



SYDNEY PROGRAM GUIDE

Sunday 29th September 2019

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious program.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joseph Prince New Creation Church CC G

ALL NEW EPISODES

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church in Singapore.

07:30 am Joel Osteen CC G

How Bad Do You Want IT

Religious.

08:00 am Photo Number 6 (Rpt) CC PG
Mature Themes

The Best Of

Join Alan Fletcher as he travels the globe looking for the one photograph that captures the heart and soul of each place he visits and the people he meets.

09:00 am Good Chef Bad Chef (Rpt) CC G

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

09:30 am Studio 10 Sunday CC PG

ALL NEW EPISODES

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.

12:00 pm The Living Room Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

The Living Room brace for the World Cup in Japan. Amanda chats with Wallabies great, Kurtly Beale, Miguel makes a Mexican-Japanese dish and Barry carves out a pair of chopsticks and a serving board.



SYDNEY PROGRAM GUIDE

Sunday 29th September 2019

01:00 pm Luxury Escapes (Rpt) CC PG

Malaysia / Washington

In this episode of we visit to Washington DC, the capital of all things USA, and reach a state of total tranquillity on the island of Langkawi, Malaysia's premiere tropical island paradise.

01:30 pm Buy To Build CC G

ALL NEW EPISODES

Buy to Build offers a look a the country's latest display homes and land developments and matches the perfect combination for our weekly couple.

02:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

02:30 pm Australia By Design: Innovations CC G

ALL NEW EPISODES

Innovations is about Australian ingenuity and design excellence, it's about inspiration, disruption & changing the game. Innovations continues to bring to light the best of Australian innovation.

03:00 pm Australia By Design: Landscapes CC PG

ALL NEW EPISODES

We visit Australia's most creative landscape designs, interview the designers & the key players to uncover the human stories behind their pursuit of design excellence.

03:30 pm RPM CC

ALL NEW EPISODES

Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

04:00 pm 10 News First CC

ALL NEW EPISODES

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



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04:45 pm Rugby World Cup: Australia V Wales	CC	<p>LIVE <u>Australia Vs Wales</u> Join us for all the action of the Rugby World Cup 2019 where Australia verses Wales from Tokyo Stadium. Kick-off: 5:45pm (AEST).</p>
08:00 pm The Graham Norton Show	CC M Sexual References, Coarse Language, Mature Themes, May Contain:	<p>SEASON PREMIERE Join the hilarious and cheeky Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Dame Helen Mirren, Jack Whitehall, Simon Reeve, RuPaul & Normani.</p>
09:00 pm Instinct	CC M Violence	<p>ALL NEW EPISODES <u>Trust Issues</u> Dylan and Lizzie investigate deaths of three family members who were also business partners in a craft brewery. Plus, Lizzie learns some hard truths about Julian's past. Starring: Alan Cumming, Bojana Novakovic</p>
10:00 pm Instinct (Rpt)	CC M Violence	<p><u>Blast From The Past</u> Dylan & Lizzie have trouble identifying a motive or connection when several people blow themselves up using suicide bombs; Julian is concerned that Dylan could be exposing himself to past enemies. Starring: Alan Cumming, Bojana Novakovic</p>
11:00 pm Blue Bloods (Rpt)	CC M Violence	<p><u>The Enemy Of My Enemy</u> Erin's trial against a notorious human trafficker is jeopardised when the presiding judge is mysteriously found dead. Danny and Baez are put on the case to investigate foul play. Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez, Len Cariou, Sami Gayle Guest Starring: Whoopi Goldberg, Tia Carrere, Tunie Tamara</p>
12:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
12:30 am Home Shopping (Rpt)		<u>Home Shopping</u>



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Sunday 29th September 2019

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Monday 30th September 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Gretel Killeen & Joe Hildebrand

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Gretel Killeen & Joe Hildebrand.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

The fight between Brooke and Ridge over Thomas ends with him leaving and her reeling. Meanwhile, Shauna pays an unwelcome visit to Brooke, who pushes Shauna out of her house.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm The Masked Singer Australia Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Celebrities battle it out in song with one major twist; each singer's identity is concealed from the audience and our guessing panel, Jackie O, Dannii Minogue, Dave Hughes and Lindsay Lohan.



