



# 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 PG

## 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.



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<b>12:00 pm Photo Number 6 (Rpt)</b>	CC PG Sexual References, Mature Themes	<b><u>Iceland</u></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 (Rpt)</b>	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 (Rpt)</b>	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 (Rpt)</b>	CC G	<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 (Rpt)</b>	CC PG Violence, Coarse Language, Mature Themes	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.



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Sunday 14th July 2019

**07:30 pm MasterChef Australia**

CC PG

## 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)

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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 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 PG  
Sexual References,  
Mild Coarse  
Language

## 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 PG

## 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 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.

## 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.

**08:30 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 & guest host Chrissie Swan are about to find out!

**09:30 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.

**11:00 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 including, Wanda Sykes & Vanessa Bayer.



# 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 PG

## 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>02:00 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

Eager to keep his visit to Robert a secret from Paul, David plays along when Roxy claims that he and Aaron are fostering a child. Yashvi decides to run a graffiti tour of Erinsborough.

## 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

Wyatt and Flo celebrate their relationship. Meanwhile, Thomas drugs Liam and then uses his erratic behaviour to his advantage with Hope.

## 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.



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Tuesday 16th July 2019

<b>06:00 pm</b> <b>Celebrity Name Game</b>	CC PG	<p><b>ALL NEW EPISODES</b>  <b><u>Gina Liano &amp; Lawrence Leung</u></b>            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 &amp; Lawrence Leung.</p>
<b>06:30 pm</b> <b>The Project</b>	CC	<p><b>ALL NEW EPISODES</b>            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.</p>
<b>07:30 pm</b> <b>MasterChef Australia</b>	CC	<p><b>ALL NEW EPISODES</b>            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.</p>
<b>08:30 pm</b> <b>Todd Sampson's Body Hack</b>	CC MA15+ Violence, Strong Adult Themes	<p><b>SEASON FINALE</b>            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.</p>
<b>09:30 pm</b> <b>NCIS(Rpt)</b>	CC M	<p><b><u>Off The Grid</u></b>            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</p>
<b>10:30 pm</b> <b>NCIS(Rpt)</b>	CC M Violence, Mature Themes	<p><b><u>Keep Going</u></b>            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</p>



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**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 Ricky Gervais & a musical performance by X Ambassadors.

**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)

**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

Wednesday 17th 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

Wyatt and Flo celebrate their relationship. Meanwhile, Thomas drugs Liam and then uses his erratic behaviour to his advantage with Hope.

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

CC PG

## 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

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

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

Wednesday 17th 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

Paul, Aaron and David are shocked to learn that Rob had a daughter. Heather is desperate to see Dee as she is still bewildered by the similarities between Dee and Andrea, and is aching for answers.

## 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.

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

## ALL NEW EPISODES

Liam remembers how he pushed Hope away and pulled Steffy closer. Meanwhile, Thomas shares his next plan with Douglas.

## 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

Wednesday 17th July 2019

06:00 pm <b>Celebrity Name Game</b>	CC PG	<p><b>ALL NEW EPISODES</b>  <b><u>Gary Mehigan &amp; George Calombaris</u></b>            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 &amp; George Calombaris.</p>
06:30 pm <b>The Project</b>	CC	<p><b>ALL NEW EPISODES</b>            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.</p>
07:30 pm <b>MasterChef Australia</b>	CC	<p><b>ALL NEW EPISODES</b>            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.</p>
08:40 pm <b>My Life Is Murder</b>	CC M Violence, Coarse Language	<p><b>SERIES PREMIERE</b>  <b><u>The Boyfriend Experience</u></b>            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.</p>
09:40 pm <b>Bull</b>	CC M	<p><b>ALL NEW EPISODES</b>  <b><u>Forfeiture</u></b>            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.</p>
10:35 pm <b>Sports Tonight</b>	CC	<p><b>ALL NEW EPISODES</b>            Scott Mackinnon, Roz Kelly and Ant Sharwood present the latest sports news, views and highlights in a fun and engaging format.</p>



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

## SPECIAL ENCORE PRESENTATION

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**12:05 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 Awkwafina & Donny Deutsch. Plus, a musical performance by Mountain Goats.

