



SYDNEY PROGRAM GUIDE

Sunday 14th June 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC PG

ALL NEW EPISODES

327 - Present Help In Times Of Trouble

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo841 - Rebooting

Religious.

08:00 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.

08:30 am Good Chef Bad Chef (Rpt) CC G

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

09:00 am 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.

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!



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12:00 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

12:30 pm Luxury Escapes (Rpt) CC PG

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!

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

SPECIAL ENCORE PRESENTATION

The contestants are each presented with a pumpkin and have to cook dishes that feature the pumpkin in some way but Jock isn't impressed by Laura's chosen dish.

02:15 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

02:30 pm 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.

03:00 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.

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 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.



SYDNEY PROGRAM GUIDE

Sunday 14th June 2020

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.

06:30 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

Charlie Carrington of Melbourne restaurant, Atlas sets today's elimination challenge focusing on food from different countries. But will a big risk send one contestant home?

09:00 pm FBI: Most Wanted

CC M
Violence,
Drug References

ALL NEW EPISODES

Silkworm

When a former counter-intelligence officer is caught leaking classified information to a foreign government and attacks his former partners, the team must track him down before he escapes the country.

Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand

10:00 pm Tommy Encore (Rpt)

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

In Dreams Begin Responsibility

Multiple Emmy Award-winner Edie Falco stars as a former high-ranking NYPD officer who becomes the first female chief of police for Los Angeles, on the series premiere of TOMMY.



SYDNEY PROGRAM GUIDE

Sunday 14th June 2020

11:00 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 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.



SYDNEY PROGRAM GUIDE

Monday 15th June 2020

06:00 am	Best Of The Bold & The Beautiful Encore (Rpt)	CC PG	Eric and Stefanie have a violent row over how to welcome and forgive her mother. She's furious to be told her anger and looks recall her abusive father. Meanwhile, Ridge and Brooke make up in bed.
06:30 am	Best Of The Bold & The Beautiful Encore (Rpt)	CC PG Violence	At the Sydney Originals store opening, Ridge 'proudly' presents Rick as international division chief and Phoebe as perfume face, then the love-birds sneak off to the bridal suite.
07:00 am	Best Of The Bold & The Beautiful Encore (Rpt)	CC PG Sexual References	In out-of-control rage, Ridge had knocked down Rick. Ridge declares Phoebe and he are to never to see each-other at all, which only makes them run outside together, still in jacuzzi bathing suites.
07:30 am	Best Of The Bold & The Beautiful Encore (Rpt)	CC PG	The wait is over! Bold And The Beautiful are in Australia! Steffy and Ivy are the focus of a photo shoot in front of the Sydney Opera House. Meanwhile, Sally is torn between her mission and Thomas.
08:00 am	Studio 10	CC PG	ALL NEW EPISODES The original shock rocker Alice Cooper! In a Studio 10 exclusive, he relives his real life horror story. And reveals his mind-blowingly random new hobby!
12:00 pm	Dr Phil	CC PG Coarse Language, Mature Themes	ALL NEW EPISODES Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.
01:00 pm	MasterChef Australia Encore (Rpt)	CC	SPECIAL ENCORE PRESENTATION Charlie Carrington of Melbourne restaurant, Atlas sets today's elimination challenge focusing on food from different countries. But will a big risk send one contestant home?



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Monday 15th June 2020

02:30 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	My Market Kitchen	CC G
04:00 pm	Good Chef Bad Chef	CC G
04:30 pm	Best Of The Bold & The Beautiful (Rpt)	CC PG
05:00 pm	10 News First	CC
06:30 pm	The Project	CC

ALL NEW EPISODES

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

ALL NEW EPISODES

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

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.

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.

Liam vents to Eric about his resentment toward Quinn. Meanwhile, Quinn sets up a romantic approach to letting Eric know that she's in town to see him.

LIVE

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

ALL NEW EPISODES

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



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Monday 15th June 2020

07:30 pm MasterChef Australia

CC

ALL NEW EPISODES

A golden mystery box? The top four dishes will battle it out in tomorrow's immunity challenge.

08:40 pm Have You Been Paying Attention?

