|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 28th March 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **Mass For You At Home** | CC | G |  |
| Weekly Catholic Mass for those unable to travel to a church. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Hillsong** | CC | G |  |
| Religious. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **07:00 am** |  | **Joseph Prince** | CC | G | **365 - How To Prosper During Severe Famine** |
| Religious program. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo873 - When God Seems Too Late** |
| Religious. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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** |  | **Freshly Picked With Simon Toohey** (Rpt) | CC | G |  |
| Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **09:00 am** |  | **Australia By Design: Innovations** (Rpt) | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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** |  | **Advancing Australia** (Rpt) | CC |  |  |
| Guy Pearce presents Advancing Australia, a landmark television event uncovering inspirational stories of ordinary people who are doing extraordinary things to make our country a better place. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 28th March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **12:30 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **01:00 pm** |  | **The Offroad Adventure Show** | CC |  |  |
| Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series! |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **02:00 pm** |  | **Everday 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. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **02:15 pm** |  | **The Amazing Race Australia Encore** (Rpt) | CC |  |  |
| In the race to the next Pit Stop, the teams need to muster the courage and embrace their inner performer as they hit the stage singing, dancing and even completing one hell of a Hollywood stunt. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **03:30 pm** |  | **Easter With The Australian Women’s Weekly** (Rpt) | CC |  | **Easter With The Australian Women’s Weekly** |
| Easter with The Australian Women's Weekly has something for everyone! Sarah Harris, Barry Du Bois & The Weekly team showcase the best in Easter styling ideas, fashion and of course, delicious treats! |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **04:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 as they dissect and digest the daily news, events and hottest topics. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 28th March 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **SEASON FINALE** |
|  | **07:30 pm** |  | **The Amazing Race Australia** | CC |  |  |
| In the final leg of The Amazing Race Australia, the teams travel from Sydney, to Canberra and then to up to the Snowy Mountains for the epic race to the finish line. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **MOVIE PREMIERE** |
|  | **09:00 pm** |  | **Second Act** (2018) | CC | MSexual References,Coarse Language |  |
| A department store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do.Starring: Jennifer Lopez, Vanessa Hudgens, Leah Remini, Milo Ventimiglia |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  |
| Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 28th March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Monday 29th March 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Steffy makes a significant gesture to prove her love to Finn. Liam presses for a second chance, but Hope remains unsure of their future. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGCoarse Language,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **01:00 pm** |  | **The Amazing Race Australia Encore** (Rpt) | CC |  |  |
| In the race to the next Pit Stop, the teams need to muster the courage and embrace their inner performer as they hit the stage singing, dancing and even completing one hell of a Hollywood stunt. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Monday 29th March 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | 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** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **07:30 pm** |  | **To Be Advised** | **NO CC** |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Hughesy, We Have A Problem** | CC |  |  |
| Hughesy will be solving the world's problems on a global scale assisted by Becky Lucas, Nazeem Hussain, the biggest names in comedy and entertainment and international celebrity zoom callers. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Monday 29th March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **09:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | M |  |
| Join the hilarious and cheeky Graham Norton as he chats with Ewan McGregor, Miley Cyrus, Ashley Banjo, Shirley Ballas and Frank Skinner.Guest Starring: Ewan McGregor, Miley Cyrus, Ashley Banjo, Frank Skinner |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **11:30 pm** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Tuesday 30th March 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGCoarse Language,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **01:00 pm** |  | **Easter With The Australian Women’s Weekly** (Rpt) | CC |  | **Easter With The Australian Women’s Weekly** |
| Easter with The Australian Women's Weekly has something for everyone! Sarah Harris, Barry Du Bois & The Weekly team showcase the best in Easter styling ideas, fashion and of course, delicious treats! |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Tuesday 30th March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | 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** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | MMature Themes |  |
| A woman stranded on a remote walking track, unable to make her way out, must rely on the help of Emergency Services and a devastating house fire causes a severe case of smoke inhalation. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Tuesday 30th March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **08:30 pm** |  | **NCIS** (Rpt) | CC | M | **Tailing Angie** |
| When the lead suspect of an unsolved and high-profile robbery case is released from prison, the NCIS team resumes their investigation with an undercover stakeout.Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Red Rover, Red Rover** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **11:30 pm** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Tuesday 30th March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Wednesday 31st March 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | MMature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Wednesday 31st March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | 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** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Cube** | CC |  |  |
| Andy Lee welcomes Peter and Louise to the show who have dream vacation plans if they win big on The Cube. Will they have the focus and skills needed to take home the $250,000? |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **08:30 pm** |  | **Bull** (Rpt) | CC | M | **But For The Grace** |
| Bull takes on a pro bono client who was poorly advised by his public defender to plead guilty to a misdemeanour assault charge and is now facing felony manslaughter after the victim dies. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Wednesday 31st March 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **09:30 pm** |  | **Bull** (Rpt) | CC | M | **Separation** |
| Danny enlists her colleagues to help when her boyfriend, Gabriel, is arrested for being in the country illegally and threatened with deportation. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **11:30 pm** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Thursday 01st April 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Judge Judy Encore** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | MDrug Use,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. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:00 pm** |  | **The Living Room** (Rpt) | CC | PG |  |
| Amanda, Chris, Barry and Miguel step in to help an incredibly generous family who have dedicated their lives to “Supertees” a range of specially designed clothing for sick kids. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Thursday 01st April 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | 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** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **07:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PGCoarse Language |  |
| It’s been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it’s a challenge the lifeguards are only too keen to accept. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **08:00 pm** |  | **Territory Cops** (Rpt) | CC | MViolence,Drug References |  |
| Patrolling a million square kilometres of harsh landscape, dangerous wildlife, wild weather and precarious criminals, take a look into Australia's busiest police force – the Northern Territory Police. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Thursday 01st April 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Gogglebox** | CC |  |  |
| The 13th season sees Australia's favourite households back on the couch, ready to sink their teeth into their favourite TV snacks and the very best of 2021's newest television programs. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MSexual References,Strong Adult Themes | **Dance, Lies, And Videotape** |
| An ingenue ballerina sees help from Benson and Rollins when she discovers that she's been secretly videotaped for a pornographic website.Starring: Mariska Hargitay, Kelli Giddish, Peter Scanavino, Jamie Gray HyderGuest Starring: John Waters |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **This Is Us** | CC |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Thursday 01st April 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Friday 02nd April 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:00 am** |  | **Entertainment Tonight Encore** (Rpt) | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **Judge Judy Encore** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **08:00 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **LIVE** |
|  | **08:30 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **11:00 am** |  | **Dr Phil** (Rpt) | CC | PGMature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGMature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Friday 02nd April 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **03:00 pm** |  | **Judge Judy** | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Good Chef Bad Chef** | 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** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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** |  | **10 News First** (Rpt) | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Friday 02nd April 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Living Room** | **NO CC** |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **08:30 pm** |  | **The Graham Norton Show** (Rpt) | CC | PGMature Themes |  |
| Join the hilarious and cheeky Graham Norton as he chats with Samuel L Jackson, Latanya Richardson Jackson, Dawn French, Freddie Flintoff, Arsene Wenger & Michael Kiwanuka.Guest Starring: Samuel L Jackson, Latanya Richardson Jackson, Dawn French, Freddie Flintoff |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **10:30 pm** |  | **Just For Laughs** (Rpt) | CC | MA15+Sexual References,Coarse Language |  |
| Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Lehmo, Steph Tisdell, Damien Power and Tommy Little. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Friday 02nd April 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Saturday 03rd April 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **06:00 am** |  | **Whichcar** (Rpt) | CC | PG |  |
| Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Leading The Way** | CC | G |  |
| Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC |  |  |
| Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **07:30 am** |  | **Pat Callinan's 4x4 Adventures** (Rpt) | CC | G |  |
| Australia's foremost 4X4 expert “MR 4X4” Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **08:30 am** |  | **The Offroad Adventure Show** (Rpt) | CC |  |  |
| Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series! |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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** |  | **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. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **12:30 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. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **01:00 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **ALL NEW EPISODES** |
|  | **01:30 pm** |  | **Buy To Build** | CC | G |  |
| Comparative building show where we explore new homes. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Saturday 03rd April 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **02:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **SPECIAL ENCORE PRESENTATION** |
|  | **02:30 pm** |  | **Easter With The Australian Women’s Weekly** (Rpt) | CC |  | **Easter With The Australian Women’s Weekly** |
| Easter with The Australian Women's Weekly has something for everyone! Sarah Harris, Barry Du Bois & The Weekly team showcase the best in Easter styling ideas, fashion and of course, delicious treats! |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **03:30 pm** |  | **To Be Advised** |  |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **04:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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** |
|  | **06:00 pm** |  | **Advancing Australia** | CC |  |  |
| Twelve episodes - Thirty-six stories of courage, inspiration and innovation, woven into a series that proves when it comes to advancing Australia, we can do better, together. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| When a car free falls off a ledge, tumbling upside down onto one of the Australia's busiest walking tracks, the Lifeguards venture off the sand to help keep beach goers safe. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **07:00 pm** |  | **Territory Cops** (Rpt) | CC | PGViolence,Coarse Language,Nudity |  |
| Darwin cop Nathan, answers a distressed call from two girls who've managed to drive their vehicle off the road and into a massive hole. What ensues is a daring desert rescue, with no room for error. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Saturday 03rd April 2021** |
|  |

