



# SYDNEY PROGRAM GUIDE

Sunday 07th July 2019

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

**ALL NEW EPISODES**

Religious program.

**06:30 am Hillsong** CC G

**ALL NEW EPISODES**

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

**07:00 am Joesph Prince New Creation Church** CC G

**ALL NEW EPISODES**

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

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

**ALL NEW EPISODES**

**Designed To Withstand**

Religious.

**08:00 am Escape Fishing With ET (Rpt)** CC G

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

**08:30 am Studio 10 Sunday** CC PG

**ALL NEW EPISODES**

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

**11:00 am Supercars Townsville LIVE** CC

**LIVE**

**Supercars- Townsville Live 2**

Tune in for day 2 of the annual supercars racing in Townsville for 2019. Track coverage from 12:00pm AEST. Get ready for all the action on 10, the home of Motorsport!



# SYDNEY PROGRAM GUIDE

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**05:00 pm 10 News First**

CC

## ALL NEW EPISODES

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

**06:00 pm Bondi Rescue (Rpt)**

CC PG  
Coarse Language,  
Mature Themes

The tower is on high alert when a swimmer's quick dip results in a possible spinal injury and the lifeguards farewell a much-loved member of the squad.

**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 MasterChef Australia**

CC

## ALL NEW EPISODES

The remaining contestants fly to Western Australia for a mystery box challenge and later an invention test, using all the great produce W.A. has to offer.

**09:00 pm FBI**

CC M  
Violence

## ALL NEW EPISODES

### What Lies Beneath

When a controversial senior leader from Egypt comes to New York for a heart transplant, OA struggles to balance his personal opinion with his duties when he is assigned to the security detail.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Sela Ward, Ebonée Noel

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

CC M  
Violence

### Cop And Robbers

Maggie and OA hunt down a ruthless group of robbers who are posing as NYPD officers to target armored trucks.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Sela Ward, Ebonée Noel



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11:00 pm **NCIS** (Rpt)

CC M  
Violence

### The Numerical Limit

Gibbs is granted protective custody of a 10-year-old orphaned refugee when a case reveals she is the target of a violent gang.

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

12:00 am **The Sunday Project** (Rpt)

CC

### **SPECIAL ENCORE PRESENTATION**

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

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

Home Shopping

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

Home Shopping

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

Home Shopping

02:30 am **Home Shopping** (Rpt)

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03:00 am **Home Shopping** (Rpt)

Home Shopping

03:30 am **Home Shopping** (Rpt)

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning**

CC

### **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Monday 08th July 2019

**06:00 am The Talk** CC PG  
Mature Themes

## ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

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

**07:30 am The Bold & The Beautiful Encore (Rpt)** CC PG

## SPECIAL ENCORE PRESENTATION

Brooke confronts Thomas about controlling her daughter. Meanwhile, Thomas, Zoe and Xander argue amongst themselves.

**08:00 am Celebrity Name Game Encore (Rpt)** CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

### Umbilical Bros

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

**08:30 am Studio 10** CC PG

## ALL NEW EPISODES

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

**12:00 pm Dr. Phil (Rpt)** CC PG  
Coarse Language,  
Drug References,  
Mature Themes

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

**01:00 pm MasterChef Australia Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

The remaining contestants fly to Western Australia for a mystery box challenge and later an invention test, using all the great produce W.A. has to offer.



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**02:30 pm Entertainment Tonight** CC

## ALL NEW EPISODES

Nancy O'Dell and 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.

**03:30 pm My Market Kitchen** CC G

## ALL NEW EPISODES

Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market.

**04:00 pm Everyday Gourmet With Justine Schofield** CC G

## ALL NEW EPISODES

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

**04:30 pm The Bold & The Beautiful** CC PG

## ALL NEW EPISODES

Zoe and Xander struggle with being on opposite sides. Meanwhile, Thomas's obsession with Hope spirals out of control, Hope recalls her life with Liam.

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

## ALL NEW EPISODES

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

**06:00 pm Celebrity Name Game** CC PG

## ALL NEW EPISODES

### Gary Mehigan & Julie Goodwin

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



# SYDNEY PROGRAM GUIDE

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**06:30 pm The Project**

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## 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 MasterChef Australia**

CC PG

## ALL NEW EPISODES

At Wildflower Restaurant in Perth, contestants will cook a five-course degustation featuring an ingredient that Chef Matt Sartori has selected.

**08:30 pm Have You Been Paying Attention?**

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

## ALL NEW EPISODES

Have contestants Tony Martin, Melanie Bracewell, Glenn Robbins, Kitty Flanagan & Ivan Aristeguieta been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**09:30 pm Kinne Tonight (Rpt)**

CC M  
Sex Scenes,  
Coarse Language

## Troy Kinne - Pilot

Comedian Troy Kinne looks at things in life that have contributed to a tiring week. He'll be joined by his comic friends Natalie Tran, Max Price, Dave Thornton & Josh Lawson just to name a few.

