



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 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.



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01:00 pm All 4 Adventure CC PG

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

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 I'm A Celebrity...Get Me Out Of Here! Encore (Rpt) CC PG
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

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!

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 Joel Creasey, Peter Van Onselen, Lisa Wilkinson, Rachel Corbett and our guest panellists Cody Fern as they dissect & reconstitute the daily news, events and hottest topics.



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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 it appears there's more gossip in the jungle than ever!

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 NCIS Encore (Rpt) CC M
Frequent Violence

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.

11:10 pm NCIS: Los Angeles Encore (Rpt) CC M
Frequent Violence

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.

12:00 am The Sunday Project Encore (Rpt) CC

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01:00 am Home Shopping (Rpt)

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01:30 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

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



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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.

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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 MA15+
Sexual References,
Coarse Language

ALL NEW EPISODES

Hughesy is joined by Arj Barker, Amanda Keller, Tommy Little, Roxy Jacenko and Steph Tisdell to 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.

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CC

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12:00 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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CC PG
Mature Themes

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08:30 am Studio 10

CC PG

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12:00 pm Dr. Phil (Rpt)

CC PG
Mature Themes

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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.

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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.

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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)

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ALL NEW EPISODES

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CC PG
Mature Themes

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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

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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.

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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
Sexual References,
Coarse Language,
Mature Themes

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 The Montreal Comedy Festival (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 Stephen Colbert interview the hottest stars, brilliant minds & talented artists.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 24th January 2020

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 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 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.

SPECIAL ENCORE PRESENTATION

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

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 PG

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 New Zealand (Rpt) CC

10travlr New Zealand takes Liv Phyland & Scott Tweedie to explore Auckland, Christchurch and surrounds. They hit the road, take to the sky and meet amazing people behind the energy and Kia Ora spirit.



SYDNEY PROGRAM GUIDE

Saturday 25th January 2020

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	Puglia	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.
07:00 pm	Bondi Rescue (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.
07:30 pm	Ambulance Australia: Ultimate Emergencies (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.
09:00 pm	Ambulance (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.
10:15 pm	To Be Advised			
11:10 pm	To Be Advised			
12:00 am	To Be Advised			
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>	
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>	



SYDNEY PROGRAM GUIDE

Saturday 25th January 2020

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

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.



SYDNEY PROGRAM GUIDE

Sunday 26th January 2020

06:00 am	Sunrise Ceremony	CC
08:00 am	Snap Happy (Rpt)	CC G
08:30 am	Seafood Escape With Andrew Ettingshausen (Rpt)	CC G
09:00 am	This Is Mexico (Rpt)	CC PG
09:30 am	Studio 10 Sunday	CC PG
12:00 pm	The Offroad Adventure Show	CC G
01:00 pm	All 4 Adventure	CC
02:00 pm	Farm To Fork (Rpt)	CC G
02:30 pm	To Be Advised	

LIVE

Sunrise Ceremony

Experience unique Indigenous perspectives, cultural performances and entertainment all encapsulated in our 2020 sunrise show.

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

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.

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

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!

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.

ALL NEW EPISODES

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

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.



SYDNEY PROGRAM GUIDE

Sunday 26th January 2020

04:00 pm Whichcar CC PG

SEASON PREMIERE

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

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
Coarse Language

With a record 234 rescues performed in Bondi on one day, Australia's prettiest playground can quickly become a nightmare for tourists not used to the precarious surf conditions.

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

Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!

09:00 pm The Graham Norton Show Encore (Rpt) CC M
Sexual References,
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

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.



SYDNEY PROGRAM GUIDE

Sunday 26th January 2020

10:00 pm **To Be Advised**

11:00 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.

12:00 am **Home Shopping** (Rpt)

Home Shopping

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 27th 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 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.

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

Monday 27th January 2020

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	Farm To Fork	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	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.

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 sets Hope up for major heartbreak, using Steffy in his plan. Meanwhile, Brooke tells Ridge that she's ready for him to come home.

