



SYDNEY PROGRAM GUIDE

Sunday 11th August 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 Joseph 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

Remove The Grave Clothes

Religious.

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

SPECIAL ENCORE PRESENTATION

Matt Leacy gives a balcony a big makeover, Dr Chris shows The Bachelor Australia's Matt Agnew some dog care, Miguel learns the secret behind Memphis's most famous ribs and it's Barry's birthday!

09:00 am Places We Go (Rpt) CC G

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.

12:00 pm Photo Number 6 (Rpt) CC PG

Victoria

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.



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Sunday 11th August 2019

01:00 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.

SPECIAL ENCORE PRESENTATION

01:30 pm Australian Survivor Encore (Rpt) CC PG
Coarse Language

Who is controlling the game? Will their antics soon be uncovered? Will they fall victim to their own success or are they still calling the shots?

ALL NEW EPISODES

03:00 pm Australia By Design: Architecture CC G

This series gathers some of Australia's top architects and industry leaders to decide what is Australia's ultimate architectural statement of the year.

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 RPM 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.

ALL NEW EPISODES

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 Bondi Rescue (Rpt) CC PG
Coarse Language, Mature Themes

The lifeguards are still coming to terms with the worst tragedy on Bondi Beach in decades when Singlets attempts his first rescue since the incident. Plus, why is Hoppo telling kids to swim in a rip?

ALL NEW EPISODES

06:30 pm The Sunday Project CC

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



SYDNEY PROGRAM GUIDE

Sunday 11th August 2019

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

In camp, plans start to unravel leading to an epic Tribal Council no one saw coming and that leaves everyone shocked.

09:10 pm Instinct

CC M
Mature Themes

ALL NEW EPISODES

Finders Keepers

Lizzie and Dylan work a case that provokes deep emotions when a father is accused of murdering his wife and subsequently kidnapping his own 9-year-old boy to avoid a custody battle with his in-laws.

Starring: Alan Cumming, Bojana Novakovic

10:05 pm Instinct (Rpt)

CC M
Violence

Heartless

Dylan and Lizzie investigate the murder of a Jane Doe, but when they realize that the victim was killed by mistake, they must identify the killer's motive and target before she suffers the same fate.

Starring: Alan Cumming, Bojana Novakovic

11:00 pm The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Sunday 11th August 2019

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 12th August 2019

06:00 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.

06:30 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.

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 has Steffy tell him the story of Phoebe. Meanwhile, Hope becomes unsettled when Thomas reveals his plans for their staycation.

08:00 am Celebrity Name Game Encore (Rpt) CC PG
Sexual References

SPECIAL ENCORE PRESENTATION

Veronica Milsom & Lewis Hobba

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: Veronica Milsom & Lewis Hobba.

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 Australian Survivor Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

In camp, plans start to unravel leading to an epic Tribal Council no one saw coming and that leaves everyone shocked.



SYDNEY PROGRAM GUIDE

Monday 12th August 2019

02:40 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm My Market Kitchen CC G

ALL NEW EPISODES

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

04:00 pm Everyday Gourmet With Justine Schofield CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Flo reveals to Zoe that Thomas threatened her life if she tells the truth about Beth. Meanwhile, Liam tries to put the pieces of the puzzle together.

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 G

ALL NEW EPISODES

Celia Pacquola & Sam Simmons

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebs: Celia Pacquola & Sam Simmons.



SYDNEY PROGRAM GUIDE

Monday 12th August 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 Australian Survivor CC

ALL NEW EPISODES

Tribe members have been given a wake up call and it's clear to everyone that it's every man for himself in the game of Survivor.

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

ALL NEW EPISODES

Have contestants Ed Kavalee, Urzila Carlson, Dane Simpson, Melanie Bracewell and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:40 pm Strassman - Itede (Rpt) CC M
Sexual References, Coarse Language

Strassman - Itede

Join international comedy star David Strassman for this hilarious live performance. iTedE uproariously parodies our technology-laden lives.

11:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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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 Mindy Kaling & Seth Green.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



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Monday 12th August 2019

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am 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 13th August 2019

06:00 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.

06:30 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.

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

Flo reveals to Zoe that Thomas threatened her life if she tells the truth about Beth. Meanwhile, Liam tries to put the pieces of the puzzle together.

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

SPECIAL ENCORE PRESENTATION

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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
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 Australian Survivor Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Tribe members have been given a wake up call and it's clear to everyone that it's every man for himself in the game of Survivor.



SYDNEY PROGRAM GUIDE

Tuesday 13th August 2019

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

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

Thomas becomes agitated when Hope waxes on about Douglas on their honeymoon. Meanwhile, An unexpected person gives Liam startling information about his daughter, Beth.