**10:00 pm Todd Sampson's Body Hack Encore (Rpt)**

CC MA15+  
Violence,  
Strong Adult  
Themes,  
Nudity

## SPECIAL ENCORE PRESENTATION

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

**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 Bill Hader and catch a musical performance by James Bay!



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

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Tuesday 09th July 2019

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

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Zoe and Xander struggle with being on opposite sides. Meanwhile, Thomas's obsession with Hope spirals out of control, Hope recalls her life with Liam.

**08:00 am Celebrity Name Game Encore (Rpt)**

CC PG

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**08:30 am Studio 10**

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## ALL NEW EPISODES

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**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 MasterChef Australia Encore (Rpt)**

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## SPECIAL ENCORE PRESENTATION

At Wildflower Restaurant in Perth, contestants will cook a five-course degustation featuring an ingredient that Chef Matt Sartori has selected.





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<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Neighbours Encore (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
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<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>Celebrity Name Game</b>	CC PG

## ALL NEW EPISODES

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

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

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Brooke confides in Bill her trepidation about Thomas. Meanwhile, the secret of baby Beth spirals out of control before taking a deadly turn.

## ALL NEW EPISODES

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

## ALL NEW EPISODES

### Lucy Durack & Merv Hughes

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**07:30 pm MasterChef Australia**

CC

## ALL NEW EPISODES

The winners from the previous two days now cook for an opportunity to fast-track themselves into Finals Week. Round two comes down to the wire as contestants are hungry for the win!

**08:40 pm Todd Sampson's Body Hack**

CC MA15+  
Strong Violence

## ALL NEW EPISODES

Mexico's Lucha Libre wrestlers are some of the toughest people on the planet. Training with Luchadore, Cassandro, Todd learns the hard way how we can all deal better with adversity, fear and injury.

**09:40 pm NCIS (Rpt)**

CC M  
Mature Themes

## The Tie That Binds

Ducky looks back on a choice he made 37 years ago when evidence in the murder of a Navy captain is linked to his dead mother.

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

**10:35 pm NCIS (Rpt)**

CC M  
Violence

## Willoughby

The team searches for new leads when an undercover mission to apprehend a businessman who is manipulating the stock market is compromised.

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

**11:30 pm The Project Encore (Rpt)**

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Mature Themes

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**08:30 am Studio 10** CC PG

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Sexual References,  
Coarse Language,  
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<b>06:00 pm</b>	<b>Celebrity Name Game</b>	CC PG Sexual References

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

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## ALL NEW EPISODES

Ridge and Brooke's relationship is put to the test. Meanwhile, Pam gives Brooke a clue about what may have happened leading up to the tragedy.

## ALL NEW EPISODES

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

## ALL NEW EPISODES

### Damian Walshe-Howling & Ivan Aristeguieta

Celebrity Name Game pairs regular Aussies with celebs in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Damian Walshe-Howling & Ivan Aristeguieta



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**06:30 pm The Project**

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**07:30 pm MasterChef Australia**

CC PG

## ALL NEW EPISODES

Today's setting is the beautiful Leeuwin Estate Safari Club in Margaret River. Guided by Head Chef, Dan Gedge, our contestants will today battle it out in a team challenge.

**08:40 pm Bull**

CC M  
Mature Themes

## ALL NEW EPISODES

### Leave IT All Behind

Bull aims to raise reasonable doubt among the jurors when his friend Nathan is tried for his wife's murder.

**09:35 pm Bull**

CC M  
Violence

## ALL NEW EPISODES

### Security Fraud

Bull gets to work alongside his idol, a legendary lawyer who asks him to help a family bring a suit against the U.S. government for the wrong death of a man killed while in witness protection.

**10:30 pm Sports Tonight**

CC

## ALL NEW EPISODES

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

**11:00 pm The Project Encore (Rpt)**

CC

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CC PG  
Sexual References

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## ALL NEW EPISODES

The Forresters, Logans, Spencers, Spectras and Avants gather to mourn one of their own. Meanwhile, Quinn, Eric, Steffy and Hope comfort one another.

## ALL NEW EPISODES

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

## ALL NEW EPISODES

### George Calombaris & Anna Polyviou

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## ALL NEW EPISODES

Today's pressure test is set by Santiago Fernandez and it's a doozy! The stakes are high and the least impressive cook will be sent home. Plus, catch a Masterclass showing off delicious recipes.

**09:30 pm Law & Order: SVU (Rpt)** CC M  
Violence, Mature Themes

## Criminal Pathology

Barba faces off against two hotshot defense attorneys in the murder trial of medical examiner Carl Rudnick, which leads to blackmail, an incriminating confession, a new victim and a fugitive suspect.

