



# SYDNEY PROGRAM GUIDE

Sunday 13th September 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 G

## ALL NEW EPISODES

**340 - Face Life Without Fear—secrets Unveiled In Isaiah 53**

Religious

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

## ALL NEW EPISODES

**Jo850 - Remember What God Said**

Religious.

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

Kabir might look like any other 7-year-old...But Kabir is gifted! With an IQ of 142, he loves science and his parents want to transform their rental into a new space that inspires him.

**09:00 am Taste Of Australia (Rpt)** CC G

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.

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

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

**12:00 pm Family Feud Encore (Rpt)** CC PG

## SPECIAL ENCORE PRESENTATION

2020 has been a year many of us would like to forget, but Family Feud would like to make it one to remember, with its biggest prize of \$100,000 on offer to teams of deserving heroes.



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**01:00 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.

**01:15 pm The Masked Singer Australia Encore (Rpt)** CC PG

## SPECIAL ENCORE PRESENTATION

Head backstage for interviews with eliminated contestants and explanations of those curly clues. Witness the glitz, glamour, crazy security measures & costume labour that make this show spectacular.

**02:30 pm Hotels By Design** CC PG

## ALL NEW EPISODES

Hotels by Design features 35 of Australia's and New Zealand's most fabulously designed Hotels. It's about design experience inspiring those who indulge in immersive design.

**03:00 pm Jamie: Keep Cooking And Carry On (Rpt)** CC G

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.

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

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

**04:00 pm Whichcar** CC PG

## ALL NEW EPISODES

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

**04:30 pm RPM** CC

## ALL NEW EPISODES

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

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

## LIVE

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



# SYDNEY PROGRAM GUIDE

Sunday 13th September 2020

**06:30 pm The Sunday Project**

CC

## ALL NEW EPISODES

Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.

**07:30 pm Family Feud**

CC G

## ALL NEW EPISODES

The Kairouz Family are back to take a swing at the cash jackpot. But first, they face the Jains, whose team captain Anika has been working long shifts as doctor in the Blacktown Hospital COVID ward.

**08:30 pm FBI**

CC M  
Violence

## ALL NEW EPISODES

### Salvation

A teacher goes missing after an altercation with a student, and when evidence suggests he has been murdered, the FBI's investigation leads them to the frightening world of a vicious and heartless gang.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd

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

CC M  
Violence

### 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

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

CC M

### Handle With Care

Gibbs and the team work to clear the name of a retired Marine after cyanide is found in one of the care packages he sent to active-duty Marines.

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

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

CC

## SPECIAL ENCORE PRESENTATION

Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.



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<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

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



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<b>06:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC
<b>06:30 am</b>	<b>Farm To Fork</b> (Rpt)	CC G
<b>07:00 am</b>	<b>Judge Judy Encore</b> (Rpt)	CC PG
<b>07:30 am</b>	<b>The Bold &amp; The Beautiful Encore</b> (Rpt)	CC PG
<b>08:00 am</b>	<b>Studio 10</b>	CC PG
<b>12:00 pm</b>	<b>Dr Phil</b>	CC PG Mature Themes
<b>01:00 pm</b>	<b>The Masked Singer Australia Encore</b> (Rpt)	CC PG
<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC

## SPECIAL ENCORE PRESENTATION

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

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.

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

Steffy lets down her guard; Finn sees how vulnerable she. Ridge confronts Bill about his egregious transgressions toward his family.

## ALL NEW EPISODES

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

## 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.

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Head backstage for interviews with eliminated contestants and explanations of those curly clues. Witness the glitz, glamour, crazy security measures & costume labour that make this show spectacular.

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Monday 14th September 2020

**02:30 pm Judge Judy (Rpt)** CC PG

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

## ALL NEW EPISODES

**03:00 pm Judge Judy** CC PG

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

**03:30 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.

## ALL NEW EPISODES

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

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

## ALL NEW EPISODES

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

Brooke and Ridge are surprised by who is on their side, and why. Quinn ups the ante in her game of manipulating the end of Brooke and Ridge.

## LIVE

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

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

## ALL NEW EPISODES

**06:30 pm The Project** 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.

## SEASON FINALE

**07:30 pm The Masked Singer Australia** CC PG

It's time to find out who is behind the final three masks and who will be crowned the winner of The Masked Singer Australia 2020.