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

Tuesday 13th August 2019

06:00 pm Celebrity Name Game CC G

ALL NEW EPISODES

Dave Thornton & Steven Bradbury

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today celebs: Dave Thornton & Steven Bradbury.

06:30 pm The Project CC

ALL NEW EPISODES

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07:30 pm Australian Survivor CC

ALL NEW EPISODES

One Tribe considers a huge move in order to keep an alliance strong. But will they go through with it? At Tribal Council, there is a dramatic exit.

09:00 pm NCIS (Rpt) CC M
Violence

The Wall

When a Marine is murdered at an Honor Flight Network event, a non-profit that arranges for veterans to visit War Memorials for free, the team must rely on an irritable Vietnam veteran for help.

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

10:00 pm NCIS (Rpt) CC M

Bowl Of Cherries, A

After a vice admiral's laptop is infected with ransomware, he enlists McGee and the NCIS team to track down the hacker before the computer virus eliminates his personal and professional files.

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

11:00 pm The Project Encore (Rpt) CC

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Tuesday 13th August 2019

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 Cate Blanchett & Marc Maron.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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Home Shopping

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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 14th August 2019

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06:30 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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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

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

SPECIAL ENCORE PRESENTATION

Dave Thornton & Steven Bradbury

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08:30 am Studio 10 CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil CC PG
Sexual 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.



SYDNEY PROGRAM GUIDE

Wednesday 14th August 2019

01:00 pm **To Be Advised**

02:15 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.

02:30 pm **Neighbours Encore (Rpt)** CC PG

SPECIAL ENCORE PRESENTATION

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

Flo panics after learning details of Thomas's dark history from the Logan sisters. Meanwhile, Hope unknowingly puts herself in jeopardy by confessing her true feelings for Liam to Thomas.

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.



SYDNEY PROGRAM GUIDE

Wednesday 14th August 2019

06:00 pm Celebrity Name Game

CC PG
Sexual References

ALL NEW EPISODES

Georgia Love & Lee Elliott

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06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm The Bachelor Australia

CC PG
Coarse Language

ALL NEW EPISODES

This episode is unmissable! Tensions are high after the last cocktail party, where someone played dirty for extra time with Matt. There's single dates and a Bach confrontation with one of the girls.

09:00 pm My Life Is Murder

CC M
Violence

ALL NEW EPISODES

Feet Of Clay

Alexa investigates the hit and run death of a young woman. Although the drunk driver involved turned herself in, Alexa believes the accident may be the work of an opportunistic killer.

10:00 pm Bull

CC M

ALL NEW EPISODES

Bounty

Danny enlists Bull's help for the assault trial of her former FBI mentor, a bounty hunter who kidnapped the wrong mark during his first assignment.

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

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SYDNEY PROGRAM GUIDE

Wednesday 14th August 2019

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

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews Jada Pinkett Smith & Ayanna Pressley. Plus, a musical performance by Goo Goo Dolls.

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)

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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 15th August 2019

06:00 am Judge Judy Encore (Rpt) CC PG

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

06:30 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.

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

Flo panics after learning details of Thomas's dark history from the Logan sisters. Meanwhile, Hope unknowingly puts herself in jeopardy by confessing her true feelings for Liam to Thomas.

08:00 am Celebrity Name Game Encore (Rpt) CC PG
Sexual References

SPECIAL ENCORE PRESENTATION

Georgia Love & Lee Elliott

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08:30 am Studio 10 CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil CC PG
Mature Themes

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Thursday 15th August 2019

01:00 pm To Be Advised

02:40 pm Entertainment Tonight CC

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 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

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04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Shauna attempts to calm a frantic Flo from telling the truth about her misdeed to Wyatt. Meanwhile, Liam's world is turned upside down as he starts putting the puzzle pieces together.

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

ALL NEW EPISODES

Dylan Lewis & Smallzy

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Thursday 15th August 2019

06:30 pm The Project CC

ALL NEW EPISODES

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07:30 pm The Bachelor Australia CC

ALL NEW EPISODES

Matt invites one girl to the Bach pad where things move from cooking to romance. Later a group date turns competitive and it's clear one girl is rubbing the whole mansion the wrong way. Girl bye!

08:45 pm Gogglebox CC

SEASON PREMIERE

09:45 pm Law & Order: S.V.U (Rpt) CC M
Violence,
Mature Themes

The Book Of Esther

Rollins races to rescue a girl being held captive by her father, a religious zealot who keeps his malnourished children under strict control awaiting the apocalypse.