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

Guest Starring: Dallas Roberts, Jefferson Mays, Elizabeth Marvel, Delaney Williams

**10:30 pm Blue Bloods (Rpt)** CC M  
Violence

## Close Calls

Danny forces his brother-in-law to help take down the mobsters he's mixed up with. Meanwhile, Frank asks Erin to investigate if his old partner is guilty of a shooting while drunk at a strip club.

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

Guest Starring: Treat Williams, Kevin Dillon

**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 11th July 2019

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

**Home Shopping**

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

**Home Shopping**

**02:30 am Home Shopping** (Rpt)

**Home Shopping**

**03:00 am Home Shopping** (Rpt)

**Home Shopping**

**03:30 am Home Shopping** (Rpt)

**Home Shopping**

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

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Friday 12th July 2019

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

The Forresters, Logans, Spencers, Spectras and Avants gather to mourn one of their own. Meanwhile, Quinn, Eric, Steffy and Hope comfort one another.

**08:00 am Celebrity Name Game Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

**George Calombaris & Anna Polyviou**

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

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

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

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

CC PG  
Coarse Language,  
Drug References,  
Mature Themes

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

**01:00 pm The Living Room Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Barry helps fix a kitchen catastrophe; Dr Chris Brown meets a family with an unusual household pet; Miguel cooks a much-loved Armenian dish & Kara shares thrifty tips to transform your child's room.



# SYDNEY PROGRAM GUIDE

Friday 12th July 2019

<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Neighbours Encore (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>My Market Kitchen</b>	CC G
<b>04:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC

## ALL NEW EPISODES

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

## SPECIAL ENCORE PRESENTATION

## ALL NEW EPISODES

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

## ALL NEW EPISODES

Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market.

## ALL NEW EPISODES

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

## ALL NEW EPISODES

Thomas calls upon his friend Vincent to assist in his plan to make Hope his own. Meanwhile, Brooke and Ridge take opposing viewpoints on Hope's future.

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Friday 12th July 2019

**06:00 pm Celebrity Name Game** CC

**ALL NEW EPISODES**

**Angie Kent & Yvie Jones**

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

**06:30 pm The Project** CC

**ALL NEW EPISODES**

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

**07:30 pm The Living Room** CC

**ALL NEW EPISODES**

Barry 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.

**08:30 pm The Graham Norton Show** CC

**ALL NEW EPISODES**

Graham Norton presents the best moments from the series, featuring Will Smith, Madonna, Chris Hemsworth, Tom Hanks, Taylor Swift, Anne Hathaway, Charlize Theron, Seth Rogen and Sir Ian McKellen.

**09:30 pm Have You Been Paying Attention? (Rpt)** CC M

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

**SPECIAL ENCORE PRESENTATION**

Have contestants Tony Martin, Melanie Bracewell, Glenn Robbins, Kitty Flanagan & Ivan Aristeguieta been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**10:30 pm Kinne Tonight (Rpt)** CC M  
Sex Scenes, Coarse Language

**Troy Kinne - Pilot**

Comedian Troy Kinne looks at things in life that have contributed to a tiring week. He'll be joined by his comic friends Natalie Tran, Max Price, Dave Thornton & Josh Lawson just to name a few.



# SYDNEY PROGRAM GUIDE

Friday 12th July 2019

**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)

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**Home Shopping**

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

**Home Shopping**

**04:30 am Home Shopping** (Rpt)

**Home Shopping**

**05:00 am Home Shopping** (Rpt)

**Home Shopping**

**05:30 am Home Shopping** (Rpt)

**Home Shopping**



# SYDNEY PROGRAM GUIDE

Saturday 13th July 2019

<b>06:00 am</b>	<b>Reel Action</b> (Rpt)	CC G	Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.
<b>06:30 am</b>	<b>Escape Fishing With ET</b> (Rpt)	CC G	Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species and interesting spots with his mates.
<b>07:00 am</b>	<b>WhichCar</b> (Rpt)	CC PG	Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.
<b>07:30 am</b>	<b>Seafood Escape With Andrew Ettingshausen</b> (Rpt)	CC G	Host Andrew Ettingshausen joins top Australian Chefs on board commercial fishing boats to find out what it takes to put Seafood on our tables.
<b>08:00 am</b>	<b>What's Up Down Under</b> (Rpt)	CC G	Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.
<b>08:30 am</b>	<b>48 Hour Destination</b> (Rpt)	CC G	<b><u>Bangkok</u></b> Join Flight Centre consultant, Greer on her adventures... In 48 hours, she'll travel to a destination, taking in the scenery, enjoying exciting activities, food and meeting the locals.
<b>09:00 am</b>	<b>Good Chef Bad Chef</b> (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.
<b>09:30 am</b>	<b>Studio 10 Saturday</b>	CC PG	<b>ALL NEW EPISODES</b> See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.
<b>12:00 pm</b>	<b>My Market Kitchen</b> (Rpt)	CC G	Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market.