 |
|

|  |  |
| --- | --- |
|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Ambulance** | CC | MMedical Procedures |  |
| It’s a wild payday weekend in London, and as revellers pack London streets, ambulance crews race to the scene of a double shooting, a stabbing, a brawl and a grandmother in need of CPR. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **08:40 pm** |  | **Ambulance** (Rpt) | CC | MMature Themes |  |
| A man found slumped in his car in the city centre turns on the good samaritan who called an ambulance for him, leaving the caller needing emergency hospital treatment. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **09:50 pm** |  | **999: What's Your Emergency?** (Rpt) | CC | MCoarse Language,Drug Use | **Cannabitch** |
| With the increasing use of cannabis affecting society, a young man's sloppy marijuana fuelled driving attracts the police's attention, while cases of dealing and threatening behaviour are investigated. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **10:50 pm** |  | **To Be Advised** |  |  |  |
|  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **11:50 pm** |  | **Inside The Children's Hospital** (Rpt) | CC | PGMature Themes |  |
| A behind-the-scenes look at the Royal Aberdeen Children's Hospital, exploring the lives of patients and staff at one of Scotland's busiest hospitals. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **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 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Saturday 03rd April 2021** |
|  |

 |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |
| Religious. |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

 |
|  |  |  |  |  |
| Last Updated 12th Mar 2021 - 17:07 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
|  |  |  |  |  |