SYDNEY PROGRAM GUIDE

Monday 30th September 2019

02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Good Chef Bad Chef (Rpt)	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

SPECIAL ENCORE PRESENTATION

Dipi is concerned Shane's too focused on Mackenzie and neglecting his girls. But when Shane gets a lead, Mackenzie is quickly forced to contemplate the reality of facing the father who rejected her.

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Overhearing her with Wyatt, Sally goes off on Flo for her con against Wyatt and the Forrester family. Meanwhile, Shauna saddles up next to a very drunk Ridge at the Bikini Bar.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



SYDNEY PROGRAM GUIDE

Monday 30th September 2019

06:00 pm Celebrity Name Game

CC PG
Mature Themes

ALL NEW EPISODES

Kate McCartney & Kate McLennan

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Kate McCartney & Kate McLennan.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Masked Singer Australia

CC

ALL NEW EPISODES

Celebrities battle it out in song with one major twist; each singer's identity is concealed from the audience and our guessing panel, Jackie O, Dannii Minogue, Dave Hughes and Lindsay Lohan.

08:30 pm Have You Been Paying Attention?

CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

ALL NEW EPISODES

Have contestants Ed Kavalee, Denise Scott, Marty Sheargold, Anne Edmonds & Dave O'Neil been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm Just For Laughs

CC M
Sexual References,
Coarse Language

SEASON PREMIERE

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Guests include: Tommy Little, Troy Kinne, Cal Wilson and Ismo.

10:00 pm Kinne Tonight (Rpt)

CC M
Sexual References,
Coarse Language

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.

10:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.



SYDNEY PROGRAM GUIDE

Monday 30th September 2019

11:30 pm **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews Patricia Heaton. Plus, an interview and musical performance by Tegan & Sara.

12:30 am **Home Shopping** (Rpt)

Home Shopping

01:00 am **Home Shopping** (Rpt)

Home Shopping

01:30 am **Home Shopping** (Rpt)

Home Shopping

02:00 am **Home Shopping** (Rpt)

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04:00 am **Home Shopping** (Rpt)

Home Shopping

04:30 am **CBS This Morning** CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Tuesday 01st October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Kate McCartney & Kate McLennan

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Kate McCartney & Kate McLennan.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Overhearing her with Wyatt, Sally goes off on Flo for her con against Wyatt and the Forrester family. Meanwhile, Shauna saddles up next to a very drunk Ridge at the Bikini Bar.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Tuesday 01st October 2019

02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Good Chef Bad Chef (Rpt)	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC PG Mature Themes

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Brooke confides to Eric that he did not return home last night. Meanwhile, Ridge is stunned to wake up to Shauna who fills Ridge in on all of the details of the previous night and their time together.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Lawrence Leung & Steen Raskopoulos

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Lawrence Leung & Steen Raskopoulos.



SYDNEY PROGRAM GUIDE

Tuesday 01st October 2019

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Masked Singer Australia

CC

ALL NEW EPISODES

Celebrities battle it out in song with one major twist; each singer's identity is concealed from the audience and our guessing panel, Jackie O, Dannii Minogue, Dave Hughes and Lindsay Lohan.

08:40 pm BH90210

CC M
Mature Themes

ALL NEW EPISODES

The Pitch

FOX greenlights a 90210 reboot, on the condition that seven of the original cast members return. Tori and Jennie confront their former castmates and are met with more resistance than they anticipated.

09:40 pm NCIS (Rpt)

CC M

Voices

An NCIS person of interest in a bribery and fraud case is found murdered after a runner is led to his body by a strange voice.

Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama

10:35 pm NCIS: Los Angeles (Rpt)

CC M
Violence

Assets

During the murder investigation of a Navy Lieutenant on leave in LA, the NCIS team uncovers classified surveillance briefs she smuggled into the city that may have been sold to a foreign buyer.

11:30 pm The Project Encore (Rpt)

CC

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Tuesday 01st October 2019

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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Home Shopping

03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Wednesday 02nd October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Lawrence Leung & Steen Raskopoulos

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Lawrence Leung & Steen Raskopoulos.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Brooke confides to Eric that he did not return home last night. Meanwhile, Ridge is stunned to wake up to Shauna who fills Ridge in on all of the details of the previous night and their time together.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil (Rpt)

CC PG
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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SYDNEY PROGRAM GUIDE

Wednesday 02nd October 2019

02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Good Chef Bad Chef (Rpt)	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC PG

ALL NEW EPISODES

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SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Katie pays an unexpected visit to Flo telling her exactly how Storm would feel about her if he were still alive. Meanwhile, Shauna and Ridge make a pact to keep a secret.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Rob Mills & Ryan Moloney

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Rob Mills & Ryan Moloney.



SYDNEY PROGRAM GUIDE

Wednesday 02nd October 2019

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Bondi Rescue

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Bondi Rescue 14/010 & 13/010

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.

08:30 pm Red 2 (Rpt)(2013)

CC M
Frequent Violence,
Coarse Language

MOVIE

Retired C.I.A. agent Frank Moses reunites with his old partner, Marvin Boggs & their team of elite operatives for a global quest to track down a missing nuclear device.

Starring: Bruce Willis, Helen Mirren, John Malkovich, Anthony Hopkins, Catherine Zeta-Jones

10:50 pm Sports Tonight

CC

ALL NEW EPISODES

Scott Mackinnon, Roz Kelly and Ant Sharwood present the latest sports news, views and highlights in a fun and engaging format.

11:20 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:25 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Wednesday 02nd October 2019

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02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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04:30 am	CBS This Morning	CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Thursday 03rd October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Rob Mills & Ryan Moloney

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08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Katie pays an unexpected visit to Flo telling her exactly how Storm would feel about her if he were still alive. Meanwhile, Shauna and Ridge make a pact to keep a secret.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

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01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Thursday 03rd October 2019

02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Good Chef Bad Chef (Rpt)	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC PG Sexual References

ALL NEW EPISODES

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SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Flo flips when a giddy Shauna shares with her that she and Ridge slept together. Meanwhile, Danny recounts to Carter the events of the previous night and how he feels Ridge crossed a line.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Hans & Melissa Tkautz

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Hans & Melissa Tkautz.



SYDNEY PROGRAM GUIDE

Thursday 03rd October 2019

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm Jamie's Ultimate Veg

CC G

ALL NEW EPISODES

Jamie is encouraging everyone to stop thinking of vegetables as side dishes to meat. He says vegetables can steal the show and he wants to show us how through a variety of delicious recipes.

08:30 pm Gogglebox

CC

ALL NEW EPISODES

No show is safe in the brand new season of Gogglebox which takes the audience into the lounge rooms of some of Australia's most opinionated, outspoken, funny and avid TV viewers.

09:30 pm To Be Advised

10:30 pm Blue Bloods (Rpt)

CC M
Violence

Out Of The Blue

Danny and Baez investigate a case of a detective who was gunned down prior to testifying against a career criminal. Meanwhile, Garrett is accosted by a S.W.A.T. team outside his home.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Marisa Ramirez, Len Cariou, Sami Gayle

Guest Starring: Kevin Corrigan

11:30 pm The Project Encore (Rpt)

CC

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12:30 am The Late Show With Stephen Colbert CC PG

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04:30 am	CBS This Morning	CC

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Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Friday 04th October 2019

06:00 am The Talk

CC PG
Mature Themes

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Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC PG
Sexual References

SPECIAL ENCORE PRESENTATION

Hans & Melissa Tkautz

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Hans & Melissa Tkautz.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Flo flips when a giddy Shauna shares with her that she and Ridge slept together. Meanwhile, Danny recounts to Carter the events of the previous night and how he feels Ridge crossed a line.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm The Living Room Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Barry checks out a house that's taken recycling to a whole other level, Chris and Miguel take the ultimate road trip, Matt Leacy shows us how to manicure a hedge and Miguel makes osso bucco.