# SYDNEY PROGRAM GUIDE

Saturday 13th July 2019

**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.

**01:00 pm** **The Renovation King** (Rpt) CC G

### **Toilet Sanctuary**

Every home is a castle, whether it's taken a few knocks, desperately in need of expansion or crying out for a little TLC. Barry Du Bois is the man with a plan to turn the humblest place into a palace.

**01:30 pm** **The Home Team** (Rpt) CC G

Tune in and get inspired to do that job you've been putting off for too long... The Home Team are your team of dedicated DIY'ers. Learn affordable ways to make your home stylish, cozy and sustainable.

**02:00 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.

**02:30 pm** **The Cook's Pantry With Matt Sinclair** (Rpt) CC G

### **Cook's Pantry With Matt Sinclair, The 18**

Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles.

**03:00 pm** **Foodie Adventures With Ash Pollard** (Rpt) CC PG  
Mild Coarse  
Language

### **Italy, Lurisia & Dolceacqua - Nazeem Hussain**

Ash heads to the hidden villages of northern Italy to discover rustic local flavours and healing waters. Her dinner guest this week is Nazeem Hussain.

**03:30 pm** **What's Up Down Under** CC G

### **ALL NEW EPISODES**

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

**04:00 pm** **The Living Room Encore** (Rpt) CC

### **SPECIAL ENCORE PRESENTATION**

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 13th July 2019

**05:00 pm 10 News First**

CC

## ALL NEW EPISODES

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

**06:00 pm Luxury Escapes 2019**

CC G

## SEASON PREMIERE

### Japan

In this episode of Luxury Escapes, we discover the sublime complexity in the land of the Rising Sun, Japan - a country that does both the weird and the wonderful a whole lot better than anyone else.

**06:30 pm Jamie's 15 Minute Meals (Rpt)**

CC G

Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.

Starring: Jamie Oliver

**07:00 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.

**07:30 pm Ambulance (Rpt)**

CC M  
Coarse Language,  
Drug References,  
Mature Themes

Ambulance officers, Helen & Julie do their best to help a homeless teenager and later on a suicidal woman. Staff in the control room must decide if the latest report of a patient is a hoax or not.

**08:45 pm 999: What's Your Emergency**

CC M  
Coarse Language,  
Drug Use,  
Mature Themes

## ALL NEW EPISODES

### He's Certainly Not Here To Look At The Railway Museum

Following criminalisation of once legal highs, crack and heroin are on the up and users and dealers are getting younger as organised gangs flood small local communities with drugs.

**09:45 pm Todd Sampson's Body Hack Encore (Rpt)**

CC MA15+  
Strong Violence

Mexico's Lucha Libre wrestlers are some of the toughest people on the planet. Training with Luchadore, Cassandro, Todd learns the hard way how we can all deal better with adversity, fear and injury.



# SYDNEY PROGRAM GUIDE

Saturday 13th July 2019

<p><b>10:45 pm Hawaii Five-0</b> (Rpt)</p>	<p>CC M Frequent Violence</p>	<p><b><u>Aia I Hi'ikua: I Hi'ialo (Is Borne On The Back; Is Borne In The Arms)</u></b></p> <p>McGarrett is arrested while probing the death of his former SEAL buddy, who died before landing his small plane on an aircraft carrier, and the only survivor is a baby.</p> <p>Starring: Alex O'Loughlin, Scott Caan, Chi McBride, Ian Anthony Dale, Meaghan Rath, Jorge Garcia</p>
<p><b>11:30 pm Todd Sampson's Body Hack</b> (Rpt)</p>	<p>CC M Drug Use, Strong Adult Themes, Nudity, War Scenes</p>	<p>Todd Sampson travels to India to live with holy men called sadhus, to uncover the reasons why they worship pain and endurance as part of their religion.</p>
<p><b>12:30 am Todd Sampson's Body Hack</b> (Rpt)</p>	<p>CC M Mature Themes, War Scenes</p>	<p>Todd Sampson heads to Iraq, joining an Iraqi shock troop in the Islamic State strong hold of Mosul. Overcoming his own fear, Todd heads out on a mission to clear buildings of the enemy and explosives.</p>
<p><b>01:30 am Home Shopping</b> (Rpt)</p>		<p><b><u>Home Shopping</u></b></p>
<p><b>02:00 am Home Shopping</b> (Rpt)</p>		<p><b><u>Home Shopping</u></b></p>
<p><b>02:30 am Home Shopping</b> (Rpt)</p>		<p><b><u>Home Shopping</u></b></p>
<p><b>03:00 am Home Shopping</b> (Rpt)</p>		<p><b><u>Home Shopping</u></b></p>
<p><b>03:30 am Home Shopping</b> (Rpt)</p>		<p><b><u>Home Shopping</u></b></p>
<p><b>04:00 am Home Shopping</b> (Rpt)</p>		<p><b><u>Home Shopping</u></b></p>
<p><b>04:30 am Home Shopping</b> (Rpt)</p>		<p><b><u>Home Shopping</u></b></p>
<p><b>05:00 am Hour Of Power With Bobby Schuller</b></p>	<p>G</p>	<p><b>ALL NEW EPISODES</b></p> <p>Religious program.</p>



# SYDNEY PROGRAM GUIDE

Sunday 14th July 2019

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

### ALL NEW EPISODES

Religious program.

