



SYDNEY PROGRAM GUIDE

Sunday 29th March 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

Prosper Through Prophetic Preaching

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Stir IT Up

Religious.

08:00 am Good Chef Bad Chef (Rpt) CC G

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

08:30 am Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

09:00 am Taste Of Australia With Hayden Quinn (Rpt) CC G

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.

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 29th March 2020

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

Kyal & Kara challenge Barry to renovate a dated living room, Chris visits a sinkhole that's out of this world and Miguel checks out a quacking good breakfast trend.

01:00 pm Dancing With The Stars Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

Remaining couples are matched with an eliminated professional dancer to perform as a trio. The judges are looking for a new level of skill as our Stars battle for a spot in the Top 4 semi-final.

03:00 pm 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.

04:00 pm Whichcar CC PG

ALL NEW EPISODES

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

04:30 pm RPM CC

ALL NEW EPISODES

Scott Mackinnon and Kate Peck share the latest news, views and highlights from the world of motorsport. Guest panellists provide behind the scenes insight into Formula 1, MotoGP, Supercars and more.

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 10 News First (Rpt) CC

LIVE

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

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.



SYDNEY PROGRAM GUIDE

Sunday 29th March 2020

07:30 pm Dancing With The Stars CC PG

09:30 pm The Graham Norton Show (Rpt) CC M

10:30 pm Hughesy We Have A Problem Encore (Rpt) CC M

11:30 pm The Sunday Project Encore (Rpt) CC

12:30 am Home Shopping (Rpt)

01:00 am Home Shopping (Rpt)

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

SEASON FINALE

It's the grand finale and our finalists Celia Pacquola, Christian Wilkins, Claudia Karvan & Ed Kavalee will fight it out for the illustrious mirror ball trophy and \$50,000 for their nominated charity.

Sandra Bullock, Cate Blanchett, Helena Bonham Carter, Years & Years

Graham Norton showcases his wickedly cheeky sense of humour in this fast-paced interview show. Guests this week: Sandra Bullock, Cate Blanchett, Rihanna, Helena Bonham Carter & Sarah Paulson.

SPECIAL ENCORE PRESENTATION

Hughesy, Luke McGregor, Fiona O'Loughlin, Sam Taunton, Felicity Ward tackle the first world problems we just can't seem to solve.

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.

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 29th March 2020

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 30th March 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Quinn becomes ecstatic when she finds salacious evidence that will destroy Brooke!. Meanwhile, Sally is unnerved when Dr. Escobar makes an unexpected house call about her diagnosis.

08:00 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 Australian Survivor: All Stars Encore (Rpt)

CC PG
Mild Coarse
Language

SPECIAL ENCORE PRESENTATION

With the next immunity challenge deciding who will make the final three, it's more important than ever to be on your game, but for one castaway, island life is taking a toll on their body.

02:10 pm Entertainment Tonight

CC

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



SYDNEY PROGRAM GUIDE

Monday 30th March 2020

02:30 pm Judge Judy (Rpt) CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy CC PG

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

SEASON PREMIERE

03:30 pm My Market Kitchen CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful CC PG

Eric unknowingly presents Quinn with the perfect opportunity to put her plan in play. Meanwhile, Sally and Penny explode at one another and the devastating truth about Sally is revealed.

LIVE

05:00 pm 10 News First CC

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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06:00 pm 10 News First (Rpt) CC

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SYDNEY PROGRAM GUIDE

Monday 30th March 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 Australian Survivor: All Stars

CC PG
Coarse Language

SEASON FINALE

Three become two in an epic showdown of endurance and strength in the final challenge and then, arguments are pitched and the Jury votes are cast to determine who will be crowned the Sole Survivor.

09:00 pm Australian Survivor: All Stars Reunion Show

CC PG
Mild Coarse Language

SPECIAL EVENT

Join us for the live reveal of the Sole Survivor. With the castaways all back together, it's the tell all reunion show no one will want to miss.

