



# SYDNEY PROGRAM GUIDE

Sunday 12th January 2020

**06:00 am Mass For You At Home** CC G

## ALL NEW EPISODES

Religious.

**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** CC G

## ALL NEW EPISODES

**Overflowing Life & Health - Keys From The Story Of Elisha**

Religious

**07:30 am Joel Osteen** CC G

## ALL NEW EPISODES

**Positioned For Increase**

Religious.

**08:00 am Snap Happy (Rpt)** CC G

If you like photography then you'll love Snap Happy. This show will inspire and equip you to become a better photographer.

**08:30 am Australia By Design: (Rpt)** CC G

This series gathers some of Australia's top architects and industry leaders to decide what is Australia's ultimate architectural statement of the year.

**09:00 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.

**09:30 am Studio 10 Sunday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!



# SYDNEY PROGRAM GUIDE

Sunday 12th January 2020

**12:00 pm The Offroad Adventure Show** CC G

## ALL NEW EPISODES

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

**01:00 pm All 4 Adventure** CC G

## ALL NEW EPISODES

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

**02:00 pm Pat Callinan's 4x4 Adventures** CC G

## ALL NEW EPISODES

### Brisbane's Best 4x4 Tracks

Australia's foremost 4x4 expert "MR 4X4" Pat Callinan takes you on some of his all-time favourite four-wheel drive adventures.

**03:00 pm To Be Advised**

**04:30 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.

**05:00 pm 10 News First** CC

## LIVE

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

**06:00 pm Bondi Rescue (Rpt)** CC PG  
Coarse Language,  
Mature Themes

Bondi's lifeguards can handle big crowds, rip currents and deadly surf but what happens when the rescue is on Bondi's busiest street?

**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 I'm A Celebrity...Get Me Out Of Here!** CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Intruder alert! Intruder alert! Tonight the jungle team are joined by a new campmate and Chris and Julia give our celebrities a workout with a terrifying twist. Enter the DREAMMILL!



# SYDNEY PROGRAM GUIDE

## Sunday 12th January 2020

**09:00 pm I, Tonya** (2018)

CC MA15+  
Sex Scenes,  
Strong Coarse  
Language

A darkly comedic tale of American figure skater Tonya Harding, whose legacy was forever defined by her association with an infamous and poorly executed attack on fellow Olympic rival Nancy Kerrigan.

Starring: Margot Robbie, Allison Janney, Bobby Cannavale, Sebastian Stan, Julianne Nicholson

### SPECIAL ENCORE PRESENTATION

**11:25 pm The Sunday Project Encore** (Rpt)

CC

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

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Monday 13th January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Ridge presents Brooke with an opportunity to get back to life as they once knew it. Meanwhile, With his ruse in firmly in place, Thomas declares that Hope will soon be his.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr. Phil (Rpt)**

CC PG  
Coarse Language,  
Drug 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 To Be Advised**



# SYDNEY PROGRAM GUIDE

Monday 13th January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Thomas calls a family meeting at Forrester and expresses his gratitude for their support. Meanwhile, Brooke gets an unexpected surprise when she confronts Steffy about rehiring Zoe.

## LIVE

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.

## LIVE

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 13th January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

To collect stars a campmate must get from point A to point B in an underwater tunnel, with their only air pockets inside hell holes. Seriously, who comes up with this stuff?!

**09:00 pm Just For Laughs Australia**

CC MA15+  
Sexual References,  
Coarse Language

## Just For Laughs

Just For Laughs Australia featuring stand-up comedy from Tommy Little, Colin Mochrie and Brad Sherwood, Zoe Coombs Marr, Dilruk Jayasinha, Lehmo, Steph Tisdell and Damien Power.

**10:00 pm Hughesy, We Have A Problem (Rpt)**

CC M  
Sexual References,  
Coarse Language

Hughesy, We Have a Problem brings together the biggest names in comedy and entertainment for a truly noble cause: to help the people of Australia get over life's infuriating problems.

