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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 06th March 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **Mass For You At Home** | CC | G |  |
| Weekly Catholic Mass for those unable to travel to church. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Hillsong** | CC | G |  |
| Religious |
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|  | **ALL NEW EPISODES** |
|  | **07:00 am** |  | **Joseph Prince** | CC | G | **413 - He Goes Ahead Of You** |
| Religious program. |
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|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo910** |
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|  | **08:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | G |  |
| Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! |
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|  | **09:00 am** |  | **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. |
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|  | **09:30 am** |  | **Studio 10: Sunday** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. |
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|  | **12:00 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **12:30 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Sunday 06th March 2022** |
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|  | **01:40 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. |
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|  | **02:00 pm** |  | **Waltzing Jimeoin** (Rpt) | CC | PGMild 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. |
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|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Australia By Design: Architecture** | CC | PG |  |
| Now in its fifth season, Australia by Design, uncovers the outstanding projects that exemplify excellence in Australian architectural, interior, landscape and urban design. |
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|  | **03:00 pm** |  | **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. |
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|  | **03:30 pm** |  | **Roads Less Travelled** (Rpt) | CC | PGMature Themes |  |
| An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty. |
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|  | **04:00 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home. |
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|  | **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. |
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|  | **SYDNEY PROGRAM GUIDE** |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Sunday Project** | CC |  |  |
| Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Australian Survivor** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **09:00 pm** |  | **FBI** | CC | MStrong Violence | **Pride And Prejudice** |
| When a Muslim college student and his younger brother are murdered, the team connects with the outraged Imam of OA’s former mosque, who insists the victims were wrongly targeted as terroristsStarring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Katherine Renee Turner |
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|  | **10:00 pm** |  | **FBI** (Rpt) | CC | MViolence | **Hard Decisions** |
| A bank hold-up leads the team to a safe deposit box, the contents of which have the potential to destroy national security. While helping with the case, Kirsten requests a return to field work.Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  |
| Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **SYDNEY PROGRAM GUIDE** |
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| **Monday 07th March 2022** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PGViolence |  |
| Deacon recalls how Brooke defended him in his brawl with Ridge to an ecstatic Sheila. Meanwhile, Thomas thwarts Brooke's efforts to contact Ridge. |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGCoarse Language,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SYDNEY PROGRAM GUIDE** |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | 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. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Ridge is grateful to Taylor for her unwavering love and support. Meanwhile, Brooke faces off with Thomas for keeping her from Ridge without his knowledge. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Australian Survivor** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Would I Lie To You? Australia** | CC |  |  |
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|  | **09:40 pm** |  | **FBI: Most Wanted** (Rpt) | CC | MStrong Violence | **Invisible** |
| When a military veteran suffering from PTSS snaps after the death of his brother in arms, the decorated sniper's expert abilities push the team to their limits.Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand |
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|  | **10:40 pm** |  | **FBI: Most Wanted** (Rpt) | CC | MViolence,Mature Themes | **Prophet** |
| A cult leader and his most trusted followers go on the run after he orders the murder of his own family. As Jess and the team race to find them, they uncover the self-proclaimed prophet's conman past.Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **SYDNEY PROGRAM GUIDE** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Ridge is grateful to Taylor for her unwavering love and support. Meanwhile, Brooke faces off with Thomas for keeping her from Ridge without his knowledge. |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | MSexual References,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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **01:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | 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. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Liam does some sleuthing on behalf of Brooke and Hope. Meanwhile, Ridge takes refuge at Steffy's house, where he and Taylor share a kiss. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **07:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **NCIS** | CC |  | **First Steps** |
| As NCIS investigates the cause of death of a reservist Navy Seal surgeon, they’re forced to bring Vance’s daughter, Kayla, who recently trained with NCIS, to help with a highly dangerous missionStarring: Mark Harmon, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law |
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| **Tuesday 08th March 2022** |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Where Loyalties Lie** |
| The NCIS team is on the case when a civilian scientist working with the marines is killed and her advanced radar technology is stolenStarring: Chris O'Donnell, Ll Cool J , Daniela Ruah |
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|  | **10:30 pm** |  | **NCIS** (Rpt) | CC | MViolence,Mature Themes | **No Vacancy** |
| While investigating a Marine’s murder, the NCIS team uncovers a labyrinth of live-streaming spy cameras hidden in the rooms of a Virginia motel. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Liam does some sleuthing on behalf of Brooke and Hope. Meanwhile, Ridge takes refuge at Steffy's house, where he and Taylor share a kiss. |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PGDrug References,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **01:00 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | 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. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Thomas reluctantly renders Ridge back his phone, which blows up with unread messages from Brooke. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Ambulance Australia** | CC | MCoarse Language,Drug References,Medical Procedures |  |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Bull** | CC | MViolence,Mature Themes | **The Hard Right** |
| Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | PGMature Themes | **The Invisible Woman** |
