



SYDNEY PROGRAM GUIDE

Sunday 28th February 2021

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to a church.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

358 - Activate The Gifts Of The Spirit

Religious program.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo869 - Start A Blessing

Religious.

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

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

08:30 am Places We Go (Rpt) CC PG

Places We Go is series about real travel, hosted by real travellers. Jennifer Adams and Clint Bizzell take viewers on a journey to some of most stunning destinations around Australia and the World.

09:00 am Luca's Key Ingredient CC G

ALL NEW EPISODES

A very imaginative reflection of his own quirky self, this series will see Luca create some of Italy's finest and most traditional Italian dishes.

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.

12:00 pm All 4 Adventure (Rpt) CC PG
Coarse Language,
Mature Themes

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.



SYDNEY PROGRAM GUIDE

Sunday 28th February 2021

01:00 pm The Offroad Adventure Show CC G

ALL NEW EPISODES

Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series!

02:00 pm Three Blue Ducks (Rpt) CC

Travel with "The Ducks" Andy Allen, Mark Labrooy and Darren Robertson as they forage for native plants species, catch seafood in the ocean, and meet providores where ever they're to be found.

02:30 pm Freshly Picked With Simon Toohey (Rpt) CC G

Host Simon Toohey presents a lovely mix of fresh delicious recipes in his own kitchen with beautiful location footage of some of Australia's fresh produce producers.

03:00 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

03:30 pm Roads Less Travelled (Rpt) CC G

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.

04:00 pm To Be Advised

LIVE

05:00 pm 10 News First CC

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.



SYDNEY PROGRAM GUIDE

Sunday 28th February 2021

07:30 pm The Amazing Race Australia CC

ALL NEW EPISODES

In an epic challenge of brains versus brawn, a Detour divides the teams as they are faced with a challenge that tests their physical, mental and tactical skills in order to receive their next clue.

09:00 pm FBI: Most Wanted (Rpt) CC M
Strong Violence

Caesar

Barnes goes on a dangerous undercover mission involving an ambitious gang leader who is plotting turf wars and massacres across the Bronx in a bid for more power.

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

Guest Starring: Alana De La Garza

10:00 pm FBI: Most Wanted (Rpt) CC M
Strong Violence

Invisible

When a military veteran suffering from PTSS snaps after the death of his brother in arms, the decorated sniper's expert abilities push the team to their limits.

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

11:00 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.

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 28th February 2021

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 01st March 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Judge Judy Encore (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.

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

CC PG

SPECIAL ENCORE PRESENTATION

Carter demands answers from Zoe and Zende. Eva, the Forrester International Publicist, gets to work with Katie and Paris.

08:00 am Studio 10

CC PG

LIVE

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

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

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

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 01st March 2021

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.

ALL NEW EPISODES

04:00 pm **Farm To Fork** CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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.

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 Amazing Race Australia** CC

ALL NEW EPISODES

The teams must complete a painstakingly meticulous task in order to receive their next clue in the race.

08:30 pm **Hughesy, We Have A Problem** CC

ALL NEW EPISODES

Hughesy will be solving the world's problems on a global scale assisted by Becky Lucas, Nazeem Hussain, the biggest names in comedy and entertainment and international celebrity zoom callers.

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

SPECIAL ENCORE PRESENTATION

Join the hilarious and cheeky Graham Norton as he chats with Rosamund Pike, Gordon Ramsay and Gareth Thomas.

Guest Starring: Rosamund Pike, Gordon Ramsay



SYDNEY PROGRAM GUIDE

Monday 01st March 2021

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)

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02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

[Home Shopping](#)

03:30 am Home Shopping (Rpt)

[Home Shopping](#)

04:00 am Home Shopping (Rpt)

[Home Shopping](#)

04:30 am CBS This Morning CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 02nd March 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Judge Judy Encore (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.

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

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

CC M
Mature Themes

ALL NEW EPISODES

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

01:00 pm To Be Advised

02:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

02:30 pm 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.



SYDNEY PROGRAM GUIDE

Tuesday 02nd March 2021

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 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 Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

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 Amazing Race Australia CC

ALL NEW EPISODES

08:30 pm NCIS (Rpt) CC M
Mature Themes

Fragments

After a 50-year-old tape recording left by a murder victim is found so the team tries to exonerate the Marine serving a life sentence for the crime.

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



SYDNEY PROGRAM GUIDE

Tuesday 02nd March 2021

09:30 pm NCIS: Los Angeles CC

ALL NEW EPISODES

Can't Take My Eyes Off You

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 03rd March 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Judge Judy Encore (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.

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

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

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

01:00 pm To Be Advised

02:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

02:30 pm 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.



SYDNEY PROGRAM GUIDE

Wednesday 03rd March 2021

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 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 Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

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 Cube CC

ALL NEW EPISODES

Andy Lee hosts The Cube, an edge-of-your-seat game show where teams of two contestants put their skill, nerve, agility and ability to the ultimate test. Who will beat The Cube and take home \$250,000?

08:30 pm Bull (Rpt) CC M
Mature Themes

The Ground Beneath Their Feet

Bull returns to work with a new rich client for the firm to represent - an insurance company is being sued by a dying mother for denying coverage of her liver transplant.



SYDNEY PROGRAM GUIDE

Wednesday 03rd March 2021

09:30 pm Bull (Rpt)

CC M
Violence

Jury Duty

Bull finds himself on the opposite side when he serves jury duty while simultaneously mounting a defence for a woman on trial for killing her daughter's murderer.

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)

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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

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



SYDNEY PROGRAM GUIDE

Thursday 04th March 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Judge Judy Encore (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.