**11:00 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.

**12:00 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 Laura Dern. Plus, a musical performance by Kesha.

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

## Home Shopping



# SYDNEY PROGRAM GUIDE

## Monday 13th January 2020

**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**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Tuesday 14th January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Thomas calls a family meeting at Forrester and expresses his gratitude for their support. Meanwhile, Brooke gets an unexpected surprise when she confronts Steffy about rehiring Zoe.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr. Phil (Rpt)**

CC PG  
Coarse Language,  
Drug 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 To Be Advised**





# SYDNEY PROGRAM GUIDE

Tuesday 14th January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Unwittingly manipulated, Hope agrees to have Thomas design her fashion line. Meanwhile, Brooke confronts Liam for not including her in his brazen scheme to prove that Thomas is up to no good.

## LIVE

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.

## LIVE

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

Tuesday 14th January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Two celebrities enjoy an old fashioned game of Bingo. Unfortunately for them though, they'll be enjoying the game from inside a tomb and joined by plenty of jungle nasties!

**09:00 pm NCIS**

CC M  
Frequent Violence

## ALL NEW EPISODES

### The North Pole

Gibbs and the team assist Ziva with "the one thing" she said she would need to take care of before returning to see her family.

**10:00 pm NCIS: Los Angeles**

CC M  
Frequent Violence

## SEASON PREMIERE

### Let Fate Decide

Callen and Sam work with Navy Capt. Harmon Rabb Jr. to apprehend spies aboard the USS Allegiance. Meanwhile, Hetty tries to neutralize a missile attack in the Middle East.

**11:00 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.

**12:00 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 Joe Scarborough & Mika Brzezinski. Plus, a musical performance by cast of 'The Tina Turner Musical'



# SYDNEY PROGRAM GUIDE

## Tuesday 14th January 2020

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

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

### ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Wednesday 15th January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Unwittingly manipulated, Hope agrees to have Thomas design her fashion line. Meanwhile, Brooke confronts Liam for not including her in his brazen scheme to prove that Thomas is up to no good.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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

Wednesday 15th January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Sally is excited to compete against her ex, Thomas, designing separate lines for the FC fashion show. Meanwhile, Hope agrees to watch Douglas so Thomas may go on a romantic date with Zoe.

## LIVE

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.

## LIVE

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

Wednesday 15th January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Celebrities have their dinner determined by the spin of a wheel. Each player must spin the wheel and wherever it lands, must eat what's written on the corresponding segment. Cue the vomit bucket!

**09:00 pm Bull**

CC PG  
Mature Themes

## ALL NEW EPISODES

### Fantastica Voyage

An entrepreneur is accused of defrauding investors in her groundbreaking water filtration company. Bull focuses on selecting jurors whose belief systems allow them to see his client as a dreamer.

**10:00 pm Bull (Rpt)**

CC M  
Mature Themes

### Already Gone

Bull impulsively agrees to have Benny represent a young man charged with murder for helping his terminally ill girlfriend end her life, a decision which clashes with Benny's religious beliefs.

**11:00 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.

**12:00 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 Michael Bloomberg.

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

### Home Shopping



# SYDNEY PROGRAM GUIDE

## Wednesday 15th January 2020

**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**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Thursday 16th January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Sally is excited to compete against her ex, Thomas, designing separate lines for the FC fashion show. Meanwhile, Hope agrees to watch Douglas so Thomas may go on a romantic date with Zoe.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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 16th January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Zoe gets caught up in the the moment during her romantic night with Thomas. Meanwhile, Liam worries that Zoe won't be able to maintain her perspective after Hope fesses up about their date.

## LIVE

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.

## LIVE

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

Thursday 16th January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Celebrities will arrive at a garbage disposal centre filled with rubbish and skips filled with crap. To earn stars, the celebrities must find items using clues. And one celebrity will be going home!

