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|  |  SYDNEY PROGRAM GUIDE  |
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| **Sunday 29th November 2020** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **Mass For You At Home** | CC | G |  |
| Religious. |
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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 | **351 - God's Way To Good Fortune In All Areas** |
| Religious |
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|  | **ALL NEW EPISODES** |
|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo859 - Grass In The Dessert** |
| Religious. |
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|  | **08:00 am** |  | **Australia By Design: Interiors** (Rpt) | CC | G |  |
| Australia By Design: Interiors takes us into the heart of the design process and looks at the psychology of interpreting space and creating an environment. |
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|  | **08:30 am** |  | **The Living Room Encore** (Rpt) | CC | PG |  |
| Barry turns a tired space into a bold bright inviting home, Miguel makes a Italian dish and shows us how to conjure up your own pasta & Amanda gets schooled on some of ou rscary, scaly animal friends. |
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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 weekdays from 8am. |
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|  | **12:00 pm** |  | **Destination Dessert** (Rpt) | CC | G |  |
| Destination Dessert is the ultimate travel show for the sweet tooth! Exploring NSW in our first series, discovering the sweeter things in life. |
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|  | **12:30 pm** |  | **Roads Less Travelled** (Rpt) | CC |  |  |
| 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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|  | **SEASON PREMIERE** |
|  | **01:00 pm** |  | **All 4 Adventure** | CC |  |  |
| Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures. |
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|  | **02:00 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. |
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|  | **02:30 pm** |  | **Left Off The Map** (Rpt) | CC | G |  |
| Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.  |
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|  | **03:00 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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|  | **03:30 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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|  | **04:00 pm** |  | **Jamie: Keep Cooking And Carry On** (Rpt) | CC | G |  |
| In these unprecedented times, Jamie sets out to help, sharing some incredible recipes that make the most of your kitchen staples and offering helpful substitutions when short on certain ingredients. |
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|  | **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. |
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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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|  | **LIVE** |
|  | **06:00 pm** |  | **10 News First** (Rpt) | 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** |  | **The Graham Norton Show** | CC |  |  |
| Join the hilarious and cheeky Graham Norton as he chats with Mariah Carey, Gary Barlow, Nadiya Hussain, Tim Peake & Richard Osman.Guest Starring: Mariah Carey, Gary Barlow |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **FBI: Most Wanted** | CC |  | **Execute** |
| When a hacker triggers a car crash that kills a family of three, the team races to hunt him down as his ransomware demands escalate and his chilling final target becomes apparent. |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **Blood And Treasure** | CC | M Action Violence | **The Brotherhood Of Serapis** |
| An Egyptian official has files which could lead Lexi to Farouk. But in order to get to the information, she must enlist Danny in a dangerous plan while lying to him about the source of her lead.Starring: Matt Barr, Sofia Pernas, John Larroquette, Katia Winter, Oded Fehr, Alicia Coppola |
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|  | **ALL NEW EPISODES** |
|  | **10:25 pm** |  | **Blood And Treasure** | CC | M Action Violence | **The Ghost Train Of Sierra Perdida** |
| Danny and Lexi follow a clue to the mountains of Spain in search of a lost train car that may have been carrying the sarcophagus of Cleopatra when it disappeared. Starring: Matt Barr, Sofia Pernas, Katia Winter, James Callis, Mark Gagliardi |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:20 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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|  | **12:20 am** |  | **NCIS** (Rpt) | CC | M | **Flight Plan** |
| The NCIS team investigates an F-18 crash and the subsequent disappearance of the pilot who operated the aircraft. Also, McGee reluctantly discusses a very personal decision with his teammates. |
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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 This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. |
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|  | **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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
| Quinn eats a slice of humble pie and asks for Eric’s forgiveness one more time. Hope stands up for Thomas when a frustrated Liam questions his motives.  |
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|  | **ALL NEW EPISODES** |
|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC | PG Mature Themes |  |
| Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness. |
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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 bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Three Veg And Meat** (Rpt) | CC | G |  |
| Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.  |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | 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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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
| Zende hides his true feelings and offers his best wishes to Zoe and Carter. Steffy and Liam bond over the love for their daughter. Thomas is thrown when the Hope Mannequin makes a profession of love  |
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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 and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **07:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse Language,Drug Use,Mature Themes |  |
| It's New Year's Day and things get serious when a teenager overdoses. In the water Chappo pulls two teenagers onto his board, but faces a dilemma when two men further out start going under water.  |
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|  | **08:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PG Coarse 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.  |
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|  | **08:30 pm** |  | **All Aussie Adventures** (Rpt) | CC | PG Mature Themes |  |
| Over 15 years since he last set fire to a national park, Russell Coight is back! He'll catch up with some old mates, share survival tips & introduce us to some of his favourite species. |
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|  | **09:00 pm** |  | **All Aussie Adventures** (Rpt) | CC | PG |  |
| Over 15 years since he last set fire to a national park, Russell Coight is back! He'll catch up with some old mates, share survival tips & introduce us to some of his favourite species. |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **Just For Laughs Australia** | CC | M Sexual References,Coarse Language |  |