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.

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.



SYDNEY PROGRAM GUIDE

Monday 27th January 2020

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!

09:00 pm Hughesy, We Have A Problem CC

ALL NEW EPISODES

Hughesy is joined by Tanya Hennessy, Harley Breen, Denise Scott, Cass Thorburn and Sam Simmons to tackle the first world problems we just can't seem to solve.

10:00 pm The Montreal Comedy Festival (Rpt) CC M
Sexual References,
Coarse Language

Hosted by Joel Creasey, The Montreal Comedy Gala is television's most prestigious comedy event of the year. Tune in for side-splitting laughs, dazzling gala performances and exclusive interviews.

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.

01:30 am Home Shopping (Rpt)

[Home Shopping](#)

02:00 am Home Shopping (Rpt)

[Home Shopping](#)



SYDNEY PROGRAM GUIDE

Monday 27th January 2020

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 28th 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 sets Hope up for major heartbreak, using Steffy in his plan. Meanwhile, Brooke tells Ridge that she's ready for him to come home.

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

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 28th January 2020

03:00 pm Judge Judy CC PG

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.

03:30 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

04:00 pm Farm To Fork CC G

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.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Distraught, Hope makes a critical decision that could cost her everything. Meanwhile, Ridge and Brooke's "destiny" gets side-lined by Thomas.

05:00 pm 10 News First CC

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.

06:00 pm 10 News First (Rpt) CC

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.

06:30 pm The Project CC

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Tuesday 28th January 2020

07:30 pm I'm A Celebrity...Get Me Out Of Here!

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!

09:00 pm NCIS

CC

ALL NEW EPISODES

Flight Plan

The NCIS team investigates an F-18 crash and the subsequent disappearance of the pilot who operated the aircraft. Also, McGee reluctantly discusses a very personal decision with his teammates.

10:00 pm NCIS: Los Angeles

CC M

ALL NEW EPISODES

Hail Mary

Callen and Sam run protection detail for retired Navy Adm. Kilbride in an operation to locate a missing naval intelligence officer.

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Tuesday 28th January 2020

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 29th 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

Distraught, Hope makes a critical decision that could cost her everything. Meanwhile, Ridge and Brooke's "destiny" gets side-lined by Thomas.

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

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Wednesday 29th January 2020

03:00 pm Judge Judy CC PG

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.

03:30 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

04:00 pm Farm To Fork CC G

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.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Devastated by what she witnessed between Liam and Steffy, Hope breaks down to Brooke. Meanwhile, Liam makes a confession to a guilty Steffy about their recent encounter.

05:00 pm 10 News First CC

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.

06:00 pm 10 News First (Rpt) CC

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.

06:30 pm The Project CC

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SYDNEY PROGRAM GUIDE

Wednesday 29th January 2020

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

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09:00 pm Bull CC PG
Mature Themes

ALL NEW EPISODES

Her Own Two Feet

Bull helps a famous social media influencer, take her father to court to overturn his legal guardianship over her empire.

10:00 pm Bull (Rpt) CC M

The Illusion Of Control

Bull hires an eccentric attorney to represent him when a celebrity sues him after his advice regarding her custody case backfires.

11:00 pm The Project Encore (Rpt) CC

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12:00 am The Late Show With Stephen Colbert CC PG

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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



SYDNEY PROGRAM GUIDE

Wednesday 29th January 2020

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 30th 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

Devastated by what she witnessed between Liam and Steffy, Hope breaks down to Brooke. Meanwhile, Liam makes a confession to a guilty Steffy about their recent encounter.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Thursday 30th January 2020

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	Farm To Fork	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	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

Shauna encourages Flo to go after the man she loves; Wyatt. Meanwhile, Steffy worries when she sees Sally's designs for the upcoming fashion show-down.

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.

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SYDNEY PROGRAM GUIDE

Thursday 30th 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

Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!