CC M

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

ALL NEW EPISODES

Have our contestants Peter Helliar, Geraldine Hickey, Kitty Flanagan, Ed Kavalee & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:40 pm Kinne Tonight

CC M

Sexual References,
Coarse Language

ALL NEW EPISODES

Troy Kinne and his friends unpack and poke fun at the messiness and realities of modern life in a new show that is sure to leave you in stitches.

10:10 pm How To Stay Married Encore (Rpt)

CC M

Sexual References

SPECIAL ENCORE PRESENTATION

After a sobering cyber-safety information night, Greg and Em decide to install a secret surveillance app on Sophie's phone and are shocked to discover her sexting with a boy from school.

10:40 pm Celebrity Gogglebox USA Encore (Rpt)

CC M

Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

Celebrities watch all the same TV shows as us, so let's join them on the couch and hear what they have to say about them. Join Rob Lowe, Meghan Trainor, The Osbournes, JoJo Siwa and many more!

11:40 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.

12:40 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Stephen Colbert welcomes guests Gayle King & Amy Sedaris.



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Monday 15th June 2020

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 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.



SYDNEY PROGRAM GUIDE

Tuesday 16th June 2020

06:00 am	Entertainment Tonight (Rpt)	CC
06:30 am	CBS This Morning	CC
08:00 am	Studio 10	CC PG
12:00 pm	Dr Phil	CC PG Coarse Language, Mature Themes
01:00 pm	MasterChef Australia Encore (Rpt)	CC
02:10 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG

SPECIAL ENCORE PRESENTATION

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

ALL NEW EPISODES

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

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.

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

A golden mystery box? The top four dishes will battle it out in tomorrow's immunity challenge.

ALL NEW EPISODES

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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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Tuesday 16th June 2020

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 Best Of The Bold & The Beautiful (Rpt) CC PG

Whip is worried that Ridge and Taylor might get closer again. Meanwhile, The Forresters and Logans keep hope alive for the survivors and Steffy flashes back to the pain of losing Phoebe.

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.

06:30 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

Every five minutes an ingredient that can be used in their cook is revealed to our contestants. They can start cooking at any time but only have access to the ingredients revealed up to that point.

08:40 pm How To Stay Married CC M
Sexual References

ALL NEW EPISODES

Em's determined to finally tell Greg about the book she's writing. An unexpected dinner invitation sees Em take drastic action to prevent Greg finding out the wrong way.



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Tuesday 16th June 2020

09:10 pm NCIS (Rpt)

CC M

Thousand Words, A

A street artist's mural is stolen, and the investigation leads to a conspiracy regarding a Navy contractor.

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

10:10 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Knock Down

The team assists in the investigation of an arsonist who targets an FBI safe house that's protecting a political activist seeking asylum; Eric deals with the aftermath of Nell leaving the team.

11:10 pm The Project Encore (Rpt)

CC

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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.

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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04:00 am Home Shopping (Rpt)

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05:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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Wednesday 17th June 2020

06:00 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.

06:30 am CBS This Morning CC

ALL NEW EPISODES

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

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 CC PG
Coarse Language,
Mature Themes

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02:10 pm Entertainment Tonight CC

ALL NEW EPISODES

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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.



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Wednesday 17th June 2020

03:00 pm Judge Judy CC PG

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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 Best Of The Bold & The Beautiful (Rpt) CC G

Steffy tries to make sure that Hope can't find Liam, and Bill helps her out to achieve that. Meanwhile, Rick and Hope try to find Liam on their own.

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.

06:30 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

No two days are the same at Bondi Beach, and for good reason! The lifeguards are on high alert when a group of monks go missing on the iconic shores.



SYDNEY PROGRAM GUIDE

Wednesday 17th June 2020

08:00 pm Bondi Rescue

CC PG
Coarse Language,
Mature Themes

Australia's East Coast has been devastated by drought and fires. While the fires continue to blaze, the smoke impacts the lifeguards visibility, quality of air and their ability to protect beachgoers.

08:30 pm Tommy

CC M
Violence

ALL NEW EPISODES

There Are No Strangers Here

Tommy works to keep her officers in line when one of their own turns up dead, and some want to take extreme measures to find the perpetrator.