SYDNEY PROGRAM GUIDE

Friday 04th October 2019

02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Good Chef Bad Chef (Rpt)	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC PG

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Quinn grills Sally about her current relationship with Wyatt. Menawhile, Shauna urges Flo to fight for Wyatt and not allow Sally to come between her and her true love.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Anthony "harries" Carrol & Bruce "hoppo" Hopkins

Celebrity Name Game puts regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebrities: Anthony "Harries" Carrol & Bruce "Hoppo" Hopkins



SYDNEY PROGRAM GUIDE

Friday 04th October 2019

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Living Room

CC

ALL NEW EPISODES

Barry Du Bois, Amanda Keller and Matt Leacy revive a dull community centre garden, Dr Chris Brown goes Stargazing and Miguel whips up a fast and delicious BBQ side dish.

08:30 pm Have You Been Paying Attention?(Rpt) CC

M

Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

SPECIAL ENCORE PRESENTATION

Have contestants Ed Kavalee, Denise Scott, Marty Sheargold, Anne Edmonds & Dave O'Neil been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm To Be Advised

10:30 pm To Be Advised

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.



SYDNEY PROGRAM GUIDE

Friday 04th October 2019

01:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
03:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 05th October 2019

06:00 am	Reel Action (Rpt)	CC G	Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.
06:30 am	Escape Fishing With ET (Rpt)	CC G	Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species and interesting spots with his mates.
07:00 am	RPM (Rpt)	CC	Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.
07:30 am	Australia By Design: Innovations (Rpt)	CC G	Innovations is about Australian ingenuity and design excellence, it's about inspiration, disruption & changing the game. Innovations continues to bring to light the best of Australian innovation.
08:00 am	WhichCar (Rpt)	CC PG	Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.
08:30 am	What's Up Down Under (Rpt)	CC G	Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.
09:00 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.
09:30 am	Studio 10 Saturday	CC PG	<p>ALL NEW EPISODES</p> <p>See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.</p>



SYDNEY PROGRAM GUIDE

Saturday 05th October 2019

12:00 pm	The Living Room Encore (Rpt)	CC
01:00 pm	Luxury Escapes (Rpt)	CC PG
01:30 pm	All 4 Adventure (Rpt)	CC PG
02:30 pm	Rugby World Cup: Australia V Uruguay	CC
05:30 pm	10 News First	CC
06:30 pm	Luxury Escapes 2019	CC
07:00 pm	To Be Advised	
08:00 pm	To Be Advised	
09:10 pm	Sex And The City (2008)	CC MA15+ Sex Scenes

SPECIAL ENCORE PRESENTATION

Barry Du Bois, Amanda Keller and Matt Leacy revive a dull community centre garden, Dr Chris Brown goes Stargazing and Miguel whips up a fast and delicious BBQ side dish.

Malaysia / Washington

In this episode of we visit to Washington DC, the capital of all things USA, and reach a state of total tranquillity on the island of Langkawi, Malaysia's premiere tropical island paradise.

Follow a couple of modern-day adventurers on rugged expeditions into some of the remotest corners and wildest frontiers of Australia.

LIVE

Australia Vs Uruguay

Join us for all the action of the Rugby World Cup 2019 where Australia verses Uruguay from Oita Stadium. Kick-off: 3:15pm (AEST).

