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|  | **SYDNEY PROGRAM GUIDE** |
|  |
| **Sunday 08th 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 | **348 - How To Be Unshakable In Times Of Crisis** |
| Religious |
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|  | **ALL NEW EPISODES** |
|  | **07:30 am** |  | **Joel Osteen** | CC | G | **Jo857 - Who Do You Say You Are** |
| Religious. |
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|  | **08:00 am** |  | **The Living Room Encore** (Rpt) | CC | PG |  |
| The hosts help the Walton family become sustainability superstars by turning their average Aussie house into a shiny new, energy efficient, eco-home. |
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|  | **09:00 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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|  |  |  |  |  |  |  |
|  | **09:30 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** |  | **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 contrubuting to our food culture. |
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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** |  | **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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|  | **01:30 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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|  | **02:00 pm** |  | **Jamie & The Nonnas** (Rpt) | CC | G | **Piedmont** |
| Jamie is high up in the Italian Alps cooking some great comfort food, including dumplings, mind-blowing macaroni cheese, and a classic red wine and sausage risotto. |
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|  | **03:00 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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|  | **03:30 pm** |  | **Farm To Fork** (Rpt) | CC | G |  |
| Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen. |
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|  | **04:00 pm** |  | **To Be Advised** |  |  |  |
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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** |  | **Junior MasterChef Australia** | CC |  |  |
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|  | **SEASON FINALE** |
|  | **09:00 pm** |  | **FBI** | CC | MStrong Violence | **Emotional Rescue** |
| The FBI investigates a drug deal gone bad, after the body of a college student is found. Also, Detective Hailey Upton temporarily joins the unit and finds her methods clashing with those on the team.Starring: Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Catherine Haena KimGuest Starring: Tracy Spiridakos |
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|  | **10:00 pm** |  | **FBI** (Rpt) | CC | MViolence | **Partners In Crime** |
| Maggie and OA are on a mission to find a couple who are behind a spree of violent armed robberies that resulted in the death of an off-duty cop, but the female robber's identity confounds the team.Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Sela Ward, Ebonée NoelGuest Starring: Isiah Whitlock Jr |
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|  | **11:00 pm** |  | **NCIS** (Rpt) | CC | M | **Going Mobile** |
| After the body of a Marine Lieutenant is found hidden under an 18-wheeler, the NCIS team tracks the vehicle's previous locations to pinpoint the crime scene and suspect. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **12:00 am** |  | **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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|  | **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 This Morning** | CC |  |  |
| CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture. |
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|  | **SYDNEY PROGRAM GUIDE** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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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 |  |  |
| Steffy senses Hope may have a personal agenda when it comes to Finn. Meanwhile Finn gets a more intimate view into Thomas and Steffy’s family dynamic. |
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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** |
|  | **02:30 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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|  | **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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|  | **SEASON PREMIERE** |
|  | **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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|  | **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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|  | **ALL NEW EPISODES** |
|  | **04:30 pm** |  | **The Bold & The Beautiful** | CC |  |  |
| Hope must balance her complicated relationship with Thomas. Ridge doesn’t hold back when Quinn asks him and Eric for forgiveness. |
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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** |  | **Junior MasterChef Australia** | CC |  |  |
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|  | **ALL NEW EPISODES** |
|  | **09:00 pm** |  | **Have You Been Paying Attention?** | CC |  |  |
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|  | **10:00 pm** |  | **Just For Laughs Uncut** (Rpt) | CC | MCoarse Language,Mature Themes |  |
| Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Jim Jefferies, Nick Cody, Iliza Shlesinger & Tim Minchin. Host: Nikki Osborne. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **10:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  |
| Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. |
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|  | **ALL NEW EPISODES** |
|  | **11:30 pm** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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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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|  | **02:00 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 | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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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 |  |  |
| Hope must balance her complicated relationship with Thomas. Ridge doesn’t hold back when Quinn asks him and Eric for forgiveness. |
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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** |
|  | **02:30 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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|  | **ALL NEW EPISODES** |
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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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|  |  |  |  |  |  |  |