09:30 pm Bull (Rpt)

CC M
Strong Violence,
Mature Themes

Justified

A friend from Bull's past enlists his services to help convince a jury that a domestic abuse survivor who shot her husband in his sleep is not guilty of murder.

10:30 pm Elementary

CC M

ALL NEW EPISODES

Reichenbach Falls

Tech billionaire Odin Reichenbach inadvertently provides Holmes and Watson with a lead that could give them evidence that brings him to justice.

11:30 pm The Project Encore (Rpt)

CC

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12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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05:00 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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Thursday 18th June 2020

06:00 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.

06:30 am CBS This Morning CC

ALL NEW EPISODES

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

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 CC PG
Coarse Language,
Drug References,
Mature Themes

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

01:00 pm Celebrity Gogglebox USA Encore (Rpt) CC M
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

Celebrities watch all the same TV shows as us, so let's join them on the couch and hear what they have to say about them. Join Rob Lowe, Meghan Trainor, The Osbournes, JoJo Siwa and many more!

02:00 pm Entertainment Tonight CC

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02:30 pm Judge Judy (Rpt) CC PG

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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 Best Of The Bold & The Beautiful (Rpt) CC G

While on the plane to Paris, Liam tells Ivy all about his romantic plans to meet Hope and make her his wife. Meanwhile, in a press conference the media hounds Wyatt about the death of Ricardo Montemayo.

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.

06:30 pm The Project CC

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07:30 pm Celebrity Gogglebox USA CC M
Coarse Language,
Mature Themes

ALL NEW EPISODES

Celebrities watch all the same TV as us, so let's join them on the couch and hear what they have to say about them. Join Tyra Banks, Justin Long, Raven Symone, Reggie Bush, The Osbournes and more!



SYDNEY PROGRAM GUIDE

Thursday 18th June 2020

08:30 pm Law & Order: S.V.U

CC M
Violence,
Strong Adult Themes

ALL NEW EPISODES

Murdered At A Bad Address

The case of a teenage girl assaulted in the projects leads to a startling discovery, and Benson puts her trust in someone from her past.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder

Guest Starring: Wentworth Miller

09:30 pm Law & Order: S.V.U (Rpt)

CC M
Violence

Diss

When a pop star is assaulted in her home, the SVU investigates the public feud between her rapper husband and a competing record artist. Meanwhile, Fin's family ties to a suspect takes him off the case.

Starring: Mariska Hargitay, Ice T , Peter Scanavino

Guest Starring: Snoop Dogg, Amber Stevens West, Orlando Jones

10:30 pm Blue Bloods

CC M
Violence

ALL NEW EPISODES

Puzzle Palace

Erin must trust a sociopath who claims he has evidence to convict a murderer; Danny tries to arrest a notorious gangster, and Frank faces backlash when he suspends an officer for violent behavior,

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

11:30 pm The Project Encore (Rpt)

CC

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04:00 am Home Shopping (Rpt)

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05:00 am The Talk

CC PG
Mature Themes

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Friday 19th June 2020

06:00 am	Entertainment Tonight (Rpt)	CC
06:30 am	CBS This Morning	CC
08:00 am	Studio 10	CC PG
12:00 pm	Dr Phil	CC PG Mature Themes
01:00 pm	The Dog House Encore (Rpt)	CC PG
02:00 pm	Jamie: Keep Cooking And Carry On (Rpt)	CC G
02:30 pm	Jamie: Keep Cooking And Carry On (Rpt)	CC G

SPECIAL ENCORE PRESENTATION

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ALL NEW EPISODES

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

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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.

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SPECIAL ENCORE PRESENTATION

Follow a team of devoted matchmakers pairing homeless dogs with hopeful companions and explore the magic that can occur between people and dogs. The Dog House is heartwarming TV at its furriest.

In these unprecedented times, Jamie sets out to help, sharing some incredible recipes that make the most of your kitchen staples and offering helpful substitutions when short on certain ingredients.

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Friday 19th June 2020

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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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

SEASON FINALE

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 Best Of The Bold & The Beautiful (Rpt) CC PG

Brooke receives a very pleasant and unexpected visitor in Monte Carlo. Maya is upset when Rick doesn't come in time to see her show.