ALL NEW EPISODES

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

ALL NEW EPISODES

New York

In this episode of Luxury Escapes, Sophie takes a giant bite out of the Big Apple, the freshest and juiciest city in the USA, or dare we say... the world?

MOVIE

What happens when you find true love? Put another way: does New York sex columnist Carrie have the right shoes, the right bag...and the wrong man?

Starring: Sarah Jessica Parker, Kim Cattrall, Kristin Davis, Cynthia Nixon, Chris Noth



SYDNEY PROGRAM GUIDE

Saturday 05th October 2019

12:00 am Elementary (Rpt)

CC M
Violence

Rekt In Real Life

Holmes and Watson investigate the murder of a former professional eSports video game player who died after being assaulted in front of his fans during a live video stream.

Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Beyond The Search

PG

ALL NEW EPISODES

Beyond Rules - The Search For Freedom

The laws of the country tell us a lot about its people and their character. Beyond Rules visits a country that has tried to resist the influence of law and our attitude towards rules.

04:30 am Leading The Way With Dr. Michael Youssef

G

ALL NEW EPISODES

Counting Stars In An Empty Sky Pt.4

05:00 am Hour Of Power

G

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Sunday 06th October 2019

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious program.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joseph Prince New Creation Church CC G

ALL NEW EPISODES

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church in Singapore.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Call IT In

Religious.

08:00 am Australia By Design: Landscapes (Rpt) CC PG

We visit Australia's most creative landscape designs, interview the designers & the key players to uncover the human stories behind their pursuit of design excellence.

08:30 am The Living Room Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

Barry checks out a house that's taken recycling to a whole other level, Chris and Miguel take the ultimate road trip, Matt Leacy shows us how to manicure a hedge and Miguel makes osso bucco.

09:30 am Studio 10 Sunday CC PG

ALL NEW EPISODES

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.



SYDNEY PROGRAM GUIDE

Sunday 06th October 2019

12:00 pm Australia By Design: Innovations (Rpt) CC G

Innovations is about Australian ingenuity and design excellence, it's about inspiration, disruption & changing the game. Innovations continues to bring to light the best of Australian innovation.

12:30 pm Jamie's Ultimate Veg (Rpt) CC G

Jamie is encouraging everyone to stop thinking of vegetables as side dishes to meat. He says vegetables can steal the show and he wants to show us how through a variety of delicious recipes.

01:30 pm Buy To Build CC G

SEASON FINALE

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.

02:00 pm Healthy Homes Australia (Rpt) 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.

02:30 pm Australia By Design: Innovations CC G

ALL NEW EPISODES

Innovations is about Australian ingenuity and design excellence, it's about inspiration, disruption & changing the game. Innovations continues to bring to light the best of Australian innovation.

03:00 pm Australia By Design: Landscapes CC PG

ALL NEW EPISODES

We visit Australia's most creative landscape designs, interview the designers & the key players to uncover the human stories behind their pursuit of design excellence.

03:30 pm Luxury Escapes (Rpt) CC

New York

In this episode of Luxury Escapes, Sophie takes a giant bite out of the Big Apple, the freshest and juiciest city in the USA, or dare we say... the world?



SYDNEY PROGRAM GUIDE

Sunday 06th October 2019

04:00 pm RPM

CC

ALL NEW EPISODES

Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

05:00 pm 10 News First

CC

ALL NEW EPISODES

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm Bondi Rescue (Rpt)

CC PG
Mature Themes

The tempers of the Bondi lifeguards are put to the test as they face the deadliest summer yet as they encounter heatwaves, bag thieves, street hoodlums, sharks, cuts, broken bones & countless rescues.

06:30 pm The Sunday Project

CC

ALL NEW EPISODES

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.

07:30 pm The Graham Norton Show

CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Renee Zellweger, Lenny Henry, Louis Theroux & Andrew Ridgeley.

08:30 pm Instinct

CC M
Violence,
Mature Themes

SEASON FINALE

Grey Matter

A gruesome discovery in a city pond leads Dylan and Lizzie to investigate a young man's hug, while Andy rescues one of Dylan's students from a legal bind.