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

CC M
Sexual References,
Mature Themes

Hughesy, Shaun Micallef, Tommy Little, Judith Lucy and Em Rusciano tackle the first world problems we just can't seem to solve.

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

Stephen Colbert welcomes guests Jim Gaffigan & Tom Steyer.

01:00 am Home Shopping (Rpt)

[Home Shopping](#)

01:30 am Home Shopping (Rpt)

[Home Shopping](#)



SYDNEY PROGRAM GUIDE

Monday 30th March 2020

02:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 31st March 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Eric unknowingly presents Quinn with the perfect opportunity to put her plan in play. Meanwhile, Sally and Penny explode at one another and the devastating truth about Sally is revealed.

08:00 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 To Be Advised

01:30 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.

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.



SYDNEY PROGRAM GUIDE

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ALL NEW EPISODES

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04:00 pm Good Chef Bad Chef CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Against Katie's judgement, Flo pays a visit to Sally, determined to smooth out their differences. Meanwhile, Donna is stunned when she inadvertently becomes witness to Brooke betraying Katie.

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

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



SYDNEY PROGRAM GUIDE

Tuesday 31st March 2020

07:30 pm Coronavirus: How To Isolate Yourself CC PG
Mature Themes

SPECIAL EVENT

Coronavirus: How To Isolate Yourself

The world faces a health crisis on an unprecedented scale and self-isolation is key to slowing the spread of the coronavirus. Learn how to self-isolate successfully and why it's important we do so.

08:30 pm How Clean Is Your House? CC G

SPECIAL EVENT

How To Deep Clean Your Home

Are our homes spotless? Or is there bacteria and germs lurking everywhere we touch? Learn the best ways to tackle bacteria and what products are the most effective for a deep clean and why.

09:30 pm NCIS (Rpt) CC M
Violence

And Executioner

After the team finds a secret government bank account that's funding a nationwide network of vigilante justice, they must determine who is acting as judge and jury.

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

10:30 pm NCIS: Los Angeles (Rpt) CC M
Violence,
Mature Themes

Cac Tu Nhan

While Hetty is being tortured by her captors in Vietnam, Eric and Nell find a clue to her whereabouts, prompting the team to organize a rescue mission with very little information.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

11:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

ALL NEW EPISODES

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.



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Tuesday 31st March 2020

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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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 01st April 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Against Katie's judgement, Flo pays a visit to Sally, determined to smooth out their differences. Meanwhile, Donna is stunned when she inadvertently becomes witness to Brooke betraying Katie.

08:00 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 Dr Phil (Rpt)

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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.

02:00 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

Wednesday 01st April 2020

02:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy

CC PG

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ALL NEW EPISODES

03:30 pm My Market Kitchen

CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Brooke and Donna frantically attempt to remove the damning video before anyone else sees it. Meanwhile, Flo notices oddities in Sally's affection towards Wyatt.

LIVE

05:00 pm 10 News First

CC

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

06:00 pm 10 News First (Rpt)

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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 01st April 2020

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm Bondi Rescue

CC PG
Coarse Language,
Drug Use,
Mature Themes

ALL NEW EPISODES

Bondi Rescue 15/003 & 15/004

Christmas and New Year's means lifeguards are overwhelmed with crowds and the dangerous combination of partying and swimming. There's drunk bathers, teen overdoses and hundreds of reveller rescues.

08:30 pm Bull

CC M
Violence

ALL NEW EPISODES

Flesh And Blood

Bull assists in the murder trial defense of an old friend, Vivian Cahill, an in-debt professional gambler accused of killing her wealthy father to gain her inheritance.

09:30 pm Bull (Rpt)

CC M
Mature Themes

Survival Instincts

Dr. Jason Bull is the founder of consulting firm Trial Analysis Corporation, where he and his team employ psychology, human intuition and high-tech data to help their clients win.