# SYDNEY PROGRAM GUIDE

Monday 14th September 2020

**08:40 pm Have You Been Paying Attention?**

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

## ALL NEW EPISODES

Have Kitty Flanagan, Lloyd Langford, Ash London, Sam Pang and Ed Kavalee been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**09:40 pm Drunk History Australia**

CC M  
Sexual References,  
Coarse Language,  
Mature Themes

## SERIES PREMIERE

Anne Edmonds recounts the history of opera legend Dame Nellie Melba; and Harley Breen retells the expedition of Burke and Wills both while under a boozy influence.

Starring: Anne Edmonds, Harley Breen, Susie Yousseff, James Mathison, Osher Gunsberg, Yvie Jones

**10:10 pm Just For Laughs (Rpt)**

CC M  
Sexual References,  
Coarse Language

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Rove McManus, Ivan Aristeguieta, Simon Taylor and Tommy Little.

**10:40 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.

**11:40 pm The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

Stephen Colbert welcomes guests Speaker of the House Nancy Pelosi, with musical performance by Lucinda Williams

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**



# SYDNEY PROGRAM GUIDE

## Monday 14th September 2020

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Tuesday 15th September 2020

<b>06:00 am</b>	<b>Entertainment Tonight Encore</b> (Rpt)	CC
<b>06:30 am</b>	<b>Farm To Fork</b> (Rpt)	CC G
<b>07:00 am</b>	<b>Judge Judy Encore</b> (Rpt)	CC PG
<b>07:30 am</b>	<b>The Bold &amp; The Beautiful Encore</b> (Rpt)	CC PG
<b>08:00 am</b>	<b>Studio 10</b>	CC PG
<b>12:00 pm</b>	<b>Dr Phil</b>	CC M Drug Use
<b>01:00 pm</b>	<b>To Be Advised</b>	
<b>02:15 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Judge Judy</b> (Rpt)	CC PG

## SPECIAL ENCORE PRESENTATION

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

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.

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

Brooke and Ridge are surprised by who is on their side, and why. Quinn ups the ante in her game of manipulating the end of Brooke and Ridge.

## ALL NEW EPISODES

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**03:00 pm Judge Judy** CC PG

## ALL NEW EPISODES

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**03:30 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.

**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

Shauna becomes uncomfortable when Wyatt makes a joke that hits too close to home. Brooke's attempt to make up with Ridge is cut short by an unexpected visitor.

**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 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 Todd Sampson's Body Hack** CC M  
Coarse Language,  
Mature Themes,  
Nudity

## SEASON PREMIERE

Todd explores the world of extreme drivers, why they risk their lives for their passion, and how they use their minds and bodies to cope with the adrenaline, extreme stress and debilitating fear.



# SYDNEY PROGRAM GUIDE

Tuesday 15th September 2020

**08:30 pm Ambulance Australia** (Rpt)

CC M  
Violence,  
Drug References,  
Mature Themes

In the midst of the graveyard shift, the Operations Centre springs into action, when a five-patient stabbing from a home invasion is reported in Brisbane's North.

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

CC M  
Violence

### **Bears And Cubs**

Jimmy is torn between family and work after his father-in-law asks him to tamper with evidence in a current murder investigation. Ed's poker buddy offers to help with the case.

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

**10:30 pm The Project Encore** (Rpt)

CC

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**11:30 pm The Late Show With Stephen Colbert** CC PG

### **ALL NEW EPISODES**

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

**Home Shopping**

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

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# SYDNEY PROGRAM GUIDE

## Tuesday 15th September 2020

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

**Home Shopping**

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

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Wednesday 16th September 2020

<b>06:00 am</b>	<b>Entertainment Tonight Encore</b> (Rpt)	CC
<b>06:30 am</b>	<b>Farm To Fork</b> (Rpt)	CC G
<b>07:00 am</b>	<b>Judge Judy Encore</b> (Rpt)	CC PG
<b>07:30 am</b>	<b>The Bold &amp; The Beautiful Encore</b> (Rpt)	CC PG
<b>08:00 am</b>	<b>Studio 10</b>	CC PG
<b>12:00 pm</b>	<b>Dr Phil</b>	CC PG Coarse Language, Mature Themes
<b>01:00 pm</b>	<b>To Be Advised</b>	
<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC

## SPECIAL ENCORE PRESENTATION

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

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.