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

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

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## 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

Thursday 18th 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

Liam remembers how he pushed Hope away and pulled Steffy closer. Meanwhile, Thomas shares his next plan with Douglas.

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

CC PG

## SPECIAL ENCORE PRESENTATION

### 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.

**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 MasterChef Australia Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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.



# SYDNEY PROGRAM GUIDE

Thursday 18th 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
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<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

Dee reveals to Toadie she wants to visit Andrea. Finding a groove with his new granddaughter becomes difficult for Paul due to Harlow's interest in Rob.

## 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

Liam confesses to a heartbroken Hope about his night with Steffy. Meanwhile, Steffy calls Thomas out for wanting to end Liam and Hope's relationship.

## 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

Thursday 18th July 2019

**06:00 pm Celebrity Name Game**

CC PG

## 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.

**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

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

Thursday 18th July 2019

**12:55 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 Sofia Vergara & David Cross. Plus, catch a musical performance by Tove Lo.

**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 19th 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

Liam confesses to a heartbroken Hope about his night with Steffy. Meanwhile, Steffy calls Thomas out for wanting to end Liam and Hope's relationship.

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

CC PG

## SPECIAL ENCORE PRESENTATION

### 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.

**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,  
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 PG

## 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
<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

Toadie is committed to finding some way to revisit the past and reconnect with Dee. She feels the warmth of Toadie's care again and begins to wonder, are her feelings for him being reawakened?

## 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 convinces Douglas to propose to Hope as if it were his own idea. Meanwhile, Steffy does her best to comfort Liam.

## 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 19th July 2019

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

## ALL NEW EPISODES

### Tim Blackwell & Georgie Carroll

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: Tim Blackwell & Georgie Carroll.

**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 Helliar, Celia Pacquola & Sam Pang been paying attention? Our quizmasters & guest host Chrissie Swan 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

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

Friday 19th July 2019

**01:00 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 including, Norah O'Donnell & Topher Grace.

**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 Home Shopping** (Rpt)

**Home Shopping**

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

**Home Shopping**





# SYDNEY PROGRAM GUIDE

Saturday 20th July 2019

**06:00 am Reel Action** (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.

**06:30 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.

**07:00 am RPM** (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.

**08:00 am WhichCar** (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.

**08:30 am Seafood Escape With Andrew Ettingshausen** (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.

**09:00 am What's Up Down Under** (Rpt) CC G

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

**09:30 am Studio 10 Saturday** 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.

**12:00 pm Luxury Escapes** (Rpt) CC G

## 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.



# 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>02:00 pm</b>	<b>Pooches At Play</b>	CC G	<p><b>SEASON PREMIERE</b>  <b>Melbourne To Geelong</b></p> <p>The Pooches At Play team begin their caravanning adventure, providing plenty of tips for a road trip with your pet, including packing, car travel safety, food and anxiety tips and much more!</p>
<b>02:30 pm</b>	<b>The Cook's Pantry With Matt Sinclair</b> (Rpt)	CC G	<p><b>Cook's Pantry With Matt Sinclair, The 19</b></p> <p>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.</p>
<b>03:00 pm</b>	<b>Foodie Adventures With Ash Pollard</b> (Rpt)	CC PG	<p><b>Thailand, Trat - Dane Swan</b></p> <p>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.</p>
<b>03:30 pm</b>	<b>What's Up Down Under</b>	CC G	<p><b>ALL NEW EPISODES</b></p> <p>Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.</p>
<b>04:00 pm</b>	<b>The Living Room Encore</b> (Rpt)	CC	<p><b>SPECIAL ENCORE PRESENTATION</b></p> <p>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 &amp; Miguel plans the perfect Christmas in July.</p>



# 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

## SPECIAL ENCORE PRESENTATION

**10:30 pm Todd Sampson's Body Hack Encore (Rpt)** CC MA15+  
Violence, Strong Adult Themes  
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 Matsigenkas 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 Qantas Wallabies

Join us LIVE for all the action between the South African Springboks and the Qantas Wallabies from Ellis Park, Johannesburg. Kick-off: 1:05am (AEST).