10:30 pm Elementary

CC M

SEASON PREMIERE

The Further Adventures

Holmes and Watson's new careers as consultants for Scotland Yard in London take them inside the tabloid journalism industry when a model is the victim of an acid attack.

11:30 pm The Project Encore (Rpt)

CC

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SYDNEY PROGRAM GUIDE

Wednesday 01st April 2020

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)

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02:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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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 02nd April 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Brooke and Donna frantically attempt to remove the damning video before anyone else sees it. Meanwhile, Flo notices oddities in Sally's affection towards Wyatt.

08:00 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 Jamie's Super Food Family Classics (Rpt)

CC G

Jamie visits Sardinia and South Korea and cooks a toasted fruit crumble, squash and ricotta ravioli, and a vegetable tomato sauce.

Starring: Jamie Oliver



SYDNEY PROGRAM GUIDE

Thursday 02nd April 2020

02:00 pm Entertainment Tonight	CC	Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
02:30 pm Judge Judy (Rpt)	CC PG	Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.
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 My Market Kitchen	CC G	ALL NEW EPISODES Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.
04:00 pm Good Chef Bad Chef	CC G	ALL NEW EPISODES Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
04:30 pm The Bold & The Beautiful	CC PG	ALL NEW EPISODES Quinn toys with Brooke about the video which spikes Brooke's anger towards Quinn. Meanwhile, As guests arrive to Brooke and Ridge's reunion party; Brooke is nowhere to be found.
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.



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Thursday 02nd April 2020

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm Ambulance Australia (Rpt)

CC M
Coarse Language,
Drug References,
Mature Themes

Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.

08:30 pm Gogglebox

CC

ALL NEW EPISODES

Australia's favourite Goggleboxers are back to sort through the best and worst TV shows of the week with their brutally honest and well trusted critiques.

09:30 pm To Be Advised

10:30 pm To Be Advised

11:30 pm The Project Encore (Rpt)

CC

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01:30 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Thursday 02nd April 2020

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04:00 am Home Shopping (Rpt)

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04:30 am CBS This Morning

CC

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



SYDNEY PROGRAM GUIDE

Friday 03rd April 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.

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CC

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07:30 am The Bold & The Beautiful (Rpt)

CC PG

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CC PG

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Drug References,
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SYDNEY PROGRAM GUIDE

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ALL NEW EPISODES

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04:00 pm Good Chef Bad Chef CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Bridget makes a surprise trip to Los Angeles to attend Ridge and Brooke's reunion party. meanwhile, Things quickly go south for Brooke and Bill as Quinn's plan plays out to party guests.

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

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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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Friday 03rd April 2020

07:30 pm Easter With The Australian Women's Weekly CC

SPECIAL EVENT

Easter With The Australian Women's Weekly

Hosted by Sarah Harris, Easter with The Australian Women's Weekly has something for everyone. From kids craft and Easter styling ideas to celebrity interviews and of course delicious Easter treats.

08:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats to Chris Hemsworth, Gloria Estefan, David Tennant, Michael Sheen and the Jonas Brothers.

09:30 pm The Graham Norton Show (Rpt) CC M
Sexual References

Join the hilarious and cheeky Graham Norton as he hosts Chris Pratt, Elizabeth Banks, Jennifer Connelly, Chaka Khan and Paul Whitehouse.

10:30 pm Akmal Presents The Comedy Festival Sampler (Rpt) CC M
Sexual References,
Coarse Language

Akmal Presents The Comedy Festival Sampler

Akmal presents a sample of some of the best acts to appear this year's comedy festivals around the country. Featuring Arj Barker, Kitty Flanagan, Lawrence Mooney, Jimeoin and of course, Akmal himself.

11:30 pm The Project Encore (Rpt) CC

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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 04th April 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.

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

ALL NEW EPISODES

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

07:00 am Escape Fishing With ET (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am What's Up Down Under (Rpt) CC G

Summer Series

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

08:00 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.