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Shauna becomes uncomfortable when Wyatt makes a joke that hits too close to home. Brooke's attempt to make up with Ridge is cut short by an unexpected visitor.

## ALL NEW EPISODES

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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.

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## Wednesday 16th September 2020

**02:30 pm Judge Judy (Rpt)** CC PG

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

### ALL NEW EPISODES

**03:00 pm Judge Judy** CC PG

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**03:30 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.

### ALL NEW EPISODES

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

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

### ALL NEW EPISODES

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

Ridge fills Eric in on Quinn's bold and brazen opportunistic move. Sisters Brooke and Katie try to hash things out at Donna's.

### LIVE

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

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

### ALL NEW EPISODES

**06:30 pm The Project** 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.

### ALL NEW EPISODES

**07:30 pm The Bachelor Australia** CC PG  
Coarse Language,  
Mature Themes

It's the first group date since everyone returned to the mansion and the ladies finally get to do what they couldn't during lockdown - get physical with Locky! Locky is blindfolded and stripped down to his underwear.



# SYDNEY PROGRAM GUIDE

## Wednesday 16th September 2020

**08:30 pm Bull** (Rpt)

CC M  
Violence

### **Prior Bad Acts**

Bull's new relationship with Diana, his on-again romantic rival, is complicated by his renewed feelings for his ex-wife, Isabella, when they're reunited by the sudden death of her and Benny's father.

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

CC M  
Mature Themes

### **Leave IT All Behind**

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

**10:30 pm The Project Encore** (Rpt)

CC

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**11:30 pm The Late Show With Stephen Colbert** CC PG

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**Home Shopping**

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# SYDNEY PROGRAM GUIDE

Wednesday 16th September 2020

**04:30 am CBS This Morning**

CC

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Thursday 17th September 2020

<b>06:00 am</b>	<b>Entertainment Tonight Encore</b> (Rpt)	CC
<b>06:30 am</b>	<b>Farm To Fork</b> (Rpt)	CC G
<b>07:00 am</b>	<b>Judge Judy Encore</b> (Rpt)	CC PG
<b>07:30 am</b>	<b>The Bold &amp; The Beautiful Encore</b> (Rpt)	CC PG
<b>08:00 am</b>	<b>Studio 10</b>	CC PG
<b>12:00 pm</b>	<b>Dr Phil</b>	CC PG Coarse Language, Drug References, Mature Themes
<b>01:00 pm</b>	<b>To Be Advised</b>	
<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Judge Judy</b> (Rpt)	CC PG

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**07:30 pm The Bachelor Australia** CC

## ALL NEW EPISODES

Only five women remain in the race for Locky's heart, and the pressure is on as he contemplates the difficult decision of who to take through to Hometowns.

**08:30 pm Gogglebox** CC

## ALL NEW EPISODES

Australia's favourite armchair critics review the shows they love and loath to watch. Reno, drama, cooking, adventure- there's no show or genre that's safe from the Goggleboxers honest analysis.



# SYDNEY PROGRAM GUIDE

Thursday 17th September 2020

**09:30 pm To Be Advised**

**10:00 pm Just For Laughs (Rpt)**

CC M  
Sexual References,  
Coarse Language

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Greg Proops, Gen Fricker, Sam Campbell and Tommy Little.

**10:30 pm This Is Us**

CC PG  
Mature Themes

## ALL NEW EPISODES

### Flip A Coin

Kevin reflects on his past. Rebecca visits Randall at college. Beth's mom comes to visit. Kate and Toby share new experiences with baby Jack.

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

CC

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# SYDNEY PROGRAM GUIDE

Thursday 17th September 2020

**04:30 am CBS This Morning**

CC

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# SYDNEY PROGRAM GUIDE

Friday 18th September 2020

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<b>06:30 am</b>	<b>Farm To Fork</b> (Rpt)	CC G
<b>07:00 am</b>	<b>Judge Judy Encore</b> (Rpt)	CC PG
<b>07:30 am</b>	<b>The Bold &amp; The Beautiful Encore</b> (Rpt)	CC PG
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<b>01:00 pm</b>	<b>The Living Room Encore</b> (Rpt)	CC G
<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC

## SPECIAL ENCORE PRESENTATION

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

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.