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.

06:30 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 Jamie: Keep Cooking And Carry On CC G

ALL NEW EPISODES

In these unprecedented times, Jamie sets out to help, sharing some incredible recipes that make the most of your kitchen staples and offering helpful substitutions when short on certain ingredients.



SYDNEY PROGRAM GUIDE

Friday 19th June 2020

08:00 pm Jamie: Keep Cooking And Carry On CC G

Jamie prepares a risotto using frozen veg, a versatile veg-packed sauce that you can bag up and freeze and a delicious eggless chocolate pudding.

SPECIAL ENCORE PRESENTATION

08:30 pm Have You Been Paying Attention? Encore (Rpt) CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

Have our contestants Peter Helliar, Geraldine Hickey, Kitty Flanagan, Ed Kavalee & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm How To Stay Married Encore (Rpt) CC M
Sexual References

SPECIAL ENCORE PRESENTATION

Em's determined to finally tell Greg about the book she's writing. An unexpected dinner invitation sees Em take drastic action to prevent Greg finding out the wrong way.

10:00 pm Kinne Tonight (Rpt) CC M
Sexual References,
Coarse Language

SPECIAL ENCORE PRESENTATION

Troy Kinne and his friends unpack and poke fun at the messiness and realities of modern life in a new show that is sure to leave you in stitches.

10:30 pm To Be Advised

SPECIAL ENCORE PRESENTATION

11:30 pm The Project Encore (Rpt) CC

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

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

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 19th June 2020

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



SYDNEY PROGRAM GUIDE

Saturday 20th June 2020

06:00 am Australian Fishing Championship (Rpt) CC PG

Australian Fishing Championship season 16 features Liam Carruthers and Mark Healey for Team BCF versus Matt Langford and Mitch Cone for Team Jack Link's across the Mackay region.

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

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

08:00 am All 4 Adventure (Rpt) CC PG
Coarse Language

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

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 Foodie Adventures With Ash Pollard (Rpt) CC G

Fiji - Steve Price

Ash discovers the fresh, vibrant flavours of Fiji, learning from top international and local chefs. Her dinner guest this week is Steve Price.

12:30 pm Pooches At Play (Rpt) CC G

Torquay To Bells Beach

The team check out pet friendly things to do with your dog when visiting Torquay and Jan Juc along the Great Ocean Road. Tips include after-beach grooming and other useful health & training advice.



SYDNEY PROGRAM GUIDE

Saturday 20th June 2020

01:00 pm The Dog House Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

Follow a team of devoted matchmakers pairing homeless dogs with hopeful companions and explore the magic that can occur between people and dogs. The Dog House is heartwarming TV at its furriest.

02:00 pm Bondi Rescue Kathmandu Coast To Coast CC PG
Coarse Language

SPECIAL EVENT

Bondi Rescue Kathmandu Coast To Coast

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

ALL NEW EPISODES

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

03:30 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.

04:00 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.

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,
Mature Themes

Trainee Lachie will 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.

06:30 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Medical Procedures

Jethro is faced with the most challenging rescue of his career and the Lifeguards suddenly become the ones in danger when the 4WD buggy is swamped by waves.



SYDNEY PROGRAM GUIDE

Saturday 20th June 2020

07:00 pm The Dog House

CC PG
Mature Themes

ALL NEW EPISODES

Follow a team of devoted matchmakers pairing homeless dogs with hopeful companions and explore the magic that can occur between people and dogs. The Dog House is heartwarming TV at its furriest.

08:00 pm Ambulance (Rpt)

CC M
Mature Themes

First responders try to help a man trapped beneath a tram. Meanwhile, call handler Laura offers life saving advice to a panicked 999 caller and decides on the spot to change the direction of her life.

09:00 pm 999: What's Your Emergency

CC M
Coarse Language,
Mature Themes

ALL NEW EPISODES

You Wouldn't Leave An Animal This Long

With unbearable waiting times, crews help a schoolgirl whose life is threatened by anaphylactic shock, a woman who's been badly cut in a pub fight, and an elderly women who has fractured her hip.