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

CC M
Violence,
Sexual References,
Strong Adult Themes

ALL NEW EPISODES

The Darkest Journey Home

Benson works with a young woman to help her remember details and suspects in her rape. In order to learn a new witness interview technique, Rollins and Fin have to experience it for themselves.

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

Guest Starring: Ariel Winter, Amy Hargreaves

10:00 pm Blue Bloods

CC M
Violence,
Mature Themes

SEASON PREMIERE

The Real Deal

Danny grapples with a homicide investigation brought to their attention by the medium who previously helped him solve a case. Erin faces off against a cold-blooded defense attorney from her past.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray

Guest Starring: Treat Williams

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 30th January 2020

01:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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 **CBS This Morning** CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 31st 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

Shauna encourages Flo to go after the man she loves; Wyatt. Meanwhile, Steffy worries when she sees Sally's designs for the upcoming fashion show-down.

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 31st January 2020

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	Farm To Fork	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	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

Wyatt and Flo reconnect and agree to attend to the family meeting that Katie has called, together. Meanwhile, All hell breaks loose when Brooke learns about Shauna and Ridge's stolen kisses.

LIVE

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SYDNEY PROGRAM GUIDE

Friday 31st 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: Jamie Foxx, Michael B Jordan, Jennifer Saunders, Sir Patrick Stewart & Michael Kiwanuka

08:30 pm To Be Advised

09:30 pm The Montreal Comedy Festival (Rpt)

CC PG
Sexual References,
Coarse Language

2017 Montreal Comedy Festival, Just For Laughs #3

Tommy Little presents the 2017 Montreal Comedy Festival featuring live stand up from Ismo Leikola, Gabriel Iglesias, Sarah Tiana, Aussie Adam Hills and many 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 31st January 2020

01:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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SYDNEY PROGRAM GUIDE

Saturday 01st February 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.

07:00 am What's Up Down Under (Rpt) CC G

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

SPECIAL ENCORE PRESENTATION

07:30 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.

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

Hay River Track

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!

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

Goldfields

The team explore the caravan capital of Victoria, Ballarat, to see why it's such a great place to stay for you and your pooch and Lara visits Guide Dogs Australia to talk about their important work.

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.



SYDNEY PROGRAM GUIDE

Saturday 01st February 2020

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 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.

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 Tasting Australia With Hayden Quinn CC G

SEASON PREMIERE

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

04:30 pm 10travlr New Zealand (Rpt) CC

10travlr New Zealand takes Liv Phyland & Scott Tweedie to explore Auckland, Christchurch and surrounds. They hit the road, take to the sky and meet amazing people behind the energy and Kia Ora spirit.

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

Naples

Jamie heads to the pizza capital of Italy, to seek out the recipes the locals love to eat and is blown away by acquapazza - fish poached in 'crazy water'.



SYDNEY PROGRAM GUIDE

Saturday 01st February 2020

07:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	Trainee Lachie will also find out if he has made a big enough impression on Hoppo and the team to earn him a permanent spot on the Bondi lifeguard squad.
07:30 pm Ambulance Australia: Ultimate Emergencies (Rpt)	CC M Coarse Language, Mature Themes	Behind the lights and sirens of Ambulance Australia the paramedics face their toughest and most touching emergency call outs.
09:00 pm Ambulance (Rpt)	CC M Coarse Language, Strong Adult 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.
10:00 pm To Be Advised		
11:00 pm To Be Advised		
12:00 am To Be Advised		
01:00 am To Be Advised		
02:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
02:30 am Home Shopping (Rpt)		<u>Home Shopping</u>
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04:30 am Beyond The Search (Rpt)	PG	<p>ALL NEW EPISODES</p> <p><u>Beyond Death - The Search For Destiny</u></p> <p>Why are we so interested in what happens after we die? Beyond Death enters some chilling homes to find out what lengths people go to cheat death.</p>



SYDNEY PROGRAM GUIDE

Saturday 01st February 2020

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.