**06:30 am Hillsong** CC G

### ALL NEW EPISODES

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

**07:00 am Joesph Prince New Creation Church** CC G

### ALL NEW EPISODES

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

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

### ALL NEW EPISODES

#### Recognize God's Goodness

Religious.

**08:00 am The Living Room Encore (Rpt)** CC

### SPECIAL ENCORE PRESENTATION

Barry helps fix a kitchen catastrophe; Dr Chris Brown meets a family with an unusual household pet; Miguel cooks a much-loved Armenian dish & Kara shares thrifty tips to transform your child's room.

**09:00 am Australia By Design: Architecture (Rpt)** CC G

### QLD

In this week's episode of Australia By Design: Architecture, we look at the top ten architectural statements for the year in Queensland.

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

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Sunday 14th July 2019

<b>12:00 pm Photo Number 6</b> (Rpt)	CC PG Sexual References, Mature Themes	<b>Iceland</b> Join Alan Fletcher as he travels the globe looking for the one photograph that captures the heart and soul of each place he visits and the people he meets.
<b>01:00 pm Good Chef Bad Chef</b> (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.
<b>01:30 pm Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.
<b>02:00 pm MasterChef Australia Encore</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b>  Today's pressure test is set by Santiago Fernandez and it's a doozy! The stakes are high and the least impressive cook will be sent home. Plus, catch a Masterclass showing off delicious recipes.
<b>04:00 pm RPM</b>	CC	<b>ALL NEW EPISODES</b>  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.
<b>05:00 pm 10 News First</b>	CC	<b>ALL NEW EPISODES</b>  Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
<b>06:00 pm Bondi Rescue</b> (Rpt)	CC PG Violence, Coarse Language, Mature Themes	<b>ALL NEW EPISODES</b>  Lifeguards are confronted by an inconsolable mother suffering heatstroke who has lost her 3-year-old child. Later, Tommy and Harrison treat hundreds of people suffering bluebottle stings.
<b>06:30 pm The Sunday Project</b>	CC	<b>ALL NEW EPISODES</b>  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 14th July 2019

**07:30 pm MasterChef Australia**

CC

## ALL NEW EPISODES

Each contestant has an ingredient chosen for them by a loved one, with the note explaining their choice. Later, the judges select an ingredient for each contestant to cook with in the invention test.

**09:10 pm FBI**

CC M  
Violence

## ALL NEW EPISODES

### Appearances

After a decorated FBI agent is murdered, the team investigates and uncovers clues that the man was leading a double life. Maggie struggles with what information she should reveal to the agent's widow.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Sela Ward

Guest Starring: Emily Shaffer, Paul Ben-Victor

**10:05 pm FBI (Rpt)**

CC M  
Violence

### This Land Is Your Land

Agent Bell and Zidan's search for an abducted former chemist who assisted Syrian President al-Assad develop biological weapons, leads them to an extremist family with a deadly plan.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Sela Ward, Ebonée Noel

**11:00 pm NCIS (Rpt)**

CC M

### Sight Unseen

NCIS searches for a petty officer who is suspected of assault. Torres works closely with a blind witness who heard vital evidence that is needed to solve the case.

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

**12:00 am The Sunday Project (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

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

### Home Shopping



# SYDNEY PROGRAM GUIDE

Sunday 14th July 2019

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Monday 15th July 2019

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

Thomas calls upon his friend Vincent to assist in his plan to make Hope his own. Meanwhile, Brooke and Ridge take opposing viewpoints on Hope's future.

**08:00 am Celebrity Name Game Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

### Angie Kent & Yvie Jones

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

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

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

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

CC PG  
Mature Themes

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

**01:00 pm MasterChef Australia Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Each contestant has an ingredient chosen for them by a loved one, with the note explaining their choice. Later, the judges select an ingredient for each contestant to cook with in the invention test.





# SYDNEY PROGRAM GUIDE

Monday 15th July 2019

<b>02:40 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>My Market Kitchen</b>	CC G
<b>04:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>Celebrity Name Game</b>	CC

## ALL NEW EPISODES

Nancy O'Dell and 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.

## ALL NEW EPISODES

Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market.

## ALL NEW EPISODES

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

## ALL NEW EPISODES

Thomas panics when Hope calls Phoebe Beth. Meanwhile, Wyatt makes a big life decision.