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

## ALL NEW EPISODES

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

## 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

Kabir might look like any other 7-year-old...But Kabir is gifted! With an IQ of 142, he loves science and his parents want to transform their rental into a new space that inspires him.

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

## Friday 18th September 2020

**02:30 pm Judge Judy (Rpt)** CC PG

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

### ALL NEW EPISODES

**03:00 pm Judge Judy** CC PG

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

**03:30 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.

### ALL NEW EPISODES

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

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

### ALL NEW EPISODES

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

### LIVE

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

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

### ALL NEW EPISODES

**06:30 pm The Project** 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.

### ALL NEW EPISODES

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

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.



# SYDNEY PROGRAM GUIDE

Friday 18th September 2020

**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 Kitty Flanagan, Lloyd Langford, Ash London, Sam Pang and Ed Kavalee been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

**09:30 pm To Be Advised**

**10:30 pm The Project Encore** (Rpt)

CC

## SPECIAL ENCORE PRESENTATION

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

**11:30 pm The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

**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](#)



# SYDNEY PROGRAM GUIDE

## Friday 18th September 2020

**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 19th September 2020

**06:00 am Reel Action** (Rpt) CC G

## ALL NEW EPISODES

### Golden Trevally On Soft Plastics

Justin takes Guesty and Barney for a day out targeting extra large golden trevally with big soft plastics. The mayhem of a double hook-up kicks off the morning and the action doesn't stop.

**06:30 am Leading The Way** CC G

## ALL NEW EPISODES

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

**07:00 am Whichcar** (Rpt) CC PG

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

**07:30 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.

**08:00 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.

**08:30 am 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.

**09:00 am Destination Dessert** CC

## ALL NEW EPISODES

Destination Dessert is the ultimate travel show for the sweet tooth! Exploring NSW in our first series, discovering the sweeter things in life.

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

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

**12:00 pm Creative Generation 2020** CC G

## SPECIAL EVENT

### Creative Generation 2020

State School students from across Queensland showcase their creative talents in this annual arena music spectacular.



# SYDNEY PROGRAM GUIDE

## Saturday 19th September 2020

**01:00 pm Jamie: Keep Cooking And Carry On** CC G  
(Rpt)

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.

### ALL NEW EPISODES

**01:30 pm Healthy Homes Australia** 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.

### ALL NEW EPISODES

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

Hosted by Dog Trainer and Behaviourist Lara Shannon and Morgan Burrett, Pooches at Play is a Lifestyle TV Show all about dogs and our relationship with them.

### ALL NEW EPISODES

**02:30 pm Hotels By Design** CC PG

Hotels by Design features 35 of Australia's and New Zealand's most fabulously designed Hotels. It's about design experience inspiring those who indulge in immersive design.

### ALL NEW EPISODES

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

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

**03:30 pm The Living Room Encore** (Rpt) CC PG

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.

### ALL NEW EPISODES

**04:30 pm Taste Of Australia With Hayden Quinn** CC G

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.