Starring: Alan Cumming, Bojana Novakovic



SYDNEY PROGRAM GUIDE

Sunday 06th October 2019

09:30 pm NCIS (Rpt)

CC M
Violence

Destiny's Child

Gibbs is assigned the role of acting director while the team searches worldwide for Director Vance's whereabouts.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

10:30 pm To Be Advised

11:30 pm The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Monday 07th October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Anthony "harries" Carrol & Bruce "hoppo" Hopkins

Celebrity Name Game puts regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebrities: Anthony "Harries" Carrol & Bruce "Hoppo" Hopkins

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Quinn grills Sally about her current relationship with Wyatt. Meanwhile, Shauna urges Flo to fight for Wyatt and not allow Sally to come between her and her true love.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Monday 07th October 2019

02:10 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Good Chef Bad Chef (Rpt)	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Brooke stands her ground with Ridge about Thomas. Meanwhile, Wyatt accidentally opens the gift he received from Flo while he's with Sally.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Celebrity Name Game puts regular Aussies with celebs in a race against the clock to guess names, places & characters from pop culture. Today's celebs:.



SYDNEY PROGRAM GUIDE

Monday 07th October 2019

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Masked Singer Australia

CC

ALL NEW EPISODES

Celebrities battle it out in song with one major twist; each singer's identity is concealed from the audience and our guessing panel, Jackie O, Dannii Minogue, Dave Hughes and Lindsay Lohan.

08:30 pm Have You Been Paying Attention?

CC M

Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

ALL NEW EPISODES

Have contestants Ed Kavalee, Melanie Bracewell, Lawrence Mooney, Kitty Flanagan & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm Just For Laughs

CC

ALL NEW EPISODES

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Rhys Nicholson, Lizzy Hoo, Harley Breen and Tommy Little.

10:00 pm Kinne Tonight (Rpt)

CC M

Sexual References,
Coarse Language

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.

10:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.

11:30 pm The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.



SYDNEY PROGRAM GUIDE

Monday 07th October 2019

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Tuesday 08th October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Celebrity Name Game puts regular Aussies with celebs in a race against the clock to guess names, places & characters from pop culture. Today's celebs:.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Brooke stands her ground with Ridge about Thomas. Meanwhile, Wyatt accidentally opens the gift he received from Flo while he's with Sally.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Tuesday 08th October 2019

02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Good Chef Bad Chef (Rpt)	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Wyatt makes a surprise proposal to Sally. Meanwhile, A panicked Bill calls an ambulance for Katie. Plus, Brooke balks when Ridge says he doesn't trust Bill.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Lehmo & Nikki Britton

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Lehmo & Nikki Britton.



SYDNEY PROGRAM GUIDE

Tuesday 08th October 2019

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Masked Singer Australia

CC

ALL NEW EPISODES

Celebrities battle it out in song with one major twist; each singer's identity is concealed from the audience and our guessing panel, Jackie O, Dannii Minogue, Dave Hughes and Lindsay Lohan.

08:30 pm BH90210

CC M
Mature Themes

ALL NEW EPISODES

The Photo Shoot

Tori starts to feel the pressure of balancing the cast's requirements for the reboot and goes to extremes to get Shannen on board. To move things along, the cast turns to a familiar face for help.

09:30 pm NCIS (Rpt)

CC M
Violence

Ready Or Not

The team's Thanksgiving plans are put on hold while they track an elusive international arms dealer in D.C. who recently murdered an MI6 officer who was Sloane's close friend.

Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama

10:30 pm NCIS: Los Angeles (Rpt)

CC M
Violence

Plain Sight

After a million dollars of weapons are stolen, the team tracks the evidence to a wealthy charity event, prompting Mosley to be added to the guest list with Callen & Sam as her security detail.

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.