**09:00 pm Law & Order: S.V.U (Rpt)**

CC M  
Violence,  
Strong Adult Themes

## Caretaker

The SVU team wrestle with an unthinkable crime when a family is brutally murdered in their sleep and must unmask the deranged killer.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: Sasha Alexander

**10:00 pm Law & Order: S.V.U (Rpt)**

CC M  
Sexual References,  
Mature Themes

## Hells Kitchen

A waitress from a trendy New York restaurant is sexually assaulted at an after-hours VIP party. SVU delves into the suspect's past to find more victims and learns disturbing truths about a fellow ADA.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: Genevieve Angelson

**11:00 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.

**12:00 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 Andrew Yang & Abby McEnany.



# SYDNEY PROGRAM GUIDE

## Thursday 16th January 2020

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

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

### ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Friday 17th January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Zoe gets caught up in the the moment during her romantic night with Thomas. Meanwhile, Liam worries that Zoe won't be able to maintain her perspective after Hope fesses up about their date.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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

Friday 17th January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Thomas takes his relationship with Zoe to the next level in an attempt to get Hope back. Meanwhile, Still in love but torn apart, Brooke and Ridge fondly remember their loving moments together.

## LIVE

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.

## LIVE

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

Friday 17th January 2020

**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 Graham Norton Show**

CC M  
Coarse Language

## ALL NEW EPISODES

**Nye Tom, Matthew, Motsi, Stephen, Florence, Anthony, Melanie**

Join the hilarious Graham Norton as interviews Tonight's guests: Tom Hanks, Matthew Rhys, Motsi Mabuse, Stephen Graham, Florence Pugh, Anthony Joshua & Melanie C Feat Sink The Pink.

**08:45 pm Hughesy, We Have A Problem (Rpt)**

CC M  
Sexual References,  
Coarse Language,  
Drug References

Hughesy, We Have a Problem brings together the biggest names in comedy and entertainment for a truly noble cause: to help the people of Australia get over life's infuriating problems.

**09:45 pm The Montreal Comedy Festival (Rpt)**

CC M  
Sexual References,  
Coarse Language

**2017 Montreal Comedy Festival, Just For Laughs #4**

Tommy Little presents the 2017 Montreal Comedy Festival featuring live stand up, as well as classic clips from comedic icons.

**10:50 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.

**11:50 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 Josh Gad & Tamron Hall.

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

**Home Shopping**

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

**Home Shopping**



# SYDNEY PROGRAM GUIDE

## Friday 17th January 2020

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



# SYDNEY PROGRAM GUIDE

## Saturday 18th January 2020

**06:00 am I Fish (Rpt)** CC G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

### ALL NEW EPISODES

**06:30 am Leading The Way With Dr. Michael Youssef** CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

### SPECIAL ENCORE PRESENTATION

**07:00 am Rv Daily Foodie Trails (Rpt)** CC G

Welcome to RV Daily's Foodie Trails, where we scratch beneath the surface of regional Australia to find the best-kept food secrets and meet the authentic local characters behind them.

**07:30 am The Offroad Adventure Show (Rpt)** CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

**08:30 am Pat Callinan's 4x4 Adventures (Rpt)** CC G

### Bourke To The Big Red Bash

Australia's foremost 4x4 expert "MR 4X4" Pat Callinan takes you on some of his all-time favourite four-wheel drive adventures.

**09:30 am Studio 10 Saturday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

### SPECIAL ENCORE PRESENTATION

**12:00 pm All 4 Adventure (Rpt)** CC G

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

**01:00 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.

### ALL NEW EPISODES

**01:30 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.





# SYDNEY PROGRAM GUIDE

## Saturday 18th January 2020

**02:00 pm The Living Room (Rpt)** CC PG

Matt helps a lacklustre courtyard live up to its potential. Chris shares tips to tame the most destructive of dogs and Miguel discovers the secrets of extracting salmon roe.

**03:00 pm What's Up Down Under** CC G

### ALL NEW EPISODES

#### Summer Series

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

**03:30 pm This Is Mexico** CC PG

### ALL NEW EPISODES

Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course the people of this amazing land.