**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.



# SYDNEY PROGRAM GUIDE

Sunday 21st 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

### Your Wings Are Coming

Religious.

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

## 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.

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

### W.A.

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

**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 21st July 2019

**12:00 pm Photo Number 6 (Rpt)** CC G

## **UK - Part 1**

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.

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

Hosted by popular series one MasterChef contestant, Justine Schofield, EG presents can-do cooking ideas as well as tips, tricks and insights into making us all more confident in the kitchen

**01:20 pm The Cook's Pantry With Matt Sinclair (Rpt)** CC G

## **Cook's Pantry With Matt Sinclair, The 20**

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.

**01:50 pm The Moon Landing: 50th Anniversary (Rpt)** CC

## **SPECIAL ENCORE PRESENTATION**

### **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.

**02:50 pm MasterChef Australia Encore (Rpt)** CC

## **SPECIAL ENCORE PRESENTATION**

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.

**04:00 pm RPM** CC

## **ALL NEW EPISODES**

Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

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

## **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Sunday 21st July 2019

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

CC PG  
Coarse Language

Ryan, Jethro and Harries are on duty when some early morning beach walkers run up to the tower to say they think they have seen a body near North Bondi.

**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

By the end of the night, 5 will become 4 as the MasterChef Australia trophy beckons. In a special MasterClass, contestants set their very own mystery box challenge for the judges and Curtis Stone.

**09:30 pm FBI**

CC M  
Violence

## SEASON FINALE

### Closure

A woman with information about the death of Maggie's husband is abducted leading the team to uncover a criminal operation larger than anyone imagined.

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

**10:30 pm To Be Advised**

**11:30 pm 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.

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

## Home Shopping



# SYDNEY PROGRAM GUIDE

## Sunday 21st July 2019

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

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





# SYDNEY PROGRAM GUIDE

Monday 22nd 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 convinces Douglas to propose to Hope as if it were his own idea. Meanwhile, Steffy does her best to comfort Liam.

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

CC PG

## SPECIAL ENCORE PRESENTATION

### Tim Blackwell & Georgie Carroll

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: Tim Blackwell & Georgie Carroll.

**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,  
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

By the end of the night, 5 will become 4 as the MasterChef Australia trophy beckons. In a special MasterClass, contestants set their very own mystery box challenge for the judges and Curtis Stone.



# SYDNEY PROGRAM GUIDE

Monday 22nd July 2019

**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

Douglas asks Hope to marry Thomas and be his new mommy. Meanwhile, Xander goes to Charlie for a favour.

**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

### Tom Gleeson & Luke McGregor

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: Tom Gleeson & Luke McGregor.

**06:30 pm The Project** CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Monday 22nd July 2019

**07:30 pm MasterChef Australia** CC

## ALL NEW EPISODES

Today's Semi Final is a pressure test set by acclaimed Quay executive chef Peter Gilmore. The 3 contestants who do the most impressive job recreating the dish will earn their spot in the Grand Finale.

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

## ALL NEW EPISODES

Have contestants Ed Kavalee, Abby Coleman, Marty Sheargold, Ash London & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**10:00 pm Akmal - Transparent (Rpt)** CC MA15+  
Strong Coarse  
Language

## Akmal - Transparent

See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter!

**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 including, John Oliver & Joe Namath.

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

## Home Shopping

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

## Home Shopping



# SYDNEY PROGRAM GUIDE

## Monday 22nd July 2019

**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

Tuesday 23rd 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**

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

Douglas asks Hope to marry Thomas and be his new mommy. Meanwhile, Xander goes to Charlie for a favour.