# SYDNEY PROGRAM GUIDE

Saturday 19th September 2020

## LIVE

<b>05:00 pm</b>	<b>10 News First</b>	CC		Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
<b>06:00 pm</b>	<b>To Be Advised</b>			
<b>07:00 pm</b>	<b>Bondi Rescue (Rpt)</b>	CC	PG Coarse Language, Mature Themes	As thousands flock Bondi at the height of Coronavirus and social distancing, the State Police Minister arrives to bar people from the beach - the first time it's been done since World War 2.
<b>07:30 pm</b>	<b>Ambulance Australia (Rpt)</b>	CC	M Violence, Mature Themes	A shortage in ambulances. Long wait times for patients. A horrific motor vehicle accident. Brain injury. A house fire. Suspected domestic violence. All this in the day-in-the-life of a paramedic.
<b>08:40 pm</b>	<b>Ambulance Australia (Rpt)</b>	CC	M Violence, Coarse Language, Drug References, Mature Themes	Paramedics, Rick and Amie's easy morning is shaken by a serious call: a 51 year old male is suffering a heart attack & they are the closest responders. It is a race against the clock to save his life.
<b>09:50 pm</b>	<b>One Born Every Minute (Rpt)</b>	CC	M Medical Procedures	Twenty-somethings Nadia and Jaedon, are expecting their second baby and are desperate to fly the nest and start life together. Their mums have other ideas though...
<b>10:55 pm</b>	<b>To Be Advised</b>			
<b>11:55 pm</b>	<b>Supercars: Highlights (Rpt)</b>	CC		<b><u>Supercars The Bend (Sat)</u></b> Highlights of the 2020 Supercars Championship at The Bend Motorsport Park.
<b>12:55 am</b>	<b>NCIS: Los Angeles (Rpt)</b>	CC	M Violence	<b><u>Line In The Sand, A</u></b> After Sam is shot during a firefight with the cartel, a suspect is interrogated and reveals new information on the whereabouts of Spencer Williams, the man who kidnapped Mosley's son five years ago.  Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt



# SYDNEY PROGRAM GUIDE

## Saturday 19th September 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**

**Surviving 36000 Feet**

**05:00 am Hour Of Power** G **ALL NEW EPISODES**

Religious.



# SYDNEY PROGRAM GUIDE

Sunday 20th September 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 G

## ALL NEW EPISODES

**341 - Find Security In Times Of Anxiety**

Religious

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

## ALL NEW EPISODES

**Jo851 - Mix Your Faith**

Religious.

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

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.

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

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.

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

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

**12:00 pm To Be Advised**

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

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



# SYDNEY PROGRAM GUIDE

Sunday 20th September 2020

**01:20 pm To Be Advised**

**02:30 pm Hotels By Design**

CC PG

## ALL NEW EPISODES

Hotels by Design features 35 of Australia's and New Zealand's most fabulously designed Hotels. It's about design experience inspiring those who indulge in immersive design.

**03:00 pm Jamie: Keep Cooking And Carry On (Rpt)**

CC G

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.

**03:30 pm Whichcar**

CC PG

## ALL NEW EPISODES

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

**04:00 pm Supercars: Highlights**

CC

## Supercars The Bend (Sun)

Highlights of the 2020 Supercars Championship at The Bend Motorsport Park.

**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 as they dissect and digest the daily news, events and hottest topics.

**07:30 pm Family Feud**

CC G

## ALL NEW EPISODES

Firefighting Ross family return to take the jackpot but challenging them are community heroes Poor Toms, who converted their gin distilling company into a hand sanitiser factory when COVID-19 hit.



# SYDNEY PROGRAM GUIDE

Sunday 20th September 2020

<b>08:30 pm</b>	<b>FBI</b>	CC M Violence, Mature Themes	<p><b>ALL NEW EPISODES</b></p> <p><b><u>Ties That Bind</u></b></p> <p>A kidnapping victim is linked to a series of murders that includes the daughter of an NYPD detective. Also, Kristen begins to doubt her ability as an agent after a training exercise leaves her shaken.</p> <p>Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel, John Boyd</p>
<b>09:30 pm</b>	<b>FBI (Rpt)</b>	CC M Violence	<p><b><u>Closure</u></b></p> <p>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.</p> <p>Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Sela Ward, Ebonée Noel</p>
<b>10:30 pm</b>	<b>NCIS (Rpt)</b>	CC M	<p><b><u>ONE Man's Trash</u></b></p> <p>Gibbs and Ducky see an antique war stick on television, and it could be the missing murder weapon to a 16-year-old cold case.</p> <p>Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama</p>
<b>11:30 pm</b>	<b>The Sunday Project Encore (Rpt)</b>	CC	<p><b>SPECIAL ENCORE PRESENTATION</b></p> <p>Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.</p>
<b>12:30 am</b>	<b>NCIS (Rpt)</b>	CC M Violence	<p><b><u>Death From Above</u></b></p> <p>The NCIS headquarters are evacuated after the team discovers a body as well as bomb materials on the roof of the squad room. Also, the team reads the first draft of Ducky's book.</p> <p>Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama</p>
<b>01:30 am</b>	<b>Home Shopping (Rpt)</b>		<b><u>Home Shopping</u></b>
<b>02:00 am</b>	<b>Home Shopping (Rpt)</b>		<b><u>Home Shopping</u></b>