10:00 pm One Born Every Minute Australia (Rpt)

CC M

Each year Australia sees over 300,000 new bundles of joy enter the world. You're invited to be a part of the experience through cameras rolling around the clock capturing each life changing moment.

11:00 pm To Be Advised

12:00 am Blue Bloods Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Puzzle Palace

Erin must trust a sociopath who claims he has evidence to convict a murderer; Danny tries to arrest a notorious gangster, and Frank faces backlash when he suspends an officer for violent behavior,

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

01:00 am Elementary Encore (Rpt)

CC M

SPECIAL ENCORE PRESENTATION

Reichenbach Falls

Tech billionaire Odin Reichenbach inadvertently provides Holmes and Watson with a lead that could give them evidence that brings him to justice.



SYDNEY PROGRAM GUIDE

Saturday 20th June 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 Truth Link

G

ALL NEW EPISODES

Catching Hope In Times Of Hardship

For hope and courage in a time of unrest and uncertainty, William lererua explores what it means to deal with hardship caused by sudden changes in circumstance.

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 21st June 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC PG

ALL NEW EPISODES

328 - As Jesus Is, So Are You

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo842 - Ready To Rise

Religious.

08:00 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.

08:30 am Good Chef Bad Chef (Rpt) CC G

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

09:00 am 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.

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 21st June 2020

12:00 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

12:30 pm Luxury Escapes (Rpt) CC PG

Perth / Myanmar

In this episode of Luxury Escapes, we take a leap into the magical past of Myanmar and discover Perth's bright future as the most laid-back, sun-drenched, luxury travel destination in Australia.

01:00 pm MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Every five minutes an ingredient that can be used in their cook is revealed to our contestants. They can start cooking at any time but only have access to the ingredients revealed up to that point.

02:15 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

02:30 pm 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.

03:00 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.

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 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.



SYDNEY PROGRAM GUIDE

Sunday 21st June 2020

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.

06:30 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

09:00 pm FBI: Most Wanted

CC M
Violence

ALL NEW EPISODES

Ironbound

After a small-town police officer claims he's the victim of a conspiracy and takes revenge on those he believes are responsible for his downfall, Jess and the team learn that he might be right.

Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand

10:00 pm FBI(Rpt)

CC M
Strong Violence

Compromised

A key witness and a U.S. marshal living in a witness protection program are ambushed and killed, and Maggie and OA must track down the person responsible for leaking information that led to their murders.

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



SYDNEY PROGRAM GUIDE

Sunday 21st June 2020

11:00 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 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.



SYDNEY PROGRAM GUIDE

Monday 22nd June 2020

06:00 am Best Of The Bold & The Beautiful Encore (Rpt) CC PG

The wait is over! Bold And The Beautiful are in Australia! Steffy and Liam get married in Sydney. Meanwhile, Wyatt sulks over a few drinks knowing that his ex-wife and brother are tying the knot.

06:30 am Best Of The Bold & The Beautiful Encore (Rpt) CC PG

Steffy gives Thomas her brutally honest opinion about him inviting Sally to her wedding. Meanwhile, Brooke and Eric reminisce about their relationship.

07:00 am Best Of The Bold & The Beautiful Encore (Rpt) CC PG

Ridge and Quinn agree to put an end to their encounters. Meanwhile, Sally suffers the consequences of attending an event she was not invited to.

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

Katie confronts Ridge about the current state of his and Brooke's relationship. Meanwhile, Coco and RJ get to know each other better.

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 CC M
Sexual References,
Mature Themes

ALL NEW EPISODES

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

01:00 pm MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 22nd June 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 (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.

04:30 pm Best Of The Bold & The Beautiful (Rpt) CC PG

An epic fashion showdown for charity gets underway with Forrester Creations and Spectra Fashions. Meanwhile, Sally is confused by Thomas' actions.

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.

06:30 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

08:40 pm Have You Been Paying Attention? CC M

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

ALL NEW EPISODES

Have our contestants been paying attention? Our quizmasters & host Tom Gleisner are about to find out!



SYDNEY PROGRAM GUIDE

Monday 22nd June 2020

09:40 pm Kinne Tonight

CC

ALL NEW EPISODES

Troy Kinne and his friends unpack and poke fun at the messiness and realities of modern life in a new show that is sure to leave you in stitches.