## ALL NEW EPISODES

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

## ALL NEW EPISODES

### Rove & Pete Helliar

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



# SYDNEY PROGRAM GUIDE

Monday 15th July 2019

**06:30 pm The Project** CC

## ALL NEW EPISODES

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

**07:30 pm MasterChef Australia** CC

## ALL NEW EPISODES

Chef director behind Dinner By Heston in Melbourne & London, Ashley Palmer-Watts sets a lamington themed pressure test. One contestant will be sent home with only days remaining in the competition.

**08:40 pm Have You Been Paying Attention?** CC M  
Sexual References,  
Coarse Language,  
Mature Themes,  
Nudity,  
May Contain:

## ALL NEW EPISODES

Have contestants Ed Kavalee, Denise Scott, Pete Helliard, Celia Pacquola & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**09:40 pm Lawrence Mooney: Moonman (Rpt)** CC MA15+  
Sexual References,  
Strong Coarse  
Language

## Lawrence Mooney - Moonman

"Moonman" is a sophisticated and disturbingly honest & hilarious exploration of Lawrence Mooney's comic psyche and a coming of age story of a 50 year old man.

**11:10 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.

**12:10 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

## Monday 15th July 2019

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

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

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Tuesday 16th July 2019

**06:00 am The Talk** CC PG  
Mature Themes

## ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

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

**07:30 am The Bold & The Beautiful Encore (Rpt)** CC PG

## SPECIAL ENCORE PRESENTATION

Thomas panics when Hope calls Phoebe Beth. Meanwhile, Wyatt makes a big life decision.

**08:00 am Celebrity Name Game Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

### Rove & Pete Helliar

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

**08:30 am Studio 10** CC PG

## ALL NEW EPISODES

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

**12:00 pm Dr. Phil (Rpt)** CC PG  
Drug References,  
Mature Themes

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

**01:00 pm MasterChef Australia Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Chef director behind Dinner By Heston in Melbourne & London, Ashley Palmer-Watts sets a lamington themed pressure test. One contestant will be sent home with only days remaining in the competition.



# SYDNEY PROGRAM GUIDE

Tuesday 16th July 2019

<b>02:10 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Neighbours Encore (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>My Market Kitchen</b>	CC G
<b>04:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>Celebrity Name Game</b>	CC

## ALL NEW EPISODES

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

## SPECIAL ENCORE PRESENTATION

## ALL NEW EPISODES

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

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Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market.

## ALL NEW EPISODES

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

## ALL NEW EPISODES

## ALL NEW EPISODES

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

## ALL NEW EPISODES

### Gina Liano & Lawrence Leung

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



# SYDNEY PROGRAM GUIDE

Tuesday 16th July 2019

**06:30 pm The Project**

CC

## ALL NEW EPISODES

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

**07:30 pm MasterChef Australia**

CC

## ALL NEW EPISODES

Our Top 5 are battling to win an advantage for tomorrow's challenge, which could secure them a spot in the Semi Final. Contestants can cook whatever they want and decide how much time is on the clock.

**08:40 pm Todd Sampson's Body Hack**

CC

## SEASON FINALE

In Siberia Todd goes in search of the Nenet people, nomads that have guarded the century-old tradition of herding hundreds of reindeer across the frozen wilderness.

**09:40 pm NCIS (Rpt)**

CC M

### Off The Grid

When Gibbs spots the brother of a Most Wanted suspect, he assumes an old alias and goes undercover with their anti-government militia.

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

**10:35 pm NCIS (Rpt)**

CC M  
Violence,  
Mature Themes

### Keep Going

During a hit-and-run investigation, Palmer tries to prevent a stranger from jumping off the ledge of a building.

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

**11:30 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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



# SYDNEY PROGRAM GUIDE

Tuesday 16th July 2019

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

## ALL NEW EPISODES

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

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

**Home Shopping**

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

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

**Home Shopping**

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



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

CC PG

## SPECIAL ENCORE PRESENTATION

**08:00 am Celebrity Name Game Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

### Gina Liano & Lawrence Leung

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

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

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

CC PG  
Mature Themes

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

**01:00 pm MasterChef Australia Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Our Top 5 are battling to win an advantage for tomorrow's challenge, which could secure them a spot in the Semi Final. Contestants can cook whatever they want and decide how much time is on the clock.





# SYDNEY PROGRAM GUIDE

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## ALL NEW EPISODES

### Gary Mehigan & George Calombaris

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



# SYDNEY PROGRAM GUIDE

Wednesday 17th July 2019

**06:30 pm The Project**

CC

## ALL NEW EPISODES

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

**07:30 pm MasterChef Australia**

CC

## ALL NEW EPISODES

Contestants are cooking at Press Club, the brainchild of judge George Calombaris. With the Press Club announcing it will soon close, the Top 5 take to the kitchen to prepare one of the final meals.