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

CC PG

## SPECIAL ENCORE PRESENTATION

### Tom Gleeson & Luke McGregor

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: Tom Gleeson & Luke McGregor.

**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**

CC M  
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

Today's Semi Final is a pressure test set by acclaimed Quay executive chef Peter Gilmore. The 3 contestants who do the most impressive job recreating the dish will earn their spot in the Grand Finale.



# SYDNEY PROGRAM GUIDE

Tuesday 23rd July 2019

<b>02:30 pm</b>	<b>Entertainment Tonight</b>	CC
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>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 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.

## 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 manipulates Hope into accepting his proposal. Meanwhile, Xander increases his pursuit for evidence against Thomas.

## 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

### Julie Goodwin & 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: Julie Goodwin & George Calombaris.



# SYDNEY PROGRAM GUIDE

Tuesday 23rd 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

## SEASON FINALE

It's been months of nail-biting challenges, but there can only be one winner to walk away with the life-changing title of Australia's MasterChef 2019!

**09:30 pm NCIS (Rpt)**

CC M  
Violence,  
Sexual References

## Nonstop

The team partner with "The Sherlocks" - one of whom is Anthony DiNozzo, Sr. - to investigate the murder of a petty officer outside D.C.

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

**10:30 pm NCIS (Rpt)**

CC M

## Pandora's Box, Part I

When Abby's homeland security think tank is compromised, the team realises that a theoretical terror playbook has been stolen.

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.

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

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Tuesday 23rd 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

Wednesday 24th 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 manipulates Hope into accepting his proposal. Meanwhile, Xander increases his pursuit for evidence against Thomas.

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

CC PG

## SPECIAL ENCORE PRESENTATION

### Julie Goodwin & 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: Julie Goodwin & George Calombaris.

**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 To Be Advised**

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

CC

## SPECIAL ENCORE PRESENTATION

It's been months of nail-biting challenges, but there can only be one winner to walk away with the life-changing title of Australia's MasterChef 2019!

**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

Wednesday 24th July 2019

**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

**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

**Tim Blackwell & Commando Steve Willis**

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: Tim Blackwell & Commando Steve Willis.

**06:30 pm The Project** CC

## ALL NEW EPISODES

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

**07:30 pm Australian Survivor** CC

## SEASON PREMIERE

In the ultimate test of the human spirit, 12 everyday Aussies take on 12 Australian Champions over 50 days to see who can outwit, outplay and outlast to become the Sole Survivor.



# SYDNEY PROGRAM GUIDE

Wednesday 24th July 2019

**09:00 pm My Life Is Murder**

CC M  
Violence,  
Coarse Language

## ALL NEW EPISODES

### The Locked Room

A man is found shot dead in a motel room. The door has been chain-locked from the inside. How could someone kill him and escape when the door was locked from the inside?

**10:00 pm Bull**

CC M

## ALL NEW EPISODES

### Parental Guidance

Bull and the TAC team represent a teen boy raised in complete isolation when the young man goes on trial for murder after engaging in a deadly shootout.

**11:00 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.

**11:30 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 July 2019

**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

Thursday 25th 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**

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

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

CC PG

## SPECIAL ENCORE PRESENTATION

### Tim Blackwell & Commando Steve Willis

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: Tim Blackwell & Commando Steve Willis.

**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**

CC M  
Violence,  
Mature Themes

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

**01:00 pm To Be Advised**

**02:30 pm Entertainment Tonight**

CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Thursday 25th July 2019

**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

**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

### Tom Ballard & Scott Tweedie

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: Tom Ballard & Scott Tweedie.

**06:30 pm The Project** CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Thursday 25th July 2019

**07:30 pm Australian Survivor**

CC

## ALL NEW EPISODES

Only a few days on the island and alliances are already starting to form. It's still a team game as the rewards challenge requires a huge effort from all in order to take home some fishing equipment.