09:00 am Luxury Escapes (Rpt) CC PG

Zurich / Tasmania

In this episode of Luxury Escapes, we discover the perfect blend by combining the rustic charm of Tasmania with the urban sophistication of Zurich, Switzerland's most stylish city.

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 The Living Room (Rpt) CC PG

Barry helps Emma and Ben fix a flimsy fence, Chris visits the Victoria Volcanoes, Curtis Stone shares his secret to the perfect pork chop with Miguel & Amanda and her dog get some agility training.



SYDNEY PROGRAM GUIDE

Saturday 04th April 2020

01:00 pm To Be Advised

02:00 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.

02:30 pm Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

03:00 pm Easter With The Australian Women's Weekly (Rpt) CC

SPECIAL ENCORE PRESENTATION

Easter With The Australian Women's Weekly

Hosted by Sarah Harris, Easter with The Australian Women's Weekly has something for everyone. From kids craft and Easter styling ideas to celebrity interviews and of course delicious Easter treats.

04:00 pm Taste Of Australia With Hayden Quinn CC G

ALL NEW EPISODES

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 My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

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.



SYDNEY PROGRAM GUIDE

Saturday 04th April 2020

06:30 pm To Be Advised

07:30 pm Ambulance Australia (Rpt)

CC M
Coarse Language,
Medical Procedures

It's the start of a regular workday in Australia's most populated city for most, but no day as an Australian paramedic is ordinary, and this particular weekday shift soon turns to carnage.

08:30 pm Ambulance (Rpt)

CC M
Coarse Language,
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.

09:30 pm 999: What's Your Emergency? (Rpt)

CC M
Mature Themes

Life's Not Fair Is It? When You Get Old, IT Becomes Even Unfairer

This episode explores how the emergency services cope with issues involving elderly people, from traffic accidents to the cruel effects of dementia.

10:30 pm Bull Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Flesh And Blood

Bull assists in the murder trial defense of an old friend, Vivian Cahill, an in-debt professional gambler accused of killing her wealthy father to gain her inheritance.

11:30 pm Bull (Rpt)

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

Survival Instincts

Dr. Jason Bull is the founder of consulting firm Trial Analysis Corporation, where he and his team employ psychology, human intuition and high-tech data to help their clients win.

12:30 am Elementary Encore (Rpt)

CC M

SPECIAL ENCORE PRESENTATION

The Further Adventures

Holmes and Watson's new careers as consultants for Scotland Yard in London take them inside the tabloid journalism industry when a model is the victim of an acid attack.

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 04th April 2020

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 The Aussie Pastor

PG

ALL NEW EPISODES

Ap20196 - Life After Death Pt 1

Part One. The eternal question that what happens to you after you die is one everyone asks at one time or another in their lives.

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 05th April 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

Inherit God's Promises By Faith, Not Works

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

No More Distractions

Religious.

08:00 am Good Chef Bad Chef (Rpt) CC G

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

08:30 am Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

09:00 am Taste Of Australia With Hayden Quinn (Rpt) CC G

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.

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 05th April 2020

12:00 pm **To Be Advised**

01:00 pm **Everyday Gourmet With Justine Schofield** (Rpt) CC G

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

01:30 pm **Good Chef Bad Chef** (Rpt) CC G

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

02:00 pm **My Market Kitchen** (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

02:30 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.

03:00 pm **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.

04:00 pm **Whichcar** CC PG

ALL NEW EPISODES

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

04:30 pm **RPM** CC

ALL NEW EPISODES

Scott Mackinnon and Kate Peck share the latest news, views and highlights from the world of motorsport. Guest panellists provide behind the scenes insight into Formula 1, MotoGP, Supercars and more.

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

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.



SYDNEY PROGRAM GUIDE

Sunday 05th April 2020

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 Jamie Oliver: Keep Cooking and Carry On NO
CC

SEASON PREMIERE

08:30 pm The Montreal Comedy Festival CC MA15+
Sexual References

SPECIAL EVENT

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Becky Lucas, Wanda Sykes, Jim Jefferies, Tommy Little, Ronny Chieng and Ismo.