|  | **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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|  | **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: Ultimate Emergencies** (Rpt) | CC | MCoarse Language,Medical Procedures |  |
| Behind the lights and sirens of Ambulance Australia the paramedics face their toughest and most touching emergency call outs. |
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|  | **SEASON PREMIERE** |
|  | **09:00 pm** |  | **NCIS: Los Angeles** | CC |  | **The Bear** |
| When a Russian bomber goes missing while flying over U.S. soil, Callen and Sam must track it down in the desert and secure its weapons and intel before the Russians on board destroy the plane. |
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|  | **10:00 pm** |  | **NCIS** (Rpt) | CC | MViolence | **Someone Else’s Shoes** |
| The team links a bizarre crime scene at a cemetery to a string of attacks on homeless veterans; Vance orders McGee, Bishop and Torres to hours of evidence garage cleanup for withholding information. |
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|  | **11:00 pm** |  | **NCIS** (Rpt) | CC | MViolence | **Wide Awake** |
| NCIS investigates a Marine after evidence suggests she murdered her neighbour while being treated for insomnia by a hypnotherapist. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **12:00 am** |  | **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** |
|  | **01:00 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 | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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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** |  | **Jamie & The Nonnas** (Rpt) | CC | G | **Aeolian Islands** |
| In order to get to the heart of Italian cooking and unlock its greatest secrets, Jamie Oliver turns to a source more powerful than the mafia: the Italian Nonnas. |
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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** |  | **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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|  | **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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|  | **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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|  | **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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|  | **SEASON PREMIERE** |
|  | **07:30 pm** |  | **Jamie's Quick & Easy Food** | CC | G |  |
| Jamie's cooking up feel good family food that's fast and loaded with flavour. On tonight's menu, super-fast Peachy pork chops, a berry meringue ripple and the fastest roast chicken ever! |
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|  | **ALL NEW EPISODES** |
|  | **08:00 pm** |  | **Jamie's Quick & Easy Food** | CC | G |  |
| Jamie is cooking up four brilliantly useful, outrageously tasty dishes. On tonight's menu, super-fast crispy garlicky chicken, a delicious mango rice pudding and a smoky pancetta cod. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **The Masked Singer USA** | CC |  |  |
| We've already unveiled rapper Busta Rhymes, Oscar nominated Mickey Rourke and Beverly Hills, 90210 Brian Austin Green, so you can safely expect more reveals that will blow your mind! |
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|  | **09:30 pm** |  | **Bull** (Rpt) | CC | MMature Themes | **Into The Mystic** |
| A woman who has a reputation for aggressive behavior is on trial for her husband's murder, but she claims to have no memory of it due to an alcohol-induced blackout. |
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|  | **10:30 pm** |  | **Bull** (Rpt) | CC | MMature Themes | **Doctor Killer** |
| Bull has a difficult time defending a client who has confessed to accidentally killing his sister's doctor after her death. |
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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 | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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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** |  | **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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|  | **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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|  | **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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|  | **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 Quick & Easy Food** | 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** |
|  | **08:00 pm** |  | **Jamie's Quick & Easy Food** | CC | G |  |
| Jamie is cooking up mouthwatering recipes starting with a speedy steak stir-fry, followed by a summery watermelon, radish & feta salad plus a gorgeous boozy pears & chocolate pudding. |
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|  | **ALL NEW EPISODES** |
|  | **08:30 pm** |  | **Law & Order: S.V.U** | CC | MSexual References,Drug Use,Mature Themes | **Eternal Relief From Pain** |
| Rollins' sister stirs up trouble and a possible SVU investigation when she reports a doctor who trades prescription painkillers for sex.Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray HyderGuest Starring: Lindsay Pulsipher |
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|  | **09:30 pm** |  | **Law & Order: S.V.U** (Rpt) | CC | MViolence,Sexual References,Strong Adult Themes | **The Darkest Journey Home** |
| Benson works with a young woman to help her remember details and suspects in her rape. In order to learn a new witness interview technique, Rollins and Fin have to experience it for themselves.Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter ScanavinoGuest Starring: Ariel Winter, Amy Hargreaves |
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|  | **ALL NEW EPISODES** |
|  | **10:30 pm** |  | **This Is Us** | CC | M | **After The Fire** |
| Randall reflects on what could have been. |
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|  | **SEASON FINALE** |
|  | **11:30 pm** |  | **This Is Us** | CC | M | **Strangers: Pt.2** |
| The Pearsons gather to celebrate Baby Jack's first birthday. |
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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **12:30 am** |  | **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** |
|  | **01:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  |
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|  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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| **Thursday 12th November 2020** |