| An expert on anthrax is accused of orchestrating a series of anthrax attacks; Bull sets out to prove the city was in such a rush to calm the public's hysteria, they arrested the wrong person.Starring: Michael Weatherly, Geneva Carr, Jaime Lee Kirchner, Chris Jackson |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **This Is Us** | CC | PGMature Themes | **Four Fathers** |
| Jack, Randall, Kevin and Toby struggle to connect with their children.Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Thomas reluctantly renders Ridge back his phone, which blows up with unread messages from Brooke. |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | MSexual References,Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | 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. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  |
| Sheila gets inwardly elated upon learning about Ridge and Brooke's split. Meanwhile, Brooke and Ridge share a heart wrenching goodbye. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **First Dates Australia** | CC |  |  |
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|  | **SEASON PREMIERE** |
|  | **08:30 pm** |  | **Gogglebox Australia** | CC |  |  |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **Blue Bloods** | CC | MMature Themes | **Where We Stand** |
| Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
| Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **04:30 am** |  | **CBS Mornings** | CC |  |  |
| CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day. |
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|  | **07:00 am** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC | PG |  |
| Sheila gets inwardly elated upon learning about Ridge and Brooke's split. Meanwhile, Brooke and Ridge share a heart wrenching goodbye. |
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|  | **LIVE** |
|  | **08:00 am** |  | **Studio 10** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM. |
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|  | **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. |
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|  | **01:00 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country. |
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|  | **01:30 pm** |  | **Jamie's Quick & Easy Food** (Rpt) | CC | G |  |
| Jamie is cooking up a storm starting with an aromatic lamb curry, followed by a sophisticated and speedy rose pesto prawn pasta and the fastest little flapjacks around: Buddy's flapjack biscuits. |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  |
| Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **03:00 pm** |  | **Judge Judy** (Rpt) | CC | PG |  |
| Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Freshly Picked With Simon Toohey** | 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. |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
| Sheila's shocking news inspires Deacon to be hopeful of a reunion with the woman he loves. Meanwhile, Throwing caution to the wind, Paris and Carter give in to their mutual attraction. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **07:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **08:40 pm** |  | **The Graham Norton Show** (Rpt) | CC | PG |  |
| Join the hilarious and cheeky Graham Norton as he chats with guests Eddie Redmayne, Jessie Buckley, Stephen Merchant, Motsi Mabuse, Sir Ian McKellen, Sir Elton John & Charlie Puth. |
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|  | **09:40 pm** |  | **Just For Laughs Australia** (Rpt) | CC | MSexual References,Coarse Language |  |
| Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Eman El-Husseini, Cam Knight & Geraldine Hickey. |
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|  | **10:10 pm** |  | **Akmal: Transparent** (Rpt) | CC | MA15+Strong Coarse Language | **Akmal - Transparent** |
| See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter! |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts as they dissect and digest the daily news, events and hottest topics. |
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|  | **ALL NEW EPISODES** |
|  | **12:40 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. |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **06:00 am** |  | **Good Chef Bad Chef** (Rpt) | CC | G |  |
| Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 am** |  | **Leading The Way With Dr. Michael Youssef** | CC | G | **2211 - Never Give Up: Self Loving In The Last Days (Part 5)** |
| Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues. |
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|  | **ALL NEW EPISODES** |
|  | **07:00 am** |  | **Escape Fishing With ET** (Rpt) | CC | 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. |
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|  | **07:30 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. |
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|  | **08:00 am** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country. |
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|  | **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. |
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|  | **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. |
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|  | **09:30 am** |  | **Studio 10: Saturday** | CC | PG |  |
| Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus. |
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|  | **12:00 pm** |  | **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. |
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|  | **01:00 pm** |  | **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. |
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|  | **01:30 pm** |  | **Everyday Gourmet With Justine Schofield** (Rpt) | CC | G |  |
| Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. |
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|  | **02:00 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  |
| Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market. |
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|  | **02:30 pm** |  | **Destination Dessert** (Rpt) | CC | G |  |
| Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard. |
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|  | **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! |
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|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | PG |  |
| Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home. |
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|  | **04:00 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. |
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|  | **04:30 pm** |  | **Roads Less Travelled** (Rpt) | CC | G |  |
| An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty. |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **06:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PGCoarse Language,Mature Themes |  |
| It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. |
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|  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PGDrug References |  |
| It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue. |
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|  | **LIVE** |
|  | **07:00 pm** |  | **Isuzu UTE A-League Men** | CC |  | **Round 18: Melbourne City V Melbourne Victory** |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:00 pm** |  | **Ambulance Australia Encore** (Rpt) | CC | MCoarse Language,Drug References,Medical Procedures |  |
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|  | **11:00 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. |
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|  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **05:00 am** |  | **Hour Of Power** |  | G |  |
| Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus. |
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