SYDNEY PROGRAM GUIDE

Tuesday 08th October 2019

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Wednesday 09th October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Lehmo & Nikki Britton

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Lehmo & Nikki Britton.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Wyatt makes a surprise proposal to Sally. Meanwhile, A panicked Bill calls an ambulance for Katie. Plus, Brooke balks when Ridge says he doesn't trust Bill.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Sexual References,
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm Jamie's Ultimate Veg (Rpt)

CC G

Jamie is encouraging everyone to stop thinking of vegetables as side dishes to meat. He says vegetables can steal the show and he wants to show us how through a variety of delicious recipes.



SYDNEY PROGRAM GUIDE

Wednesday 09th October 2019

02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Good Chef Bad Chef (Rpt)	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Sally and Wyatt celebrate their engagement. Meanwhile, Ridge, Brooke, Donna and Bill huddle around Katie's hospital bed expressing their love to her.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Natalie Bassingthwaighte & Jessica Rowe

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Natalie Bassingthwaighte & Jessica Rowe.



SYDNEY PROGRAM GUIDE

Wednesday 09th October 2019

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Bachelorette Australia

CC

SEASON PREMIERE

The Bachelorette Australia is back and Angie Kent is here to find love! There are puppies, bouquets of flowers, a throne, silver platters, lots of eligible men and... her brother?

09:00 pm Swinging Safari (2018)

CC M
Sex Scenes,
Coarse Language,
Mature Themes

MOVIE PREMIERE

1970s Australia: a time of boxed wine and bad hair. A 200-ton blue whale washes up on a local beach and the kids reckon it's grouse. Meanwhile, their mums and dads are joining the sexual revolution.

Starring: Guy Pearce, Kylie Minogue, Radha Mitchell, Julian McMahon, Asher Keddie

11:00 pm Sports Tonight

CC

ALL NEW EPISODES

Scott Mackinnon, Roz Kelly and Ant Sharwood present the latest sports news, views and highlights in a fun and engaging format.

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.



SYDNEY PROGRAM GUIDE

Wednesday 09th October 2019

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Thursday 10th October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Natalie Bassingthwaight & Jessica Rowe

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Natalie Bassingthwaight & Jessica Rowe.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Sally and Wyatt celebrate their engagement. Meanwhile, Ridge, Brooke, Donna and Bill huddle around Katie's hospital bed expressing their love to her.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Thursday 10th October 2019

02:30 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Good Chef Bad Chef (Rpt)	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Celebrity Name Game	CC
06:30 pm	The Project	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Ridge and Bill throw jabs at one another at the hospital. Meanwhile, Wyatt reminds Quinn what Flo stole when she reminds him that Sally isn't to be trusted.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

ALL NEW EPISODES

Scott McLaughlin & Dave Reynolds

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Scott McLaughlin & Dave Reynolds.

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Thursday 10th October 2019

07:30 pm The Bachelorette Australia CC

ALL NEW EPISODES

08:40 pm Gogglebox CC

ALL NEW EPISODES

No show is safe in the brand new season of Gogglebox which takes the audience into the lounge rooms of some of Australia's most opinionated, outspoken, funny and avid TV viewers.

09:40 pm Law & Order: S.V.U (Rpt) CC M
Mature Themes

Depravity Standard

A child abductor's trial gets complicated when a plea deal is rejected, so Barba is forced to use evidence that is decades old, leading to a confrontation between him and former colleague Dr. Huang.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Raúl Esparza

Guest Starring: Tom Sizemore, B.D. Wong, Robin Weigert, Mili Avital, Kathryn Meisle, Joe Grifasi, Alex Karpovsky

10:40 pm Blue Bloods (Rpt) CC M
Violence,
Drug Use

The Forgotten

Danny and Baez investigate the murder of a single mother whose ex-husband has a history of violence. Also, Frank deals with the fallout when Mayor Dutton eliminates solitary confinement in prisons.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez, Len Cariou, Sami Gayle, Lorraine Bracco

11:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Thursday 10th October 2019

01:30 am Home Shopping (Rpt)

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04:30 am CBS This Morning

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ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Friday 11th October 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Scott McLaughlin & Dave Reynolds

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Scott McLaughlin & Dave Reynolds.