**08:40 pm My Life Is Murder**

CC M  
Violence,  
Coarse Language

## SERIES PREMIERE

### The Boyfriend Experience

Former detective Alexa Crowe is lured into the world of murder and mystery when her friend and colleague asks her to look into the death of a woman who fell from the balcony of a male escort.

**09:40 pm Bull**

CC M

## ALL NEW EPISODES

### Forfeiture

The TAC team works tandem cases when Chunk represents a man facing counterfeiting charges, and Bull represents his grandfather, who owns the barbershop where the fake goods were sold.

**10:35 pm Sports Tonight**

CC

## ALL NEW EPISODES

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

**11:05 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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# SYDNEY PROGRAM GUIDE

Wednesday 17th July 2019

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

**Home Shopping**

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

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

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**Home Shopping**

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

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CC PG  
Mature Themes

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

CC PG

## SPECIAL ENCORE PRESENTATION

**08:00 am Celebrity Name Game Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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**08:30 am Studio 10**

CC PG

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**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.

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CC

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Contestants are cooking at Press Club, the brainchild of judge George Calombaris. With the Press Club announcing it will soon close, the Top 5 take to the kitchen to prepare one of the final meals.



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<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
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## ALL NEW EPISODES

### Casey Donovan & Susie Youssef

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



# SYDNEY PROGRAM GUIDE

Thursday 18th July 2019

**06:30 pm The Project**

CC

## ALL NEW EPISODES

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

**07:30 pm The Final Quarter**

CC PG  
Coarse Language,  
Mature Themes

## MOVIE PREMIERE

### The Final Quarter

Cheers turned to boos in the final years of AFL champion footballer Adam Goodes' career when he publicly called out racism. This impassioned film tracks Australia's heated and divided response.

**09:15 pm The Project: Final Quarter, Extra Time** **NO  
CC**

**09:45 pm To Be Advised**

## SPECIAL EVENT

**10:45 pm Blue Bloods (Rpt)**

CC M  
Violence

### Friendship, Love And Loyalty

Danny upsets a fellow detective when he re-examines an old murder case. Also, Eddie is shot while on duty, and Frank contends with an angry police force after the mayor Dutton fails to defend them.

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

**11:45 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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**12:55 am The Late Show With Stephen Colbert** CC PG

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# SYDNEY PROGRAM GUIDE

## Thursday 18th July 2019

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**Home Shopping**

**02:30 am Home Shopping** (Rpt)

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**Home Shopping**

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

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Friday 19th July 2019

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CC PG  
Mature Themes

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**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

CC PG

## SPECIAL ENCORE PRESENTATION

**08:00 am Celebrity Name Game Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

### Casey Donovan & Susie Youssef

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**08:30 am Studio 10**

CC PG

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

CC PG  
Coarse Language,  
Mature Themes

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

**01:00 pm The Living Room Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

Friday 19th July 2019

<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Neighbours Encore (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
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<b>04:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b>	CC G
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<b>05:00 pm</b>	<b>10 News First</b>	CC
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### Tim Blackwell & Georgie Carroll

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# SYDNEY PROGRAM GUIDE

Friday 19th July 2019

**06:30 pm The Project** CC

## ALL NEW EPISODES

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

**08:00 pm The Living Room** CC

## ALL NEW EPISODES

Chris travels to Capertee Valley with a bubble tent and talks about taking great pics of the moon. Peter Walsh looks at some kids toys storage solutions & Miguel plans the perfect Christmas in July.

**09:00 pm Have You Been Paying Attention? (Rpt)** CC M  
Sexual References,  
Coarse Language,  
Mature Themes,  
Nudity,  
May Contain:

## SPECIAL ENCORE PRESENTATION

Have contestants Ed Kavalee, Denise Scott, Pete Helliard, Celia Pacquola & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**10:00 pm Lawrence Mooney: Moonman (Rpt)** CC MA15+  
Sexual References,  
Strong Coarse  
Language

## Lawrence Mooney - Moonman

"Moonman" is a sophisticated and disturbingly honest & hilarious exploration of Lawrence Mooney's comic psyche and a coming of age story of a 50 year old man.

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

## SPECIAL ENCORE PRESENTATION

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**01:00 am The Late Show With Stephen Colbert** CC PG