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

Guest Starring: Ray McKinnon

10:45 pm Blue Bloods (Rpt) CC M
Violence

Your Six

Danny resorts to asking his incarcerated arch-enemy Lugo for help locating a dangerous criminal who escaped from prison but Lugo refuses to assist unless he's allowed to accompany them on the pursuit.

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

Guest Starring: Nick Cordero, Peter Hermann

11:30 pm The Project Encore (Rpt) CC

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

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews 50 Cent & Jillian Bell. Plus, a musical performance by Tori Kelly.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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03:00 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

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SYDNEY PROGRAM GUIDE

Friday 16th August 2019

06:00 am Judge Judy Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

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06:30 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.

07:00 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

SPECIAL ENCORE PRESENTATION

Shauna attempts to calm a frantic Flo from telling the truth about her misdeed to Wyatt. Meanwhile, Liam's world is turned upside down as he starts putting the puzzle pieces together.

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

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12:00 pm Dr. Phil CC PG
Mature Themes

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SYDNEY PROGRAM GUIDE

Friday 16th August 2019

01:00 pm The Living Room Encore (Rpt) CC PG

02:00 pm Entertainment Tonight CC

02:30 pm Neighbours Encore (Rpt) CC PG

03:00 pm Judge Judy CC PG

03:30 pm My Market Kitchen CC G

04:00 pm Everyday Gourmet With Justine Schofield CC G

04:30 pm The Bold & The Beautiful CC PG

SPECIAL ENCORE PRESENTATION

Peter Walsh declutters a garage, Dr Chris heads to the top end to hunt for Australia's largest snake, the Scrub Python and Miguel visits Cooloola Berries and makes a sensational strawberry cheesecake.

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

Thomas meets up with Vinny who has a special wedding gift for him to give Hope. Liam angrily confronts Flo demanding that she tell them the true story of Phoebe.



SYDNEY PROGRAM GUIDE

Friday 16th August 2019

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 G

ALL NEW EPISODES

Ash Pollard & Steen Raskopoulos

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebs: Ash Pollard & Steen Raskopoulos.

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

Chris Brown is on the hunt for whale snot, Barry Du Bois saddles up and creates an Old West themed kids party and Amanda Keller calls on Miguel Maestre to make a feast worthy of her A-List friends.

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, Urzila Carlson, Dane Simpson, Melanie Bracewell and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm Strassman - Itede (Rpt) CC M
Sexual References,
Coarse Language

Strassman - Itede

Join international comedy star David Strassman for this hilarious live performance. iTedE uproariously parodies our technology-laden lives.

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 16th August 2019

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

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews Kirsten Dunst, Adam Devine & Lee Pace.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 17th August 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 PG	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	Jamie's Super Food (Rpt)	CC G	Whilst in Greece Jamie creates a days' worth of delicious meals, including: Sweet Potato, Chilli, Cheese & Seed Muffins for breakfast and a healthy twist on two hearty dishes for lunch and dinner.



SYDNEY PROGRAM GUIDE

Saturday 17th August 2019

01:00 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.
01:30 pm Luxury Escapes (Rpt)	CC G	<u>Japan</u> In this episode of <i>Luxury Escapes</i> , 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.
02:00 pm Discover Japan: Okinawa With Liv Phyland (Rpt)	CC G	<u>Discover Japan: Okinawa With Liv Phyland</u> Join Liv Phyland as she travels to Japan to discover its southern-most island - Okinawa. It is now is the No. 1 holiday destination of Japanese people, offering its unique nature, culture and food.
02:30 pm Pooches At Play	CC G	<u>Adelaide</u> The team head to Hahndorf which has been voted South Australia's most pet-friendly town. Meet the Australian Lions Hearing dogs, that provide services for the hearing impaired throughout Australia.
03:00 pm The Cook's Pantry With Matt Sinclair (Rpt)	CC G	<u>Cook's Pantry With Matt Sinclair, The 24</u> 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 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 <i>Everyday Gourmet</i> .
04:00 pm The Living Room Encore (Rpt)	CC	SPECIAL ENCORE PRESENTATION Chris Brown is on the hunt for whale snot, Barry Du Bois saddles up and creates an Old West themed kids party and Amanda Keller calls on Miguel Maestre to make a feast worthy of her A-List friends.
05:00 pm Rugby: Wallabies v All Blacks LIVE	CC	LIVE <u>New Zealand V Qantas Wallabies</u> Join us LIVE for all the Bledisloe Cup action between the All Blacks and the Wallabies at Eden Park, Auckland. Kick-off: 5:35pm (AEST).