10:10 pm How To Stay Married Encore (Rpt)

CC M
Sexual References

SPECIAL ENCORE PRESENTATION

Em's determined to finally tell Greg about the book she's writing. An unexpected dinner invitation sees Em take drastic action to prevent Greg finding out the wrong way.

10:40 pm To Be Advised

11:40 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.

12:40 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

[Home Shopping](#)

02:00 am Home Shopping (Rpt)

[Home Shopping](#)

02:30 am Home Shopping (Rpt)

[Home Shopping](#)

03:00 am Home Shopping (Rpt)

[Home Shopping](#)

03:30 am Home Shopping (Rpt)

[Home Shopping](#)



SYDNEY PROGRAM GUIDE

Monday 22nd June 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 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.



SYDNEY PROGRAM GUIDE

Tuesday 23rd June 2020

06:00 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.

06:30 am CBS This Morning CC

ALL NEW EPISODES

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

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 CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

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

01:00 pm MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

02:10 pm Entertainment Tonight CC

ALL NEW EPISODES

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.



SYDNEY PROGRAM GUIDE

Tuesday 23rd June 2020

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 (Rpt) 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 Best Of The Bold & The Beautiful (Rpt) CC G

A Fourth of July photo shoot takes place at the Forrester Mansion and everyone has a wonderful time. Pam and Charlie arrive dressed as George and Martha Washington.

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.

06:30 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

08:40 pm How To Stay Married CC M

SEASON FINALE

Sexual References,
Coarse Language

As Greg and Em try to resolve the tension over Em's book, the Butler House prepares for Brad and Nadia's wedding.



SYDNEY PROGRAM GUIDE

Tuesday 23rd June 2020

09:10 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

Friendly Fire

McGee and Bishop travel to Afghanistan after a murder case in the states is linked to a string of soldiers killed by friendly fire overseas.

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

10:10 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Murder Of Crows

The team helps a former NCIS tech operator search for her missing ex-partner, whom they fear might be working with the gun runners they failed to take down years ago.

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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Tuesday 23rd June 2020

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 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.



SYDNEY PROGRAM GUIDE

Wednesday 24th June 2020

06:00 am	Entertainment Tonight (Rpt)	CC
06:30 am	CBS This Morning	CC
08:00 am	Studio 10	CC PG
12:00 pm	Dr Phil	CC PG Violence, Coarse Language, Mature Themes
01:00 pm	MasterChef Australia Encore (Rpt)	CC
02:10 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG

SPECIAL ENCORE PRESENTATION

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

ALL NEW EPISODES

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

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.

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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

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

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

Wednesday 24th June 2020

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 (Rpt) 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 Best Of The Bold & The Beautiful CC PG
Violence

Jack Declares his love for Stephanie. Meanwhile, Shelia Admits what she did to Lauren was wrong, but will her apology keep Lauren from calling the police on Shelia?

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.

06:30 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

Two brothers share an extraordinary tale of how they used resuscitation techniques learned by watching Bondi Rescue on someone who was struck by lightning.

08:00 pm Bondi Rescue CC PG
Mature Themes

A tourist is found unresponsive on the shoreline, her sister translates as lifeguards treat her for a spinal injury. Maxi is splitting his time working both as a firefighter and a lifeguard.



SYDNEY PROGRAM GUIDE

Wednesday 24th June 2020

08:30 pm Tommy

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Lifetime Achievement

Mayor Buddy Gray asks Tommy to personally oversee the investigation when a Hollywood producer is attacked during a party at his home by a woman who claims he tried to sexually assault her first.

09:30 pm Bull (Rpt)

CC M
Violence,
Mature Themes

Reckless

Bull's team takes on a seemingly unwinnable case; a mute man faces the death penalty if he's found guilty of murder and arson; Bull is stunned to learn that his ex-wife is remarrying.

10:30 pm Elementary

CC M

SERIES FINALE

Their Last Bow

Holmes and Watson battle with tech billionaire Odin Reichenbach and receive word of their old enemy and Sherlock's former love, Jamie Moriarty.