# SYDNEY PROGRAM GUIDE

## Sunday 20th September 2020

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

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



# SYDNEY PROGRAM GUIDE

Monday 21st September 2020

<b>06:00 am</b>	<b>Entertainment Tonight Encore</b> (Rpt)	CC
<b>06:30 am</b>	<b>Farm To Fork</b> (Rpt)	CC G
<b>07:00 am</b>	<b>Judge Judy Encore</b> (Rpt)	CC PG
<b>07:30 am</b>	<b>The Bold &amp; The Beautiful Encore</b> (Rpt)	CC PG
<b>08:00 am</b>	<b>Studio 10</b>	CC PG
<b>12:00 pm</b>	<b>Dr Phil</b> (Rpt)	CC PG Mature Themes
<b>01:00 pm</b>	<b>To Be Advised</b>	
<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Judge Judy</b> (Rpt)	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG

## SPECIAL ENCORE PRESENTATION

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

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.

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

## ALL NEW EPISODES

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

### **18026 - Lavish, Luxurious And Spoiled Rotten**

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.

## 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

Monday 21st September 2020

**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.

## ALL NEW EPISODES

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

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

## ALL NEW EPISODES

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

## LIVE

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

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

## ALL NEW EPISODES

**06:30 pm The Project** 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.

## ALL NEW EPISODES

**07:30 pm Family Feud** CC G

The Nurses from the drive thru Bondi Beach clinic, take on Turbans 4 Australia, charity who have been supporting communities throughout the drought, then the bushfires and now the COVID crisis.

## ALL NEW EPISODES

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

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

## ALL NEW EPISODES

**09:40 pm Drunk History Australia** CC MA15+  
Coarse Language,  
Strong Adult Themes

Darren McMullan regales with an account of cannibal convicts and Nikki Osborne recalls the tale of Beryl Mills, first Miss Australia... history has never been so fun!



# SYDNEY PROGRAM GUIDE

## Monday 21st September 2020

**10:10 pm Just For Laughs (Rpt)**

CC M  
Coarse Language

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Sammy J, Steve Byrne, Fortune Feimster and Tommy Little.

### SPECIAL ENCORE PRESENTATION

**10:40 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.

### ALL NEW EPISODES

**11:40 pm The Late Show With Stephen Colbert**

CC PG

**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)**

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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](#)

### ALL NEW EPISODES

**04:30 am CBS This Morning**

CC

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



# SYDNEY PROGRAM GUIDE

Tuesday 22nd September 2020

**06:00 am Entertainment Tonight Encore (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 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.

**07:00 am Judge Judy Encore (Rpt)** CC PG

## SPECIAL ENCORE PRESENTATION

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

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

## SPECIAL ENCORE PRESENTATION

**08:00 am Studio 10** CC PG

## ALL NEW EPISODES

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

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

### **18013 - My Mom Calls Us The Beauty And The Brainwasher**

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 Dr Phil (Rpt)** CC PG  
Sexual References,  
Coarse Language,  
Mature Themes

### **18024 - Gen Z: Desperate To Go Viral**

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.

**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.



# SYDNEY PROGRAM GUIDE

Tuesday 22nd September 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 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 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

## ALL NEW EPISODES

**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 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 Todd Sampson's Body Hack**

CC PG  
Mature Themes

## ALL NEW EPISODES

Todd will train with the masters of five distinct disciplines of martial arts, exploring how their teachings encourage not only physical and mental health, but also spiritual growth.

**08:30 pm Ambulance Australia (Rpt)**

CC M  
Mature Themes

In tonight's episode the team face the realities of life between birth and death. A newborn baby birthed in a car, an infant needing CPR and a two-year-old boy struggling to breathe.



# SYDNEY PROGRAM GUIDE

Tuesday 22nd September 2020

09:40 pm NCIS (Rpt) CC M

### Silent Service

Director Vance is notified by the Pentagon that the nuclear submarine Gibbs and Bishop are aboard to conduct a murder investigation has gone radio silent.