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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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|  | **SYDNEY PROGRAM GUIDE** |
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| **Friday 13th November 2020** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **The Talk** | CC | PGMature Themes |  |
| Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on “The Talk” as they discuss current events, pop culture and trending topics of the day. |
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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 |  |
| The hosts help the Walton family become sustainability superstars by turning their average Aussie house into a shiny new, energy efficient, eco-home. |
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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** |  | **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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|  | **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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|  | **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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|  | **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 |  |
| 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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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **08:30 pm** |  | **Have You Been Paying Attention?** (Rpt) | CC |  |  |
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|  | **09:30 pm** |  | **The Montreal Comedy Festival** (Rpt) | CC | MA15+Sexual References,Coarse Language |  |
| Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Peter Helliar, Rhys Nicholson, Tiffany Haddish, Fortune Feimster & Nath Valvo. |
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|  | **10:30 pm** |  | **Just For Laughs Uncut** (Rpt) | CC | MA15+Sexual References,Coarse Language |  |
| Nothing is off-limits in Just For Laughs Uncut where the biggest comics in the business showcase their raunchiest material. Catch Natasha Leggero, Tom Gleeson & Hannibal Burress. Host Nikki Osborne. |
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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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|  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** |
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|  | **ALL NEW EPISODES** |
|  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G | **Offshore Octo-Jigging** |
| Guesty and Wayne Gordon use an unusual technique to target the inshore reefs and rack up a number of fish species including flathead, pearl perch, snapper and morwong, just to name a few. |
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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** |  | **Escape Fishing With ET** (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** |  | **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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|  | **09:00 am** |  | **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 contrubuting to our food culture. |
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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** |  | **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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|  | **12:30 pm** |  | **Jamie & Jimmy's Food Fight Club** (Rpt) | CC | G |  |
| Jamie Oliver and Jimmy Doherty show you how to make blowout feasts designed to add some serious culinary wow factor to your weekends. |
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|  | **ALL NEW EPISODES** |
|  | **01:30 pm** |  | **Buy To Build** | CC | G |  |
| Buy to Build offers a look at the country's latest display homes and land developments and matches the perfect combination for our weekly couple. |
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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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|  | **ALL NEW EPISODES** |
|  | **02:30 pm** |  | **Business As Usual When Nothing Is Usual** | CC |  | **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** |
|  | **03:00 pm** |  | **What's Up Down Under** | CC | G |  |
| Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks. |
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|  | **SEASON PREMIERE** |
|  | **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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|  | **SPECIAL ENCORE PRESENTATION** |
|  | **04:00 pm** |  | **The Living Room Encore** (Rpt) | CC | PG |  |
| 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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|  | **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** |  | **To Be Advised** |  |  |  |
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|  | **06:30 pm** |  | **To Be Advised** |  |  |  |
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|  | **07:00 pm** |  | **Bondi Rescue** (Rpt) | CC | PGCoarse Language |  |
| 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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|  | **07:30 pm** |  | **Ambulance** (Rpt) | CC | MSexual References,Mature Themes |  |
| During a 12-hour Friday night shift for the North West Ambulance Service, paramedics respond to an urgent call for a baby who is not breathing, while other crews help drug addicts and the homeless. |
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|  | **08:45 pm** |  | **Ambulance** (Rpt) | CC | MViolence,Coarse Language,Mature Themes |  |
| The staff of Manchester's North West Ambulance Service have to deal with the consequences of youth violence when they attend a 13 year old boy who has been stabbed. |
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|  | **ALL NEW EPISODES** |
|  | **10:00 pm** |  | **999: What's Your Emergency?** | CC | MA15+Strong Coarse Language | **They F\*\*\* You Up, Your Mum And Dad. They May Not Mean To, But They Do** |
| Just 5% of families in the UK account for half of all arrests. Wiltshire Police repeatedly deal with one particular family who are responsible for theft, assaults, joyriding and public disorder. |
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|  | **MOVIE PREMIERE** |
|  | **11:00 pm** |  | **Book Week** (0) | CC | MCoarse Language |  |
| A jaded high school English teacher is forced to re-evaluate his life when his novel is passed over for one of his students. |
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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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|  | **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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