**04:00 pm RV Daily Foodie Trails** CC

### SEASON FINALE

Welcome to RV Daily's Foodie Trails, where we scratch beneath the surface of regional Australia to find the best-kept food secrets and meet the authentic local characters behind them.

**04:30 pm Seafood Escape With Andrew Ettingshausen** CC

### SEASON FINALE

Andrew ET Ettingshausen teams up with some of Australia's toughest Australian fishing crews and creative chefs to reveal the journey from ocean depths to culinary delights in Seafood Escape.

**05:00 pm 10 News First** CC

### LIVE

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

**06:00 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.



# SYDNEY PROGRAM GUIDE

## Saturday 18th January 2020

<b>07:00 pm Bondi Rescue</b> (Rpt)	CC PG Coarse Language, Mature Themes	Jessie rescues an American tourist from relatively calm waters, which results in a CPR effort from not just the Lifeguards but also paramedics and the Jewish Medical Response team.
<b>07:30 pm Ambulance Australia: Ultimate Emergencies</b> (Rpt)	CC M Coarse Language, Strong Adult Themes	Behind the lights and sirens of Ambulance Australia the paramedics face their toughest and most touching emergency call outs.
<b>09:00 pm Ambulance</b> (Rpt)	CC M Drug References, Mature Themes	The season finale delivers an inside story on what it was like for the paramedics that dealt with the fatal consequences of Storm Doris, a storm which killed four people across the UK.
<b>10:15 pm To Be Advised</b>		
<b>11:10 pm To Be Advised</b>		
<b>12:05 am To Be Advised</b>		
<b>01:00 am Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>01:30 am Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>02:00 am Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>02:30 am Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>03:00 am Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>03:30 am Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>04:00 am Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>



# SYDNEY PROGRAM GUIDE

Saturday 18th January 2020

**04:30 am** **Beyond The Search** (Rpt)

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?

**05:00 am** **Hour Of Power**

G

## ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



# SYDNEY PROGRAM GUIDE

Sunday 19th January 2020

**06:00 am Mass For You At Home** CC G

## ALL NEW EPISODES

Religious.

**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** CC G

## ALL NEW EPISODES

### The Best News You'll Ever Hear

Religious

**07:30 am Joel Osteen** CC G

## ALL NEW EPISODES

### Keep Believing For Your Loved Ones

Religious.

**08:00 am Snap Happy (Rpt)** CC G

If you like photography then you'll love Snap Happy. This show will inspire and equip you to become a better photographer.

**08:30 am 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.

**09:00 am Seafood Escape With Andrew Ettingshausen (Rpt)** CC G

## SPECIAL ENCORE PRESENTATION

Andrew ET Ettingshausen teams up with some of Australia's toughest Australian fishing crews and creative chefs to reveal the journey from ocean depths to culinary delights in Seafood Escape.

**09:30 am Studio 10 Sunday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

**12:00 pm The Offroad Adventure Show** CC

## ALL NEW EPISODES

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.



# SYDNEY PROGRAM GUIDE

Sunday 19th January 2020

**01:00 pm All 4 Adventure** CC

## ALL NEW EPISODES

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

**02:00 pm Pat Callinan's 4x4 Adventures** CC

## SEASON FINALE

### Building The Ultimate 4x4

Australia's foremost 4x4 expert "MR 4X4" Pat Callinan takes you on some of his all-time favourite four-wheel drive adventures.

**03:00 pm To Be Advised**

**04:30 pm RPM Summer Series**

### Summer Series

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

## LIVE

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

**06:00 pm Bondi Rescue (Rpt)** CC PG  
Violence,  
Coarse Language,  
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

**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 I'm A Celebrity...Get Me Out Of Here!** CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

The trials department are high fiving themselves over this one. They are calling it the "Scariest trial we've ever done!" and tonight, one of the group will be leaving the jungle.