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

10:30 pm The Project Encore (Rpt) CC

### SPECIAL ENCORE PRESENTATION

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

11:30 pm The Late Show With Stephen Colbert CC PG

### ALL NEW EPISODES

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning CC

### ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Wednesday 23rd September 2020

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

**07:00 am Judge Judy Encore (Rpt)** CC PG

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

**08:00 am Studio 10** CC PG

**12:00 pm Dr Phil (Rpt)** CC PG  
Mature Themes

**01:00 pm To Be Advised**

**02:00 pm Entertainment Tonight** CC

**02:30 pm Judge Judy (Rpt)** CC PG

**03:00 pm Judge Judy** CC PG

**03:30 pm Good Chef Bad Chef (Rpt)** CC G

## ALL NEW EPISODES

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

## ALL NEW EPISODES

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

### 18025 - DNA Drama: A Family In Turmoil

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.

## 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.

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



# SYDNEY PROGRAM GUIDE

Wednesday 23rd September 2020

**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

## ALL NEW EPISODES

**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 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 Bachelor Australia** CC

## ALL NEW EPISODES

It's Hometowns and with four wildly different women offering four very distinct futures, Locky must face the firing line from the ladies families.

**09:00 pm** **Bull (Rpt)** CC M  
Violence

## Security Fraud

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

**10:00 pm** **To Be Advised**

**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.



# SYDNEY PROGRAM GUIDE

Wednesday 23rd September 2020

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

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

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

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

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

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

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

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

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

## ALL NEW EPISODES

[Home Shopping](#)

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Thursday 24th September 2020

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

**07:00 am Judge Judy Encore (Rpt)** CC PG

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

**08:00 am Studio 10** CC PG

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

**01:00 pm To Be Advised**

**02:30 pm Entertainment Tonight** CC

**03:00 pm Judge Judy** CC PG

**03:30 pm Good Chef Bad Chef (Rpt)** CC G

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

## ALL NEW EPISODES

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

## ALL NEW EPISODES

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

### 18009 - MTV Romance On The Rocks Pt.1

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.

## 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.

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

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Thursday 24th September 2020

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

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

**06:30 pm The Project** CC

**07:30 pm The Bachelor Australia** CC

**09:00 pm Gogglebox** CC

**10:00 pm To Be Advised**

**10:30 pm This Is Us** CC PG  
Mature Themes

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

## ALL NEW EPISODES

## LIVE

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

## 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.

## SEASON FINALE

Our Bachelor has fallen in love with two women and with the end in sight, it's going to be one unforgettable finale.

## ALL NEW EPISODES

Australia's favourite couch critics are back to press rewind on week that was in TV. Which shows will be given the Gogglebox tick of approval, and what will receive an eyewatering one star review?

## ALL NEW EPISODES

### Storybook Love

Rebecca hosts a dinner party. Kevin tries to support those around him. Randall faces concerns about how his family is adjusting to their new home.

## 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 24th September 2020

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

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

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

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

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

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

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

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

## ALL NEW EPISODES

[Home Shopping](#)

[Home Shopping](#)

[Home Shopping](#)

[Home Shopping](#)

[Home Shopping](#)

[Home Shopping](#)

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Friday 25th September 2020

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

**07:00 am Judge Judy Encore (Rpt)** CC PG

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

**08:00 am Studio 10** CC PG

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

**01:00 pm To Be Advised**

**02:30 pm Entertainment Tonight** CC

**03:00 pm Judge Judy** CC PG

**03:30 pm Good Chef Bad Chef (Rpt)** CC G

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

## ALL NEW EPISODES

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

## ALL NEW EPISODES

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

### **18302 - MTV Romance: Will Nelson Finally Come Clean? Pt.2**

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.

## 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.

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

## ALL NEW EPISODES

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



# SYDNEY PROGRAM GUIDE

Friday 25th September 2020

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

## ALL NEW EPISODES

**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 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 G

## ALL NEW EPISODES

For years the Doyles have been busy fostering children, raising their own 3 girls, and running a charity. Barry wants to transform their backyard into an entertaining oasis for the entire family.

**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 To Be Advised**

**10:00 pm Just For Laughs (Rpt)** CC MA15+  
Sexual References,  
Coarse Language

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Reggie Watts, Justin Hamilton, Nina Oyama and Tommy Little.