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Wednesday 24th June 2020

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 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.



SYDNEY PROGRAM GUIDE

Thursday 25th June 2020

06:00 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.

06:30 am CBS This Morning CC

ALL NEW EPISODES

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

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 CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other 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.

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.



SYDNEY PROGRAM GUIDE

Thursday 25th June 2020

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 (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.

04:30 pm Best Of The Bold & The Beautiful CC PG

Macy finds Brooke hiding under Thorne and Macy's bed, Thorne is then questioned by Macy about how long Brooke has been trying to get with him and why Thorne hadn't told her about it.

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.

06:30 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 Celebrity Gogglebox USA CC M
Coarse Language

ALL NEW EPISODES

Celebrities watch all the same TV shows as us, so let's join them on the couch and hear what they have to say about them.

08:30 pm Law & Order: S.V.U CC M
Violence,
Sexual References,
Strong Adult Themes

ALL NEW EPISODES

Counselor, It's Chinatown

The SVU joins an undercover task force in busting a human trafficking ring in Chinatown.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder

Guest Starring: Margaret Cho



SYDNEY PROGRAM GUIDE

Thursday 25th June 2020

09:30 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Mature Themes

Assumptions

After a Muslim woman is assaulted inside of a synagogue, SVU searches for two suspects that were spotted fleeing the scene of the crime. Meanwhile, Benson is dismayed to find Rob Miller out on bail.

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

Guest Starring: Titus Welliver

10:30 pm Blue Bloods

CC M
Violence,
Mature Themes

SEASON FINALE

Hide In Plain Sight

Danny is faced with tracking down a drug dealer after two young models are found dead from overdoses. Eddie and Jamie team up to determine who the mastermind is behind a robbery in their building.

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

Guest Starring: Stacy Keach

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Thursday 25th June 2020

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 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.



SYDNEY PROGRAM GUIDE

Friday 26th June 2020

06:00 am	Entertainment Tonight (Rpt)	CC
06:30 am	CBS This Morning	CC
08:00 am	Studio 10	CC PG
12:00 pm	Dr Phil	CC PG Coarse Language, Drug References, Mature Themes
01:00 pm	The Dog House Encore (Rpt)	CC PG Mature Themes
02:00 pm	Jamie: Keep Cooking And Carry On (Rpt)	CC G
02:30 pm	Jamie: Keep Cooking And Carry On (Rpt)	CC G

SPECIAL ENCORE PRESENTATION

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

ALL NEW EPISODES

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

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.

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

Follow a team of devoted matchmakers pairing homeless dogs with hopeful companions and explore the magic that can occur between people and dogs. The Dog House is heartwarming TV at its furriest.

SPECIAL ENCORE PRESENTATION

In these unprecedented times, Jamie sets out to help, sharing some incredible recipes that make the most of your kitchen staples and offering helpful substitutions when short on certain ingredients.

Jamie prepares a risotto using frozen veg, a versatile veg-packed sauce that you can bag up and freeze and a delicious eggless chocolate pudding.



SYDNEY PROGRAM GUIDE

Friday 26th June 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 (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.

04:30 pm Best Of The Bold & The Beautiful CC PG
Violence

Stephanie is in complete rage when she finds out about Brooke and Thorne. Stephanie then goes to confront Brooke, but Brooke won't let her in as she's scared of what Stephanie may do.

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.

06:30 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 Jamie: Keep Cooking And Carry On CC G

SEASON FINALE

In these unprecedented times, Jamie sets out to help, sharing some incredible recipes that make the most of your kitchen staples and offering helpful substitutions when short on certain ingredients.



SYDNEY PROGRAM GUIDE

Friday 26th June 2020

08:00 pm Jamie: Keep Cooking And Carry On CC G

Using store cupboard ingredients, Jamie shows us how to make a simple flatbread and turn it into a pizza pie, and makes a heart-warming, versatile beef and ale stew.

08:30 pm Have You Been Paying Attention? Encore (Rpt) CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

SPECIAL ENCORE PRESENTATION

Have our contestants been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm How To Stay Married Encore (Rpt) CC M
Sexual References,
Coarse Language

SPECIAL ENCORE PRESENTATION

As Greg and Em try to resolve the tension over Em's book, the Butler House prepares for Brad and Nadia's wedding.