| Just For Laughs Australia recorded live from the Sydney Opera House. Hosted by Nick Cody and featuring Judith Lucy, Micky Bartlett, Randy Feltface, Demi Lardner, Guy Montgomery & Dave Thornton. |
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|  | **10:30 pm** |  | **Kinne Tonight** (Rpt) | CC | M Sexual References,Coarse Language,Mature Themes |  |
| Troy Kinne and his friends unpack and poke fun at the messiness and realities of modern life in a new show that is sure to leave you in stitches. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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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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|  | **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 This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. |
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|  | **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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
| Zende hides his true feelings and offers his best wishes to Zoe and Carter. Steffy and Liam bond over the love for their daughter. Thomas is thrown when the Hope Mannequin makes a profession of love  |
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|  | **ALL NEW EPISODES** |
|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC |  |  |
| 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 bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. |
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|  | **02:30 pm** |  | **Three Veg And Meat** (Rpt) | CC | G |  |
| Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.  |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | 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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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **07:30 pm** |  | **Ambulance Australia** (Rpt) | CC | M Coarse Language,Mature Themes |  |
| Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **NCIS** | CC |  | **Everything Starts Somewhere** |
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|  | **ALL NEW EPISODES** |
|  | **09:30 pm** |  | **NCIS: Los Angeles** | CC |  | **Angry Karen** |
| When Nell sends Sam to meet an informant who plans to blow the whistle on a military secret, Hanna's life is in danger when the man tries to run him down and kill him. |
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|  | **10:30 pm** |  | **NCIS** (Rpt) | CC | M Mature Themes | **Sound Off** |
| After a body is found at an aerial vehicle testing site, the NCIS team must determine if the death was murder or an accident; Palmer carefully interviews medical examiner assistant candidates. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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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 This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. |
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|  | **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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC |  |  |
| 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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|  | **01:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **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. |
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|  | **02:30 pm** |  | **Three Veg And Meat** (Rpt) | CC | G |  |
| Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.  |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | 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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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Jamie's Easy Meals For Every Day** | CC | G |  |
| Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish & Chips and Potato Mash.Starring: Jamie Oliver |
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|  | **ALL NEW EPISODES** |
|  | **08:00 pm** |  | **Jamie's Easy Meals For Every Day** | CC | G |  |
| Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Fish Cakes and Spicy Chicken with Coleslaw.Starring: Jamie Oliver |
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|  | **MOVIE PREMIERE** |
|  | **08:30 pm** |  | **Breath** (2017) | CC | M Sex Scenes,Coarse Language,Mature Themes |  |
| Two teenage boys form an unlikely friendship with Sando, a mysterious older surfer and adventurer who pushes the boys to take risks that will have a lasting and profound impact on their lives. |
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|  | **10:50 pm** |  | **Bull** (Rpt) | CC | M Violence | **Imminent Danger** |
| Bull and the team take a difficult pro bono murder case and realise it will take a miracle to win; Marissa pushes for an office Christmas party; Taylor embarks on a new romance. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **11:50 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. |
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|  | **ALL NEW EPISODES** |
|  | **12:50 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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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 This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. |
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|  | **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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC |  |  |
| 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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|  | **01:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **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. |
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|  | **02:30 pm** |  | **Three Veg And Meat** (Rpt) | CC | G |  |
| Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.  |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | 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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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **Jamie's Easy Meals For Every Day** | CC | G |  |
| Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Butter Chicken and Salmon.Starring: Jamie Oliver |
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|  | **ALL NEW EPISODES** |
|  | **08:00 pm** |  | **Jamie's Easy Meals For Every Day** | CC | G |  |
| Jamie's cooking from home, creating meals for his family and celebrating the food we buy every week by reinventing family favourites. Discover new spins on Toad In The Hole, Ice Blocks and Steak.Starring: Jamie Oliver |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Law & Order: S.V.U** | CC | M Drug References,Strong Adult Themes | **Solving For The Unknown** |
| The SVU struggles to find a serial predator who lures his victims on an online dating app, and uses a date rape drug on them that leaves no evidence behind.Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray HyderGuest Starring: Eddie Kaye Thomas |
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|  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | M Strong Adult Themes | **At Midnight In Manhattan** |
| Rollins and Carisi argue over an arrest when the detectives find themselves spread thin with three major sexual assault cases coming in at midnight.Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **This Is Us** | CC | M | **Changes** |
| Kevin and Madison navigate their engagement as Kate and Toby take a big step in their adoption journey. Meanwhile, Jack and Rebecca brace for puberty. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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| **Thursday 03rd December 2020** |