08:00 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Ridge and Bill throw jabs at one another at the hospital. Meanwhile, Wyatt reminds Quinn what Flo stole when she reminds him that Sally isn't to be trusted.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Coarse Language,
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

01:00 pm Supercars Bathurst 1000

CC

LIVE

Supercars - Bathurst 1000 Day 1



SYDNEY PROGRAM GUIDE

Friday 11th October 2019

05:00 pm 10 News First CC

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

06:00 pm Celebrity Name Game CC

ALL NEW EPISODES

Tim Campbell & Anthony Callea

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Tim Campbell & Anthony Callea.

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Living Room CC

ALL NEW EPISODES

08:30 pm Rugby World Cup: Australia V Georgia CC

LIVE

Australia Vs Georgia

Join us for all the action of the Rugby World Cup 2019 where Australia verses Georgia from Shizuoka Stadium Ecopa. Kick-off: 9:15pm (AEST).

11:30 pm Have You Been Paying Attention? (Rpt) CC

M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

SPECIAL ENCORE PRESENTATION

Have contestants Ed Kavalee, Melanie Bracewell, Lawrence Mooney, Kitty Flanagan & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

12:30 am The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.



SYDNEY PROGRAM GUIDE

Friday 11th October 2019

01:30 am The Late Show With Stephen Colbert CC PG

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02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

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04:30 am Home Shopping (Rpt)

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05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 12th October 2019

06:00 am Reel Action (Rpt) CC G

Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.

06:30 am Escape Fishing With ET (Rpt) CC G

Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species and interesting spots with his mates.

07:00 am RPM (Rpt) CC

Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

08:00 am WhichCar (Rpt) CC PG

Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.

08:30 am What's Up Down Under (Rpt) CC G

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

09:00 am Studio 10 Saturday CC PG

ALL NEW EPISODES

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.

11:30 am Supercars Bathurst 1000 CC

LIVE

Supercars - Bathurst 1000 Day 2

06:00 pm 10 News First CC

ALL NEW EPISODES

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



SYDNEY PROGRAM GUIDE

Saturday 12th October 2019

07:00 pm To Be Advised

08:10 pm To Be Advised

09:20 pm School Of Rock (Rpt)(2003)

CC PG
Mild Coarse
Language

MOVIE

Hell-raising guitarist Dewey Finn worships the power of rock & roll. Down and out and in need of money he accepts a job as a substitute teacher at the prestigious Horace Green Elementary School.

Starring: Jack Black, Joan Cusack, Mike White, Sarah Silverman

11:40 pm Elementary (Rpt)

CC M
Violence

Wrong Side Of The Road

Holmes' former protege, Kitty Winter, returns to New York after a three-year absence to warn him that a killer is eliminating everyone involved with a case they worked on together in London.

Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn

12:30 am Todd Sampson's Body Hack (Rpt)

CC MA15+
Violence,
Strong Adult
Themes,
Nudity

Todd explores the rituals of Ethiopia. From the bloody ritual of male stick fighting to the extraordinary whipping of women - this episode challenges our concepts of sacrifice, tradition and love.

01:30 am Home Shopping (Rpt)

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Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 12th October 2019

04:00 am **Beyond The Search**

PG

ALL NEW EPISODES

Beyond Burnout - The Search For Rest

Electrical devices aren't the only things that burn out. People and relationships also suffer from overload. In this digital age where we're bombarded with multiple messages, how do we survive?

04:30 am **Leading The Way With Dr. Michael Youssef**

G

ALL NEW EPISODES

Tks 10th Anniversary

05:00 am **Hour Of Power**

G

ALL NEW EPISODES