# SYDNEY PROGRAM GUIDE

Sunday 19th January 2020

**09:00 pm The Graham Norton Show Encore (Rpt)** CC M  
Coarse Language

## SPECIAL ENCORE PRESENTATION

**Nye Tom, Matthew, Motsi, Stephen, Florence, Anthony, Melanie**

Join the hilarious Graham Norton as interviews Tonight's guests: Tom Hanks, Matthew Rhys, Motsi Mabuse, Stephen Graham, Florence Pugh, Anthony Joshua & Melanie C Feat Sink The Pink.

**10:15 pm To Be Advised**

**11:10 pm To Be Advised**

**12:00 am 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.

**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

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Monday 20th January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Thomas takes his relationship with Zoe to the next level in an attempt to get Hope back. Meanwhile, Still in love but torn apart, Brooke and Ridge fondly remember their loving moments together.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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

Monday 20th January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Thomas gives Hope a big surprise which she did not see coming and does not appreciate. Meanwhile, Wrongly convinced that Thomas is a changed man, Ridge goes to Brooke in hope of reconciling.

## LIVE

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.

## LIVE

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 20th January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

One celebrity is trapped in the "Viper Room", the underground, pitch black coffin that slowly fills with creepy crawlies. Their only chance of escape is via their fellow celebrities back in camp.

**09:00 pm Hughesy, We Have A Problem**

CC

## ALL NEW EPISODES

Hughesy and a team of top-shelf comedians and celebrity guests, tackle the first world problems we just can't seem to solve.

**10:00 pm Just For Laughs Australia**

CC MA15+  
Sexual References,  
Coarse Language

## Just For Laughs

Just for Laughs Australia featuring stand-up comedy from Tommy Little, Fortune Feimster, Sammy J, Steve Byrne, Reggie Watts, Justin Hamilton and Nina Oyama.

**11:00 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.

**12:00 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.

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

## Home Shopping



# SYDNEY PROGRAM GUIDE

## Monday 20th January 2020

**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**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Tuesday 21st January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Thomas gives Hope a big surprise which she did not see coming and does not appreciate. Meanwhile, Wrongly convinced that Thomas is a changed man, Ridge goes to Brooke in hope of reconciling.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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 21st January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Thomas admits to Shauna that Hope is his end game and urges her to do what it takes to win Ridge. Meanwhile, Liam is stunned to realize that Thomas has successfully manipulated Zoe.

## LIVE

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.

## LIVE

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

Tuesday 21st January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

In tonight's trial, our celebrities knowledge of animal calls and the camps ability to mimic those sounds, will be put to the test. Get the answer wrong and they get a dunk tank full of offal.

**09:00 pm NCIS**

CC M

## ALL NEW EPISODES

### In The Wind

Gibbs must face the reality of his actions after he assists Ziva with "the one thing" she said she would need to take care of before returning to her family.

**10:00 pm NCIS: Los Angeles**

CC M  
Violence

## ALL NEW EPISODES

### Decoy

Faced with multiple cases worldwide, the team splits up, with Callen and Sam working in Tel Aviv while Kensi partners with Department of Justice Agent Lance Hamilton in Los Angeles.

**11:00 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.

**12:00 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

## Tuesday 21st January 2020

**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**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Wednesday 22nd January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Thomas admits to Shauna that Hope is his end game and urges her to do what it takes to win Ridge. Meanwhile, Liam is stunned to realize that Thomas has successfully manipulated Zoe.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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

Wednesday 22nd January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Steffy is flattered when a new man at Forrester Creations asks her out. Meanwhile, While showing his true colors to Liam, Thomas issues a serious threat against his nemesis.

## LIVE

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.

## LIVE

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

Wednesday 22nd January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Trial goers take turns kicking balls at cardboard cutouts of celebs with open mouths. Each ball has the name of a dish inscribed on it. Whichever mouth the ball enters determines who eats the dish.