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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 This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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| **Friday 04th December 2020** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PG Mature 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. |
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|  | **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. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **07:30 am** |  | **The Bold & The Beautiful Encore** (Rpt) | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:00 pm** |  | **Dr Phil** | CC |  |  |
| 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** |  | **The Living Room Encore** (Rpt) | CC | PG |  |
| Barry turns a tired space into a bold bright inviting home, Miguel makes a Italian dish and shows us how to conjure up your own pasta & Amanda gets schooled on some of ou rscary, scaly animal friends. |
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|  | **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. |
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|  | **02:30 pm** |  | **Three Veg And Meat** (Rpt) | CC | G |  |
| Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Left Off The Map** | CC | G |  |
| Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.  |
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|  | **ALL NEW EPISODES** |
|  | **04:00 pm** |  | **Farm To Fork** | 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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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
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|  | **LIVE** |
|  | **05:00 pm** |  | **10 News First** | CC |  |  |
| Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. |
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|  | **ALL NEW EPISODES** |
|  | **06:30 pm** |  | **The Project** | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **07:30 pm** |  | **The Living Room** | CC | PG Sexual References |  |
| The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way. |
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|  | **08:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **09:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **10:30 pm** |  | **Hughesy, We Have A Problem** (Rpt) | CC | M Sexual References |  |
| Hughesy, Stephen K Amos, Becky Lucas, Claire Hooper, Dave O’Neil tackle the first world problems we just can't seem to solve. |
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|  | **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. |
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|  | **ALL NEW EPISODES** |
|  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **05:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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| **Saturday 05th December 2020** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **Reel Action** (Rpt) | CC |  | **Fishing The Sand Flats** |
| Guesty, Matt Torrance and Jono Bleakley compete against each other for a big elbow slapping whiting. |
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|  | **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. |
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|  | **07:00 am** |  | **Places We Go** (Rpt) | CC | PG |  |
| Places We Go is series about real travel, hosted by real travellers. Jennifer Adams and Clint Bizzell take viewers on a journey to some of most stunning destinations around Australia and the World. |
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|  | **07:30 am** |  | **Whichcar** (Rpt) | CC | PG |  |
| Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV. |
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|  | **08:00 am** |  | **What's Up Down Under** (Rpt) | CC | G |  |
| Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks. |
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|  | **08:30 am** |  | **All 4 Adventure** (Rpt) | CC |  |  |
| Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures. |
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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 weekdays from 8am. |
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|  | **12:00 pm** |  | **By Design Heroes** (Rpt) | CC | G |  |
| Take an intimate look at the exceptional people behind design success stories. Find out where they began, how they built their vision and the pivotal moments that formed their path to success. |
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|  | **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. |
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|  | **01:00 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. |
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|  | **01:30 pm** |  | **Business As Usual When Nothing Is Usual** (Rpt) | CC | G | **Business As Usual When Nothing Is Usual**  |
| Hear the latest news, issues and insights that shape the world of business in these unprecedented times.  |
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|  | **ALL NEW EPISODES** |
|  | **02:00 pm** |  | **Healthy Homes Australia** | CC | G |  |
| Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction. |
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|  | **02:30 pm** |  | **The Living Room Encore** (Rpt) | CC | PG Sexual References |  |
| The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way. |
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|  | **ALL NEW EPISODES** |
|  | **03:30 pm** |  | **Roads Less Travelled** | CC |  |  |
| 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** |  | **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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|  | **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. |
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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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| **Saturday 05th December 2020** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 pm** |  | **Family Feud** | CC | G |  |
| The Unanderra Firies who have been battling fires that threaten their community, take on the Martin Family, who have worked selflessly and tirelessly for the Salvation Army dating back 75 years.  |
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|  | **LIVE** |
|  | **07:00 pm** |  | **Rugby: Wallabies V Argentina** | CC |  | **Wallabies Vs Argentina** |
| Join us LIVE for Round 6 of the 2020 Tri Nations when the Wallabies take on Argentina from Bankwest Stadium, Sydney. Kick-off: 7:45pm (AEDT). |
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|  | **MOVIE PREMIERE** |
|  | **10:00 pm** |  | **The Brighton Miracle** (0) | CC | PG Coarse Language |  |
| In 2015, Eddie Jones begins coaching Japan's rugby union team for the World Cup, and he is determined to defy the odds. |
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|  | **12:00 am** |  | **Blue Bloods** (Rpt) | CC | M Violence | **Milestones** |
| Danny probes the murder of a star college basketball player linked to sports betting, Erin seeks justice in an apparent DUI and Frank feels guilty when a former officer waits on him at a restaurant.Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Marisa Ramirez, Vanessa Ray |
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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** |  | **Truth Link** |  | G |  |
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|  | **ALL NEW EPISODES** |
|  | **05:00 am** |  | **Hour Of Power** |  | G |  |
| Religious. |
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| Last Updated 13th Nov 2020 - 17:21 | © Network Ten Pty Limited ABN 91 052 515 250 |  |  |  |  |
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