10:00 pm Kinne Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

Troy Kinne and his friends unpack and poke fun at the messiness and realities of modern life in a new show that is sure to leave you in stitches.

10:30 pm To Be Advised

11:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 26th June 2020

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



SYDNEY PROGRAM GUIDE

Saturday 27th June 2020

06:00 am Australian Fishing Championship (Rpt) CC G

Australian Fishing Championship season 16 features Liam Carruthers and Mark Healey for Team BCF versus Matt Langford and Mitch Cone for Team Jack Link's across the Mackay region.

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

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

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

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

09:00 am 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 Foodie Adventures With Ash Pollard (Rpt) CC G

Monaco - Kris Smith

Ash heads to glamorous Monaco this week and discovers it's hidden local secrets. Her dinner guest this week is Kris Smith.

12:30 pm Pooches At Play (Rpt) CC G

Warrnambool

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



SYDNEY PROGRAM GUIDE

Saturday 27th June 2020

01:00 pm The Dog House Encore (Rpt) CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Follow a team of devoted matchmakers pairing homeless dogs with hopeful companions and explore the magic that can occur between people and dogs. The Dog House is heartwarming TV at its furriest.

02:00 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

02:30 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.

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

ALL NEW EPISODES

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

03:30 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.

04:00 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.

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.



SYDNEY PROGRAM GUIDE

Saturday 27th June 2020

06:00 pm Bondi Rescue (Rpt)

CC PG
Mature Themes

New recruit Josh experiences a day he will never forget. It's been a long hot summer with the lifeguards protecting beachgoers at the unpredictable Bondi Beach.

06:30 pm Bondi Rescue (Rpt)

CC PG
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

07:00 pm The Dog House

CC PG
Mature Themes

ALL NEW EPISODES

Follow a team of devoted matchmakers pairing homeless dogs with hopeful companions and explore the magic that can occur between people and dogs. The Dog House is heartwarming TV at its furriest.

08:00 pm Ambulance (Rpt)

CC M
Sexual References,
Mature Themes

During a 12-hour Friday night shift for the North West Ambulance Service, paramedics respond to an urgent call for a baby who is not breathing, while other crews help drug addicts and the homeless.

09:00 pm 999: What's Your Emergency

CC MA15+
Coarse Language,
Strong Adult Themes

ALL NEW EPISODES

We're Not Trained To Have Someone Say They Killed A Man

A quick-thinking young boy helps in a situation where his mum loses her memory whilst driving. Also, a rookie emergency operator deals with the trauma of a caller confessing to murdering an intruder.

10:00 pm One Born Every Minute Australia (Rpt)

CC M
Mature Themes

Each year Australia sees over 300,000 new bundles of joy enter the world. You're invited to be a part of the experience through cameras rolling around the clock capturing each life changing moment.

11:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Saturday 27th June 2020

12:00 am Supercars: Highlights (Rpt)	CC	<p><u>Supercars Sydney (Sat)</u></p> <p>Highlights of the 2020 Virgin Australia Supercars Championship from the Sydney SuperNight at Sydney Motorsport Park.</p>
01:00 am Sex And The City 2 (Rpt)(2010)	CC MA15+ Strong Sex Scenes	<p>MOVIE</p> <p>While wrestling with the pressures of life, love, and work in Manhattan, Carrie, Miranda, and Charlotte join Samantha for a free trip to Abu Dhabi, where Samantha's ex is filming a new movie.</p> <p>Starring: Sarah Jessica Parker, Kim Cattrall, Kristin Davis, Cynthia Nixon, Chris Noth</p>
04:00 am Home Shopping (Rpt)		<p><u>Home Shopping</u></p>
04:30 am Truth Link	G	<p>ALL NEW EPISODES</p> <p><u>Catching Hope When Dealing With Loss</u></p> <p>For hope and courage in a time of unrest and uncertainty, William Ilerua explores the topic of grief when dealing with loss of a business, a career, or someone close.</p>
05:00 am Hour Of Power	G	<p>ALL NEW EPISODES</p> <p>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.</p>