**09:00 pm Bull**

CC M  
Violence

## ALL NEW EPISODES

### Rectify

Benny's previous career with the district attorney's office comes into focus when Chunk aims to get a new trial for a man he believes was wrongfully convicted of triple homicide.

**10:00 pm Bull (Rpt)**

CC M  
Mature Themes

### Business Of Favors, A

The DA's office asks Bull to assist them in their prosecution of a fraternity when a pledge drowns during a hazing incident, but his efforts may be derailed when the students close ranks.

**11:00 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.

**12:00 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 22nd January 2020

**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**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Thursday 23rd January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Steffy is flattered when a new man at Forrester Creations asks her out. Meanwhile, While showing his true colors to Liam, Thomas issues a serious threat against his nemesis.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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 To Be Advised**



# SYDNEY PROGRAM GUIDE

Thursday 23rd January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Liam makes a romantic proposal of marriage to Hope, but with a giant stipulation. Meanwhile, Confident, Steffy confronts Thomas about threatening Liam.

## LIVE

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.

## LIVE

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

Thursday 23rd January 2020

**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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Campmates will try their luck at carnival favourites that have had torturous makeovers. To win stars, each celebrity must beat the games to earn meals for the camp... while rigged to electrodes. ZAP!

**09:00 pm Law & Order: S.V.U**

CC M  
Mature Themes

## SEASON PREMIERE

### I'm Going To Make You A Star

Benson finds herself in a high-stakes game of cat and mouse when an actress accuses a high-powered media mogul of attempted rape. Changes in the squad room put Carisi between a rock and a hard place.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Zuleikha Robinson

Guest Starring: Ian McShane

**10:00 pm Law & Order: S.V.U (Rpt)**

CC M  
Mature Themes

### Mea Culpa

Stone asks for Olivia's help when he takes his own case to trial after a woman from his past accuses him of sexual assault. Meanwhile, Rollins considers a proposal from Al.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: Alexandra Breckenridge

**11:00 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.

**12:00 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

## Thursday 23rd January 2020

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

### ALL NEW EPISODES

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

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Friday 24th January 2020

**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 Judge Judy (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Liam makes a romantic proposal of marriage to Hope, but with a giant stipulation. Meanwhile, Confident, Steffy confronts Thomas about threatening Liam.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 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

Friday 24th January 2020

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Farm To Fork</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	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.

## ALL NEW EPISODES

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.

## ALL NEW EPISODES

Ridge makes it known to Steffy that he feels that she belongs with Liam. Meanwhile, Thomas flips out when he hears the conditions of Liam's marriage proposal to Hope.

## LIVE

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.

## LIVE

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

Friday 24th January 2020

**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 Graham Norton Show**

CC

## ALL NEW EPISODES

Join the hilarious Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Daniel Radcliffe, Alan Cumming, Miriam Margolyes, Sharon Horgan & Craig David.

**08:30 pm To Be Advised**

**09:30 pm Montreal Comedy Festival Just For Laughs (Rpt)**

CC M  
Sexual References,  
Coarse Language

## 2017 Montreal Comedy Festival, Just For Laughs #2

Tommy Little presents the 2017 Montreal Comedy Festival featuring live stand up from Danny Bhoy, Katherine Ryan, Steve Martin, Tommy Tiernan and many more.

**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.

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

## Home Shopping



# SYDNEY PROGRAM GUIDE

## Friday 24th January 2020

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



# SYDNEY PROGRAM GUIDE

## Saturday 25th January 2020

**06:00 am I Fish (Rpt)** CC G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

### ALL NEW EPISODES

**06:30 am Leading The Way With Dr. Michael Youssef** CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

### SPECIAL ENCORE PRESENTATION

**07:00 am Rv Daily Foodie Trails (Rpt)** CC

Welcome to RV Daily's Foodie Trails, where we scratch beneath the surface of regional Australia to find the best-kept food secrets and meet the authentic local characters behind them.

