Match start time: 7:45PM (AEDT). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:00 pm** |  | **Ambulance Australia Encore** (Rpt) | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:00 pm** |  | **Ambulance** (Rpt) | CC | M Coarse Language, Mature Themes |  | | Cameras follow the London Ambulance Service as they care for the nine million people of the city. Amid stabbings, overdoses, accidents and heart attacks, dispatcher Mandy reflects on losing her son. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **FBI: Most Wanted Encore** (Rpt) | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **BRISBANE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Hillsong** | CC | G |  | | Religious | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince** | CC | G | **415 - Unleash His Resurrection Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo912** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Left off the Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | | Trying to get your Tribe to believe your story can make or break your game, as one Castaway tries to spell out the truth. Three Castaways are on the outer, and bond together over a shared experience. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:40 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Luca's Key Ingredient** (Rpt) | CC | G |  | | A very imaginative reflection of his own quirky self, this series will see Luca create some of Italy's finest and most traditional Italian dishes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Studio Gangster** | | When a U.S. attorney is found dead steps away from the body of a private escort, the team must piece together what connected the two seemingly random victims.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Legacy** | | To OA's horror, the probe into the hijacking of a truck filled with armour-piercing ammunition leads the FBI to believe that a violent terrorist is back from the dead - but who or what is his target?  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Sheila accidentally lets something slip out during an intense squabble with Thomas. Dollar Bill Spencer shares his take about what’s going on with Ridge and Brooke to his sons Wyatt and Liam | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Would I Lie To You? Australia** | CC | M Sexual References, Coarse Language |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:40 pm** |  | **FBI: Most Wanted** | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:40 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Strong Violence, Mature Themes | **Ghosts** | | After the disappearance of his daughter is ignored by police, a man takes matters into his own hands. When his search escalates to murder, the team must track him down before he claims any more lives.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | | Can a father and son duo look past Cara the beagle's anxiety and give her a shot? The Ford family look for a new canine companion for their nervous therapy dog Lucy. Plus, Parmigiana's second chance. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Dog House Australia** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS** | CC |  | **The Wake** | | Starring: Gary Cole, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Mumuration** | | The NCIS team investigates an unidentified aircraft that flies into U.S. airspace and crashes into a Navy plane. Also, Deeks and Kensi begin to prepare for their foster inspection.  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M | **Irl** | | The team investigates a petty officer's murder that was live-streamed on a popular gaming app. Gibbs is asked to look after his 11 year old neighbour, when his mom must leave on a last-minute trip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Ambulance Australia** | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Gogglebox Australia** | CC |  |  | | Return to the comfort of the country’s most familiar and inviting loungerooms to watch our Goggleboxers laugh, shout, cry and argue about what appeared on television this week. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **10:30 pm** |  | **This Is Us** | CC | PG Sexual References, Coarse Language | **Heart And Soul** | | Kevin visits the construction site. Malik and Deja share controversial news at dinner.  Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **07:30 pm** |  | **Football: Socceroos V Japan** | CC |  | **Socceroos V Japan** | | Join us for the FIFA World Cup Asian Qualifiers when the Socceroos take on Japan live from Stadium Australia in Sydney. Kick off 8.10pm (AEDT). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **In The Year We All Fell Down** | | Benson walks into a hostage situation at a neighbourhood restaurant. Rollins tries to help her father after he’s hospitalized.  Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes  Guest Starring: Sarita Choudhury | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **11:00 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Sexual References, Drug References | **Trick-Rolled At The Moulin'** | | The SVU search for three women suspected of drugging and robbing wealthy men. Elliot Sabler joins the investigation when the case links to the Organized Crime unit and the death of Olivia's brother.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Jamie Gray Hyder  Guest Starring: Christopher Meloni, Tunie Tamara | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 am** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Brooke share a heart-wrenching moment. Grace flips out when she finds Paris at Carter’s loft. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Miriam Margolyes, Paul Rudd, Ron Howard, Halle Berry, Stephen Fry and Gregory Porter! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Lady Gaga, Adam Driver, Josh Gad, Nadiya Hussain, and Rod Stewart! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:40 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2213 - Never Give Up: Urgently Sharing The Truth (Part 7)** | | Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Left Off The Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  | | Hosted by Dog Trainer and Behaviourist Lara Shannon and Morgan Burrett, Pooches at Play is a Lifestyle TV Show all about dogs and our relationship with them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **The Offroad Adventure Show** | CC | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC | PG Mild Themes |  | | Jase and Simon, head into the wilds of Western Australia and the Northern Territory for another epic season of off-road and off-shore adventures. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Coarse Language, Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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, Drug References, Mature Themes |  | | American Superstar Comedian, Conan O'Brien, tries his hand at lifeguarding - with hilarious results. And on the promenade Singlets treats a rollerblader with a severely dislocated knee. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **06:30 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 20: Central Coast Mariners V Adelaide United** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **09:30 pm** |  | **Ambulance Australia Encore** (Rpt) | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Ambulance** (Rpt) | CC | M Coarse Language, Mature Themes |  | | Cameras follow the London Ambulance Service as they care for the nine million people of the city. Amid stabbings, overdoses, accidents and heart attacks, dispatcher Mandy reflects on losing her son. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **FBI: Most Wanted Encore** (Rpt) | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **ADELAIDE PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Weekly Catholic Mass for those unable to travel to church. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Hillsong** | CC | G |  | | Religious | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince** | CC | G | **415 - Unleash His Resurrection Life** | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo912** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  | | Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Left off the Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **12:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | | Trying to get your Tribe to believe your story can make or break your game, as one Castaway tries to spell out the truth. Three Castaways are on the outer, and bond together over a shared experience. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **01:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:40 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **Luca's Key Ingredient** (Rpt) | CC | G |  | | A very imaginative reflection of his own quirky self, this series will see Luca create some of Italy's finest and most traditional Italian dishes. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Studio Gangster** | | When a U.S. attorney is found dead steps away from the body of a private escort, the team must piece together what connected the two seemingly random victims.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **FBI** (Rpt) | CC | M Violence | **Legacy** | | To OA's horror, the probe into the hijacking of a truck filled with armour-piercing ammunition leads the FBI to believe that a violent terrorist is back from the dead - but who or what is his target?  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project hosts Hamish Macdonald, Lisa Wilkinson, Tommy Little, Dilruk Jayasinha and guest Jane Seymour as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Sunday 20th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  | | Sheila accidentally lets something slip out during an intense squabble with Thomas. Dollar Bill Spencer shares his take about what’s going on with Ridge and Brooke to his sons Wyatt and Liam | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Would I Lie To You? Australia** | CC | M Sexual References, Coarse Language |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:40 pm** |  | **FBI: Most Wanted** | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Monday 21st March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **10:40 pm** |  | **FBI: Most Wanted** (Rpt) | CC | M Strong Violence, Mature Themes | **Ghosts** | | After the disappearance of his daughter is ignored by police, a man takes matters into his own hands. When his search escalates to murder, the team must track him down before he claims any more lives.  Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Steve Price and guest Peter Dinklage as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Ridge and Thomas share a warm father-son moment. Deacon provides comfort for Brooke’s anguish. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | | Can a father and son duo look past Cara the beagle's anxiety and give her a shot? The Ford family look for a new canine companion for their nervous therapy dog Lucy. Plus, Parmigiana's second chance. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Dog House Australia** | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **NCIS** | CC |  | **The Wake** | | Starring: Gary Cole, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Mumuration** | | The NCIS team investigates an unidentified aircraft that flies into U.S. airspace and crashes into a Navy plane. Also, Deeks and Kensi begin to prepare for their foster inspection.  Starring: Chris O'Donnell, Ll Cool J , Daniela Ruah | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M | **Irl** | | The team investigates a petty officer's murder that was live-streamed on a popular gaming app. Gibbs is asked to look after his 11 year old neighbour, when his mom must leave on a last-minute trip. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar, Viriginia Trioli and guest Joel Creasey as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Tuesday 22nd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | The situation gets awkward when Zende puts Paris on the spot in front of Carter. Stunned by Sheila’s implication, Thomas demands the whole truth. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG Strong Adult 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Ambulance Australia** | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Gogglebox Australia** | CC |  |  | | Return to the comfort of the country’s most familiar and inviting loungerooms to watch our Goggleboxers laugh, shout, cry and argue about what appeared on television this week. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **10:30 pm** |  | **This Is Us** | CC | PG Sexual References, Coarse Language | **Heart And Soul** | | Kevin visits the construction site. Malik and Deja share controversial news at dinner.  Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Carrie Bickmore, Peter Helliar and guest Dave Grohl as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Wednesday 23rd March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Grace meddles in Paris’s love life by encouraging Zende to act quickly. Sheila takes delight as she reveals her dastardly deed against Brooke to Thomas. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | M Violence, Coarse Language, Drug References, Mature Themes |  | | Paramedics, Rick and Amie's easy morning is shaken by a serious call: a 51 year old male is suffering a heart attack & they are the closest responders. It is a race against the clock to save his life. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Mature Themes | **In The Year We All Fell Down** | | Benson walks into a hostage situation at a neighbourhood restaurant. Rollins tries to help her father after he’s hospitalized.  Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes  Guest Starring: Sarita Choudhury | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Violence, Sexual References, Drug References | **Trick-Rolled At The Moulin'** | | The SVU search for three women suspected of drugging and robbing wealthy men. Elliot Sabler joins the investigation when the case links to the Organized Crime unit and the death of Olivia's brother.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Jamie Gray Hyder  Guest Starring: Christopher Meloni, Tunie Tamara | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Blue Bloods** (Rpt) | CC | M Mature Themes | **Grave Errors** | | Danny goes undercover when a woman claims to have heard someone plotting a murder, while Eddie confronts her boss who has a personal vendetta against the commissioner and the Reagan family name.  Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Dylan Walsh | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Waleed Aly, Lisa Wilkinson, Peter Helliar, Kate Langbroek and guest Nick Cody as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Thursday 24th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  | | Carter attempts to convince Paris that she belongs with Zende. Brooke makes a shocking decision about the fate of her marriage to Ridge. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **08:00 am** |  | **Studio 10** | CC | PG |  | | Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 pm** |  | **Dr Phil** | CC | PG 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **Dr Phil** | 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **Left Off The Map** | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Good Chef Bad Chef** | CC | G |  | | Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  | | Ridge and Brooke share a heart-wrenching moment. Grace flips out when she finds Paris at Carter’s loft. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Sexual References, Coarse Language, Mature Themes |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Miriam Margolyes, Paul Rudd, Ron Howard, Halle Berry, Stephen Fry and Gregory Porter! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M Coarse Language |  | | Join the hilarious and cheeky Graham Norton as he chats with guests Lady Gaga, Adam Driver, Josh Gad, Nadiya Hussain, and Rod Stewart! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:40 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts Hamish Macdonald, Tara Rushston, Tom Cashman, Dr Vyom Sharma and guest Slash as they dissect and digest the daily news, events and hottest topics. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Friday 25th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2213 - Never Give Up: Urgently Sharing The Truth (Part 7)** | | Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 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! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Left Off The Map** (Rpt) | CC | G |  | | Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Pooches At Play** (Rpt) | CC | G |  | | Hosted by Dog Trainer and Behaviourist Lara Shannon and Morgan Burrett, Pooches at Play is a Lifestyle TV Show all about dogs and our relationship with them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  | | Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  | | Explore Australia's most breathtaking destinations off-the-beaten-track with our very own ‘Mr 4X4’, Pat Callinan. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **01:00 pm** |  | **The Offroad Adventure Show** | CC | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 pm** |  | **All 4 Adventure** (Rpt) | CC | PG Mild Themes |  | | Jase and Simon, head into the wilds of Western Australia and the Northern Territory for another epic season of off-road and off-shore adventures. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **What's Up Down Under** | CC | G |  | | Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PG Mild Coarse Language, Mild Themes |  | | Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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, Drug References, Mature Themes |  | | American Superstar Comedian, Conan O'Brien, tries his hand at lifeguarding - with hilarious results. And on the promenade Singlets treats a rollerblader with a severely dislocated knee. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG |  | | A man is reported to have fallen from cliffs, but when Jesse arrives the situation takes an unexpected turn. Later the police chopper arrives and the story takes another, far more tragic turn. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 pm** |  | **The Dog House Australia Encore** (Rpt) | CC |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 pm** |  | **Ambulance Australia Encore** (Rpt) | CC | M Mature Themes |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 pm** |  | **Ambulance** (Rpt) | CC | M Coarse Language, Mature Themes |  | | Cameras follow the London Ambulance Service as they care for the nine million people of the city. Amid stabbings, overdoses, accidents and heart attacks, dispatcher Mandy reflects on losing her son. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:00 pm** |  | **FBI: Most Wanted Encore** (Rpt) | CC | M Strong Violence, Drug Use, Mature Themes | **Shattered** | | The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.  Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **NCIS Encore** (Rpt) | CC |  | **The Wake** | | Starring: Gary Cole, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | |  | **PERTH PROGRAM GUIDE** | |  | | | **Saturday 26th March 2022** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
|  | |  |  |  |  |
| Last Updated 04th Mar 2022 - 15:32 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  | |  |  |  |  |