**10:30 pm The Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

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



# SYDNEY PROGRAM GUIDE

Friday 25th September 2020

11:30 pm **The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

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)

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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 26th September 2020

**06:00 am Reel Action** (Rpt) CC G

## ALL NEW EPISODES

### Winter Black Drummer

Jack Nolan and Guesty set up a burley trail around a rocky wash area and attempt to entice some big rock black fish.

**06:30 am Leading The Way** CC G

## ALL NEW EPISODES

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

**07:00 am Whichcar** (Rpt) CC PG

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

**07:30 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.

**08:00 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.

**08:30 am Jamie: Keep Cooking And Carry On** (Rpt) CC G

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.

**09:00 am Destination Dessert** CC

## ALL NEW EPISODES

Destination Dessert is the ultimate travel show for the sweet tooth! Exploring NSW in our first series, discovering the sweeter things in life.

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

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8am.

**12:00 pm Jamie & Jimmy's Food Fight Club** (Rpt) CC G

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



# SYDNEY PROGRAM GUIDE

## Saturday 26th September 2020

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

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

### ALL NEW EPISODES

**01:30 pm** **Healthy Homes Australia** 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.

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

### SEASON FINALE

Hosted by Dog Trainer and Behaviourist Lara Shannon and Morgan Burrett, Pooches at Play is a Lifestyle TV Show all about dogs and our relationship with them.

**02:30 pm** **Hotels By Design** CC PG

### ALL NEW EPISODES

Hotels by Design features 35 of Australia's and New Zealand's most fabulously designed Hotels. It's about design experience inspiring those who indulge in immersive design.

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

### ALL NEW EPISODES

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

**03:30 pm** **The Living Room Encore** (Rpt) CC G

For years the Doyles have been busy fostering children, raising their own 3 girls, and running a charity. Barry wants to transform their backyard into an entertaining oasis for the entire family.

### ALL NEW EPISODES

**04:30 pm** **Taste Of Australia With Hayden Quinn** CC G

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.



# SYDNEY PROGRAM GUIDE

Saturday 26th September 2020

Time	Program	Rating	Content	Description
				<b>LIVE</b>
05:00 pm	10 News First	CC		Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:00 pm	To Be Advised			
07:00 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.
07:30 pm	Ambulance Australia (Rpt)	CC M	Drug References, Mature Themes	A busy day at Bondi, a deadly drug overdose and an enraged ice addict - all this in a day in the life of a paramedic.
08:40 pm	Ambulance Australia (Rpt)	CC M	Coarse Language, Drug References, Medical Procedures	Sometimes high-level medical intervention is required. Sometimes it's just a chat. In this episode you'll see that the art of being a good paramedic is getting that prescription right, every time.
09:50 pm	One Born Every Minute (Rpt)	CC M		Rachel always wanted to be a genetic parent, but now her partner Lauren is carrying their second child. Meanwhile, Laura and Paul welcome the arrival of their second child - making 10 between them!
11:00 pm	To Be Advised			
12:00 am	Supercars: Highlights (Rpt)			<b>Supercars The Bend Supersprint (Sat)</b> Highlights of the 2020 Supercars Championship at The Bend Motorsport Park.
01:00 am	Law & Order: S.V.U (Rpt)	CC M	Violence, Strong Adult Themes	<b>Story Of More Woe, A</b> The SVU investigate a father's murder after a home burglary turns into a deadly assault. The team speaks with the medical examiner but the details don't add up. Meanwhile, Rollins goes into labour.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester  Guest Starring: George Newbern
02:00 am	NCIS: Los Angeles (Rpt)	CC M	Violence, Strong Adult Themes	<b>Ninguna Salida</b> Despite several team members having grave reservations, NCIS travels to Mexico for a daring mission to locate and rescue Mosley's son.  Starring: Chris O'Donnell, Li Cool J , Daniela Ruah, Linda Hunt



# SYDNEY PROGRAM GUIDE

## Saturday 26th September 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 Truth Link**

G

### **ALL NEW EPISODES**

**Window Or Aisle**

**05:00 am Hour Of Power**

G

### **ALL NEW EPISODES**

Religious.