### SPECIAL ENCORE PRESENTATION

**07:30 am Seafood Escape With Andrew Ettingshausen (Rpt)** CC

Andrew ET Ettingshausen teams up with some of Australia's toughest Australian fishing crews and creative chefs to reveal the journey from ocean depths to culinary delights in Seafood Escape.

### SPECIAL ENCORE PRESENTATION

**08:00 am All 4 Adventure (Rpt)** CC

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

**09:00 am 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.

**09:30 am Studio 10 Saturday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

**12:00 pm Pooches At Play (Rpt)** CC G

### Warrnambool

The team continue along the Great Ocean Road to Warrnambool. Lara meets the "Ambassadors" that are helping protect a local colony of Little Penguin. Plus learn flea & tick safety tips for travelling.



# SYDNEY PROGRAM GUIDE

Saturday 25th January 2020

**12:30 pm Bondi Forever** CC

## ALL NEW EPISODES

### Bondi Forever

Bondi is the world's most popular beach. It's a beach that's had a profound influence on Australian culture and how we have developed as a nation.

**01:30 pm Healthy Homes Australia** CC G

## ALL NEW EPISODES

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.

**02:00 pm Australia By Design: Interiors (Rpt)** CC G

Australia by Design: Interiors showcases Australia's most creative and innovative interior designs and speaks to the designers to uncover the stories behind their pursuit of design excellence.

**02:30 pm Discover Japan (Rpt)** CC G

Join Liv Phyland on Discover Japan as she explores the beautiful prefectures of Kyushu. Liv introduces us to the nature, local culture and foods which are characteristic to this fascinating Island.

**03:00 pm What's Up Down Under** CC G

## ALL NEW EPISODES

### Summer Series

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

**03:30 pm This Is Mexico** CC PG

## ALL NEW EPISODES

Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course the people of this amazing land.

**04:00 pm Luxury Escapes (Rpt)** CC G

### Barcelona

In this episode of Luxury Escapes we explore the enchanted city of Barcelona, a place so magical it's like it leapt from the pages of a fairy tale.

**04:30 pm 10Travlr**

**05:00 pm 10 News First** CC

## LIVE

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



# SYDNEY PROGRAM GUIDE

## Saturday 25th January 2020

<b>06:00 pm</b>	<b>Jamie &amp; The Nonnas</b> (Rpt)	CC G	<b><u>Puglia</u></b> Jamie heads for one of the hottest food destinations in Italy, making hand-crafted pasta, a special seafood stew, and the region's answer to paella.
<b>07:00 pm</b>	<b>Bondi Rescue</b> (Rpt)	CC PG Coarse Language, Mature Themes	When monster waves lash Bondi, new team members Boo and trainee Lachie must tackle the dangerous conditions to complete a mass rescue.
<b>07:30 pm</b>	<b>Ambulance Australia: Ultimate Emergencies</b> (Rpt)	CC M Coarse Language, Medical Procedures	Behind the lights and sirens of Ambulance Australia the paramedics face their toughest and most touching emergency call outs.
<b>09:00 pm</b>	<b>Ambulance</b> (Rpt)	CC M Coarse Language, Drug References, Mature Themes	An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.
<b>10:15 pm</b>	<b>To Be Advised</b>		
<b>11:10 pm</b>	<b>To Be Advised</b>		
<b>12:00 am</b>	<b>To Be Advised</b>		
<b>01:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>01:30 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>02:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>02:30 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>03:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>03:30 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>
<b>04:00 am</b>	<b>Home Shopping</b> (Rpt)		<b><u>Home Shopping</u></b>



# SYDNEY PROGRAM GUIDE

Saturday 25th January 2020

**04:30 am** Beyond The Search (Rpt)

PG

## ALL NEW EPISODES

### **Beyond Counterfeit - The Search For The Real Thing**

Few experiences are as soul-destroying as falling victim to a scam. In the great cosmic conflict, humankind bought into a scam about God's intentions and character.

**05:00 am** Hour Of Power

G

## ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.