09:30 pm The Graham Norton Show (Rpt) CC M

SPECIAL ENCORE PRESENTATION

Join the hilarious and cheeky Graham Norton as he hosts Madonna, Sir Ian McKellen, Danny Boyle, Lily James, Himesh Patel & Sheryl Crow.

10:30 pm Hughesy We Have A Problem (Rpt) CC M
Sexual References,
Mature Themes

Hughesy, Nazeem Hussain, Tom Ballard, Cal Wilson and Meshel Laurie tackle the first world problems we just can't seem to solve.

11:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 05th April 2020

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 06th April 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

CC

SPECIAL ENCORE PRESENTATION

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

07:30 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Bridget makes a surprise trip to Los Angeles to attend Ridge and Brooke's reunion party. meanwhile, Things quickly go south for Brooke and Bill as Quinn's plan plays out to party guests.

08:00 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

02:00 pm Entertainment Tonight

CC

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

02:30 pm Judge Judy (Rpt)

CC PG

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



SYDNEY PROGRAM GUIDE

Monday 06th April 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 My Market Kitchen CC G

ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Good Chef Bad Chef CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Everyone, especially Katie and Ridge, are in utter disbelief at the video they just witnessed. Meanwhile, Quinn enjoys the fallout with inner satisfaction as Brooke pays the price for her betrayal.

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

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 06th April 2020

07:30 pm The Montreal Comedy Festival

CC M
Sexual References,
Coarse Language,
Mature Themes

SPECIAL EVENT

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Jim Jefferies, Tom Papa, Dane Cook, Howie Mandel & Tacarra Williams.

08:30 pm Hughesy, We Have A Problem

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Hughesy, Akmal Saleh, Merricks Watts, Denise Scott & Em Rusciano tackle the first world problems we just can't seem to solve.

09:30 pm Em Rusciano- Rage & Rainbows (Rpt)

CC MA15+
Sexual References,
Coarse Language,
Mature Themes

Em Rusciano- Rage & Rainbows

Em is finally giving voice to that gnawing rage we all try to hide. It is more than a show. It's a festival for anyone who's felt fed-up & exhausted, but still maintains a passion for sequins.

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Monday 06th April 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 07th April 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Everyone, especially Katie and Ridge, are in utter disbelief at the video they just witnessed. Meanwhile, Quinn enjoys the fallout with inner satisfaction as Brooke pays the price for her betrayal.

08:00 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 Jamie & Jimmy's Food Fight Club (Rpt) CC G

Jamie Oliver and Jimmy Doherty show you how to make blowout feasts designed to add some serious culinary wow factor to your weekends.

02:00 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 07th April 2020

02:30 pm Judge Judy (Rpt) CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy CC PG

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

ALL NEW EPISODES

03:30 pm My Market Kitchen CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful CC PG

The fallout from the video of Brooke and Bill kissing is enormous. Unable to keep quiet any longer, Quinn admits she uploaded the video to Brooke's digital photo frame.

LIVE

05:00 pm 10 News First CC

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

06:00 pm 10 News First (Rpt) CC

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 07th April 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 Coronavirus Australia: Our Story

CC

SPECIAL EVENT

Coronavirus Australia: Our Story

Explore how Australians at home and around the world experience life during COVID-19. Hear from celebrities, those simply living the new normal & the people making a difference in our uncertain times.

08:30 pm NCIS

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Schooled

09:30 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Answers

While the team investigates the theft of a computer virus, Callen and Sam consider their future at the agency.

10:30 pm NCIS: Los Angeles (Rpt)

CC M
Frequent Violence,
Mature Themes

Goodbye, Vietnam

NCIS joins Hetty's team from the Vietnam War in a dangerous rescue mission to save Hetty from her captors in Vietnam. Mosley calls in Nell's sister to assist the team in LA.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 07th April 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

Wednesday 08th April 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

The fallout from the video of Brooke and Bill kissing is enormous. Unable to keep quiet any longer, Quinn admits she uploaded the video to Brooke's digital photo frame.