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

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

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

01:00 pm To Be Advised

02:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

02:30 pm 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.



SYDNEY PROGRAM GUIDE

Thursday 04th March 2021

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 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 Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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 Bondi Rescue CC

ALL NEW EPISODES

It's been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it's a challenge the lifeguards are only too keen to accept.

08:00 pm Territory Cops CC

ALL NEW EPISODES

Patrolling a million square kilometres of harsh landscape, dangerous wildlife, wild weather and precarious criminals, take a look into Australia's busiest police force - the Northern Territory Police.



SYDNEY PROGRAM GUIDE

Thursday 04th March 2021

08:30 pm Gogglebox CC

ALL NEW EPISODES

The 13th season sees Australia's favourite households back on the couch, ready to sink their teeth into their favourite TV snacks and the very best of 2021's newest television programs.

09:30 pm Law & Order: S.V.U CC

ALL NEW EPISODES

Hunt, Trap, Rape, And Release

Benson teams up with Lt. Barek and the Bronx SVU to track down a serial rapist with victims in both boroughs

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

10:30 pm This Is Us CC

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Thursday 04th March 2021

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 05th March 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Judge Judy Encore (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.

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

CC

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

CC PG
Mature Themes

ALL NEW EPISODES

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

01:00 pm The Living Room (Rpt)

CC G

Amanda, Barry, Chris and Miguel set off to Lismore to pay a visit to the selfless carers at a local animal rescue centre which relies heavily on public donations.

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 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.



SYDNEY PROGRAM GUIDE

Friday 05th March 2021

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 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 Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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 (Rpt) CC PG

The Slavin's run a community kitchen that distributes food for disadvantaged people. Due to their popular service, their home is bursting at the seams so Barry steps in to help them to find space.

08:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he chats with Kate Winslet, Stanley Tucci, Kingsley Ben-Adir & Silk City ft Ellie Goulding.



SYDNEY PROGRAM GUIDE

Friday 05th March 2021

09:30 pm To Be Advised

10:30 pm Just For Laughs (Rpt)

CC M
Sexual References,
Coarse Language,
Drug References

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Rhys Nicholson, Lizzy Hoo, Harley Breen and Tommy Little.

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

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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04:00 am Home Shopping (Rpt)

[Home Shopping](#)

04:30 am Home Shopping (Rpt)

[Home Shopping](#)



SYDNEY PROGRAM GUIDE

Friday 05th March 2021

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 06th March 2021

06:00 am	Whichcar (Rpt)	CC PG	Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.
			ALL NEW EPISODES
06:30 am	Leading The Way	CC G	Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.
07:00 am	Escape Fishing With ET (Rpt)	CC	Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.
07:30 am	Pat Callinan's 4x4 Adventures (Rpt)	CC G	Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.
08:30 am	The Offroad Adventure Show (Rpt)	CC G	Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series!
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.
12:00 pm	Good Chef Bad Chef (Rpt)	CC G	Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
12:30 pm	Destination Dessert (Rpt)	CC G	Destination Dessert is the ultimate travel show for the sweet tooth! Exploring NSW in our first series, discovering the sweeter things in life.
			ALL NEW EPISODES
01:00 pm	10 Minute Kitchen	CC G	Discover delicious, low-fuss recipes that use minimum ingredients and preparation time, but take family meals to another level. Hosted by Scott Pickett, Diana Chan and Kelvin Cheung.
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.



SYDNEY PROGRAM GUIDE

Saturday 06th March 2021

02:00 pm	Three Blue Ducks Encore (Rpt)	CC
02:30 pm	Australia By Design: Innovations	CC PG
03:00 pm	My Market Kitchen (Rpt)	CC G
03:30 pm	Jamie & The Nonnas (Rpt)	CC G
04:30 pm	Farm To Fork (Rpt)	CC PG
05:00 pm	10 News First	CC
06:00 pm	To Be Advised	
06:30 pm	To Be Advised	

SPECIAL ENCORE PRESENTATION

Travel with "The Ducks" Andy Allen, Mark Labrooy and Darren Robertson as they forage for native plants species, catch seafood in the ocean, and meet providores where ever they're to be found.

SEASON FINALE

Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence. It's about inspiration, disruption, changing the game and the next big thing.

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.

Piedmont

Jamie is high up in the Italian Alps cooking some great comfort food, including dumplings, mind-blowing macaroni cheese, and a classic red wine and sausage risotto.

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

LIVE

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



SYDNEY PROGRAM GUIDE

Saturday 06th March 2021

ALL NEW EPISODES

07:00 pm	Three Blue Ducks	CC	Travel with "The Ducks" Andy Allen, Mark Labrooy and Darren Robertson as they forage for native plants species, catch seafood in the ocean, and meet providores where ever they're to be found.
07:30 pm	To Be Advised		
08:30 pm	Ambulance (Rpt)	CC M Sexual References, Coarse Language, Mature Themes	A potentially fatal stabbing, alcohol poisoning, broken ankles, substance abuse and cardiac arrests are just some of the difficult jobs the crews face in Liverpool during St. Patrick's Day celebrations
09:40 pm	Ambulance (Rpt)	CC PG Coarse Language, Drug References, Mature Themes	A cocaine binge, a horrifying traffic collision and a shocking accident involving a cherry picker are just some of the cases that the team of skilled paramedics must attend in tonight's episode.
10:50 pm	Inside The Children's Hospital (Rpt)	CC PG	A behind-the-scenes look at the Royal Aberdeen Children's Hospital, exploring the lives of patients and staff at one of Scotland's busiest hospitals.
11:30 pm	To Be Advised		
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 06th March 2021

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

G

ALL NEW EPISODES

Religious.