**09:00 pm Law & Order: SVU (Rpt)**

CC M  
Mature Themes

### Transgender Bridge

A transgender teen is teased and then fatally injured after being pushed off a bridge by bullies, one of whom is tried as an adult when the case goes to the DA's office.

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

Guest Starring: Jessica Phillips, Robert Sean Leonard, Jenna Stern, Bill Irwin

**10:00 pm Law & Order: SVU (Rpt)**

CC M  
Mature Themes

### Institutional Fail

A malnourished toddler is found wandering alone and leads police to another critically ill child from the same home, with the investigation landing the Department of Child Services in hot water.

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

Guest Starring: Whoopi Goldberg, Peter Gallagher, Josh Pais, John Magaro, Joseph Lyle Taylor, Jessica Pimentel

**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



# SYDNEY PROGRAM GUIDE

Thursday 25th July 2019

**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 26th 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

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

CC PG

## SPECIAL ENCORE PRESENTATION

### Tom Ballard & Scott Tweedie

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: Tom Ballard & Scott Tweedie.

**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**

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

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

Friday 26th 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
<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.

## 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

## 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

### Denise Drysdale & Natalie Basingthwaite

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: Denise Drysdale & Natalie Basingthwaite



# SYDNEY PROGRAM GUIDE

Friday 26th 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 Living Room** CC

## ALL NEW EPISODES

The Living Room is celebrating their 300th episode in style! Amanda, Chris, Barry and Miguel relive their favourite stories from the past eight years and Chris travels to Memphis, Tennessee.

**08:30 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, Abby Coleman, Marty Sheargold, Ash London & Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**09:30 pm Akmal - Transparent Encore (Rpt)** CC MA15+  
Strong Coarse  
Language

## Akmal - Transparent

See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter!

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

## SPECIAL ENCORE PRESENTATION

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

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

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

## Friday 26th 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>
<b>04:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>05:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>05:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>



# SYDNEY PROGRAM GUIDE

Saturday 27th July 2019

**06:00 am Reel Action** (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.

**06:30 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.

**07:00 am RPM** (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.

**08:00 am WhichCar** (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.

**08:30 am Seafood Escape With Andrew Ettingshausen** (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.

**09:00 am What's Up Down Under** (Rpt) CC G

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

**09:30 am Studio 10 Saturday** 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.

**12:00 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!



# SYDNEY PROGRAM GUIDE

Saturday 27th July 2019

**12:30 pm Healthy Homes Australia (Rpt)** CC G

Home, garden, lifestyle or build – Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

**01:00 pm My Market Kitchen (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.

**01:30 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.

**02:00 pm Pooches At Play** CC G

## ALL NEW EPISODES

### 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.

**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 The Cook's Pantry With Matt Sinclair (Rpt)** CC G

### Cook's Pantry With Matt Sinclair, The 21

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.

**03:30 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

The Living Room is celebrating their 300th episode in style! Amanda, Chris, Barry and Miguel relive their favourite stories from the past eight years and Chris travels to Memphis, Tennessee.



# SYDNEY PROGRAM GUIDE

Saturday 27th 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 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

**06:30 pm Bondi Rescue (Rpt)**

CC PG  
Coarse Language

Trainee Tommy learns a valuable lesson when he completes one of the funniest rescues of the season. Meanwhile, Troy races to rescue a young girl drowning directly in front of the tower.

**07:00 pm Rugby: Wallabies v South Argentina LIVE**

CC

## LIVE

### Qantas Wallabies V Argentina

Join us LIVE for all the action between the Wallabies and Argentina at Suncorp Stadium, Brisbane. Kick-off: 8:00pm (AEST).

**10:00 pm To Be Advised**

**11:30 pm Supercars Highlights (Rpt)**

CC

### Supercars Ipswich (Sat)

Highlights of the 2019 Supercars Championship from the Century Batteries Ipswich SuperSprint at Queensland Raceway.

**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



# SYDNEY PROGRAM GUIDE

## Saturday 27th July 2019

**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.