08:00 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 Jamie & Jimmy's Food Fight Club (Rpt) CC G

Jamie Oliver and Jimmy Doherty show you how to make blowout feasts designed to add some serious culinary wow factor to your weekends.

02:00 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

Wednesday 08th April 2020

02:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy

CC PG

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

ALL NEW EPISODES

03:30 pm My Market Kitchen

CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Bill pleads for Katie's forgiveness. Brooke and Quinn fiercely confront one another. Ridge makes a powerful decision about his relationships with Brooke and Shauna.

LIVE

05:00 pm 10 News First

CC

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

06:00 pm 10 News First (Rpt)

CC

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 08th April 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 Bondi Rescue

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Bondi Rescue 15/005 & 14/006

Christmas and New Year's means lifeguards are overwhelmed with crowds and the dangerous combination of partying and swimming. There's drunk bathers, teen overdoses and hundreds of reveller rescues.

08:30 pm Bull

CC M
Mature Themes

ALL NEW EPISODES

Missing

Bull represents a woman who is guilty of kidnapping her niece years ago to stop the girl's father from abusing her.

09:30 pm Bull (Rpt)

CC M
Violence

Grey Areas

Bull takes on his friend as a client when he is sued for malpractice following a patient's deadly rampage.

10:30 pm Elementary

CC M

ALL NEW EPISODES

Gutshot

Holmes & Watson try to work a stateside investigation from London when someone close to them is gravely wounded by an unknown perpetrator in the U.S.

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Wednesday 08th April 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 09th April 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Bill pleads for Katie's forgiveness. Brooke and Quinn fiercely confront one another. Ridge makes a powerful decision about his relationships with Brooke and Shauna.

08:00 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

02:00 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

Thursday 09th April 2020

02:30 pm Judge Judy (Rpt) CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy CC PG

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

ALL NEW EPISODES

03:30 pm My Market Kitchen CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful CC PG

Not realizing that Ridge is already with Shauna, Brooke vows to Quinn that she won't break up her marriage. Bill agrees to allow Katie her space but also promises to fight for their marriage.

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.



SYDNEY PROGRAM GUIDE

Thursday 09th April 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 Ambulance Australia (Rpt)

CC M
Violence,
Coarse Language,
Mature Themes

Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.

08:30 pm Gogglebox

CC

ALL NEW EPISODES

Australia's favourite Goggleboxers are back to sort through the best and worst TV shows of the week with their brutally honest and well trusted critiques.

09:30 pm To Be Advised

10:30 pm Blue Bloods

CC M
Violence

ALL NEW EPISODES

Bones To Pick

After a woman's body is found at a men's-only club, Danny and Baez investigate if her death was an accident. Frank asks Abigail and Sid to discover if the chief of Internal Affairs is having an affair.

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

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 09th April 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

Friday 10th April 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 The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Not realizing that Ridge is already with Shauna, Brooke vows to Quinn that she won't break up her marriage. Bill agrees to allow Katie her space but also promises to fight for their marriage.

08:00 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

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 Easter With The Australian Women's Weekly (Rpt)

CC

Easter With The Australian Women's Weekly

Hosted by Sarah Harris, Easter with The Australian Women's Weekly has something for everyone. From kids craft and Easter styling ideas to celebrity interviews and of course delicious Easter treats.

02:00 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

Friday 10th April 2020

02:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy

CC PG

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

ALL NEW EPISODES

03:30 pm My Market Kitchen

CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC

Sally decides to get on Flo's good side and makes a surprising gesture towards Flo. Dr. Penny Escobar is becoming increasingly unnerved by Sally's behavior.