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# SYDNEY PROGRAM GUIDE

## Friday 19th July 2019

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# SYDNEY PROGRAM GUIDE

Saturday 20th July 2019

<b>06:00 am</b> <b>Reel Action</b> (Rpt)	CC G	Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.
<b>06:30 am</b> <b>Escape Fishing With ET</b> (Rpt)	CC G	Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species and interesting spots with his mates.
<b>07:00 am</b> <b>RPM</b> (Rpt)	CC	Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.
<b>08:00 am</b> <b>WhichCar</b> (Rpt)	CC G	Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.
<b>08:30 am</b> <b>Seafood Escape With Andrew Ettingshausen</b> (Rpt)	CC G	Host Andrew Ettingshausen joins top Australian Chefs on board commercial fishing boats to find out what it takes to put Seafood on our tables.
<b>09:00 am</b> <b>What's Up Down Under</b> (Rpt)	CC G	Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.
<b>09:30 am</b> <b>Studio 10 Saturday</b>	CC PG	<p><b>ALL NEW EPISODES</b></p> <p>See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity &amp; current affairs, you never know what will happen next.</p>
<b>12:00 pm</b> <b>Luxury Escapes</b> (Rpt)	CC G	<p><b>Japan</b></p> <p>In this episode of Luxury Escapes, we discover the sublime complexity in the land of the Rising Sun, Japan - a country that does both the weird and the wonderful a whole lot better than anyone else.</p>



# SYDNEY PROGRAM GUIDE

Saturday 20th July 2019

<b>12:30 pm</b> <b>Good Chef Bad Chef</b> (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.
<b>01:00 pm</b> <b>My Market Kitchen</b> (Rpt)	CC G	Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market.
<b>01:30 pm</b> <b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.
<b>SEASON PREMIERE</b>		
<b>02:00 pm</b> <b>Pooches At Play</b>	CC G	Join Hosts Lara Shannon and Morgan Burrett on a pet-friendly travel special, providing plenty of health, training and other dog care tips along the way.
<b>02:30 pm</b> <b>The Cook's Pantry With Matt Sinclair</b> (Rpt)	CC G	<b><u>Cook's Pantry With Matt Sinclair, The 19</u></b> Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles.
<b>03:00 pm</b> <b>Foodie Adventures With Ash Pollard</b> (Rpt)	CC PG	<b><u>Thailand, Trat - Dane Swan</u></b> Ash leaves the Bangkok tourist trail in search of the perfect Phad Thai and discovers some luxurious hideaways. She recreates the dishes she has learnt for Dane Swan and her friends.
<b>ALL NEW EPISODES</b>		
<b>03:30 pm</b> <b>What's Up Down Under</b>	CC G	Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.
<b>SPECIAL ENCORE PRESENTATION</b>		
<b>04:00 pm</b> <b>The Living Room Encore</b> (Rpt)	CC	Chris travels to Capertee Valley with a bubble tent and talks about taking great pics of the moon. Peter Walsh looks at some kids toys storage solutions & Miguel plans the perfect Christmas in July.



# SYDNEY PROGRAM GUIDE

Saturday 20th July 2019

**05:00 pm 10 News First**

CC

## ALL NEW EPISODES

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

**06:00 pm Luxury Escapes 2019**

CC PG

## ALL NEW EPISODES

### South Africa / South Australia

In this episode of Luxury Escapes, it's all about the Beautiful South. South Africa's vibrant urban culture of Johannesburg and one of the world's best food and wine destinations: South Australia!

**06:30 pm Jamie's 15 Minute Meals (Rpt)**

CC G

Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.

Starring: Jamie Oliver

**07:00 pm Bondi Rescue (Rpt)**

CC PG  
Coarse Language,  
Mature Themes

The temperature is rising and there are tens of thousands of people on the beach when the lifeguards are called out to a large rescue. Later, can Harries play cupid and find a partner for Singlets?

**07:30 pm The Moon Landing: 50th Anniversary**

CC

## SPECIAL EVENT

### Moon Landing: ONE Hour That Changed The World

The story of the nail biting final hour before Neil Armstrong's famous steps, packed with details driven by powerful footage and audio recordings from the time and mission control in Houston.

**08:30 pm The Dish (Rpt)(2000)**

CC M  
Coarse Language

## MOVIE

The heartwarming story of how the historic live television footage of man's first moon landing were beamed back to the Earth from a sheep paddock in Parkes, NSW in the summer of 1969.

Starring: Sam Neill, Tom Long, Kevin Harrington, Patrick Warburton, Roy Billing, Lenka Kripac, Charles (Bud) Tingwell, Denise Roberts, Genevieve Mooy



# SYDNEY PROGRAM GUIDE

Saturday 20th July 2019

**10:30 pm Todd Sampson's Body Hack Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

In Siberia Todd goes in search of the Nenets people, nomads that have guarded the century-old tradition of herding hundreds of reindeer across the frozen wilderness.

**11:40 pm Todd Sampson's Body Hack (Rpt)** CC M  
Drug Use, Strong Adult Themes, Nudity

Trekking deep into the Amazon, Todd lives with a remote tribe, the Matsigenka who still use traditional hunting techniques. Todd is asked to take part in a popular ritual, but soon finds himself in trouble.

**12:50 am Rugby: Wallabies v South Africa LIVE** CC

## LIVE

### South Africa V Wallabies

**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 Home Shopping (Rpt)**

### Home Shopping

**05:00 am Hour Of Power With Bobby Schuller** G

## ALL NEW EPISODES

Religious program.