LIVE

05:00 pm 10 News First

CC

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

06:00 pm 10 News First (Rpt)

CC

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 10th April 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 (Rpt)

CC M

Join the hilarious and cheeky Graham Norton as he chats to Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal and Stormzy.

Guest Starring: Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal, Stormzy

08:30 pm The Graham Norton Show (Rpt)

CC M
Coarse Language

Join the cheeky and wickedly quick-witted, Graham Norton as he hosts Emily Blunt, Lin-Manuel Miranda, Ben Wishaw, Emily Mortimer, Boy George & Culture Club.

09:30 pm Just For Laughs

CC

Just For Laughs

Just For Laughs Australia starring: Matt Okine, Nikki Osborne, Ivan Decker, Colin Mochrie and Brad Sherwood, Zoe Coombs Marr, Dilruk Jayasinha and Tommy Little.

10:30 pm Strassman: ltede (Rpt)

CC M
Sexual References,
Coarse Language

Strassman - ltede

Join international comedy star David Strassman for this hilarious live performance. iTedE uproariously parodies our technology-laden lives.

12:20 am The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

01:25 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 10th April 2020

02:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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05:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 11th April 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.

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

ALL NEW EPISODES

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

07:00 am Escape Fishing With ET (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am What's Up Down Under (Rpt) CC PG

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

08:00 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.

09:00 am Whichcar (Rpt) CC PG

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

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 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.

12:30 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.



SYDNEY PROGRAM GUIDE

Saturday 11th April 2020

01:00 pm The Living Room (Rpt) CC PG

Barry helps finish a laundry renovation in 6 days, Miguel serves up a kangaroo fillet, Matt shares secrets to a well-manicured hedge and the team checks in with Chris from his trek to Antarctica.

02:00 pm Good Chef Bad Chef (Rpt) CC G

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

02:30 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

03:00 pm What's Up Down Under CC

ALL NEW EPISODES

Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks.

03:30 pm Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:00 pm Taste Of Australia With Hayden Quinn CC G

ALL NEW EPISODES

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 Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

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 11th April 2020

06:00 pm	Bondi Rescue	NO CC	
06:30 pm	Bondi Rescue	NO CC	
07:00 pm	Bondi Rescue	NO CC	
07:30 pm	Ambulance Australia (Rpt)	CC M Mature Themes	An airline passenger with chest pain, work-place rescue and a life or death situation for an elderly patient. How do our ambo's face these challenges?
08:30 pm	Ambulance (Rpt)	CC M Drug Use, 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.
09:30 pm	999: What's Your Emergency? (Rpt)	CC MA15+ Strong Adult Themes	<u>It's A Sad State When You Can't Afford A Cinema Ticket</u> From zero-hours contracts to long working hours, this episode explores how the emergency services deal with issues arising from rising levels of stress and anxiety in the workplace.
10:30 pm	Blue Bloods Encore (Rpt)	CC M Violence	SPECIAL ENCORE PRESENTATION <u>Bones To Pick</u> After a woman's body is found at a men's-only club, Danny and Baez investigate if her death was an accident. Frank asks Abigail and Sid to discover if the chief of Internal Affairs is having an affair. Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez
11:30 pm	Bull Encore (Rpt)	CC M Mature Themes	SPECIAL ENCORE PRESENTATION <u>Missing</u> Bull represents a woman who is guilty of kidnapping her niece years ago to stop the girl's father from abusing her.
12:30 am	Elementary Encore (Rpt)	CC M	SPECIAL ENCORE PRESENTATION <u>Gutshot</u> Holmes & Watson try to work a stateside investigation from London when someone close to them is gravely wounded by an unknown perpetrator in the U.S.



SYDNEY PROGRAM GUIDE

Saturday 11th April 2020

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Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am The Aussie Pastor

PG

ALL NEW EPISODES

Ap20197 - Life After Death Pt 2

Part Two. The eternal question that what happens to you after you die is one everyone asks at one time or another in their lives.

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.