SYDNEY PROGRAM GUIDE

Saturday 17th August 2019

07:30 pm Ambulance (Rpt)

CC M
Violence,
Strong Adult Themes

The call centre receives a call they fear the most - two people appear to be shot and the gun man is on the loose. Can the paramedics get to the victims before it's too late?

08:45 pm 999: What's Your Emergency

CC M
Coarse Language

ALL NEW EPISODES

I Think Their Motivation Was To Kill Me

This episode examines what happens when members of the public take the law into their own hands, and the dramatic consequences the emergency services have to deal with.

09:45 pm Ambulance (Rpt)

CC M
Coarse Language,
Mature Themes

An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.

11:00 pm Elementary (Rpt)

CC M
Violence

Bang Bang Shoot Chute

Holmes and Watson search for two murderers after a base jumper is shot out of the sky by one killer, and has his parachute sabotaged by another.

Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn

12:00 am Todd Sampson's Body Hack (Rpt)

CC M
Mature Themes

This week, Todd visits the Mongolian Kazakhs and examines how their bodies have adapted to the brutal conditions of Mongolia & how their existence depends on their alliance with animals.

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 17th August 2019

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Beyond

ALL NEW EPISODES

04:30 am Leading The Way With Dr. Michael Youssef G

ALL NEW EPISODES
Jesus: Know Him And Live Pt.2

05:00 am Hour Of Power With Bobby Schuller G

ALL NEW EPISODES

Religious program.



SYDNEY PROGRAM GUIDE

Sunday 18th August 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 Joseph 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

It's Worth The Wait

Religious.

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

SPECIAL ENCORE PRESENTATION

Peter Walsh declutters a garage, Dr Chris heads to the top end to hunt for Australia's largest snake, the Scrub Python and Miguel visits Cooloola Berries and makes a sensational strawberry cheesecake.

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

This series gathers some of Australia's top architects and industry leaders to decide what is Australia's ultimate architectural statement of the year.

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 18th August 2019

12:00 pm Photo Number 6 (Rpt) CC PG

USA - 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 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.

01:30 pm Australian Survivor Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

One Tribe considers a huge move in order to keep an alliance strong. But will they go through with it? At Tribal Council, there is a dramatic exit.

03:00 pm Australia By Design: Architecture CC G

ALL NEW EPISODES

This series gathers some of Australia's top architects and industry leaders to decide what is Australia's ultimate architectural statement of the year.

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 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.

06:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

Jessie rescues an American tourist from relatively calm waters, which results in a CPR effort from not just the Lifeguards but also paramedics and the Jewish Medical Response team.



SYDNEY PROGRAM GUIDE

Sunday 18th August 2019

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 Australian Survivor CC

ALL NEW EPISODES

With the first challenge involving heights and blindfolds and the second requiring all their strength, everyone is pushed to the edge... except one Survivor who appears to be throwing the game!

09:00 pm Instinct CC

ALL NEW EPISODES

Big Splash

A Sweet 16 celebration turns into a crime scene when the birthday girl's stepmother falls to her death and the guests and staff are put under a microscope by the NYPD.

Starring: Alan Cumming, Bojana Novakovic

Guest Starring: Kathryn Erbe

10:00 pm Instinct (Rpt) CC M

Flat Line

Dylan and Julian go undercover in a hospital when they suspect an "angel of death" is killing people with non-life-threatening ailments.

Starring: Alan Cumming, Bojana Novakovic

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

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 18th August 2019

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

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 19th August 2019

06:00 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.

06:30 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.

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 meets up with Vinny who has a special wedding gift for him to give Hope. Liam angrily confronts Flo demanding that she tell them the true story of Phoebe.

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

SPECIAL ENCORE PRESENTATION

Ash Pollard & Steen Raskopoulos

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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
Sexual 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.



SYDNEY PROGRAM GUIDE

Monday 19th August 2019

01:00 pm	Australian Survivor Encore (Rpt)	CC
02:40 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	My Market Kitchen	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC

SPECIAL ENCORE PRESENTATION

With the first challenge involving heights and blindfolds and the second requiring all their strength, everyone is pushed to the edge... except one Survivor who appears to be throwing the game!

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ALL NEW EPISODES

Flo is heartbroken and relieved as she confesses to Wyatt and Liam. Realizing that Liam knows the truth, Thomas attempts to make his escape with a confused and frightened Hope at his side.

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

Monday 19th August 2019

06:00 pm Celebrity Name Game CC

ALL NEW EPISODES

Matt Farrelly & Steven Bradbury

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebs: Matt Farrelly & Steven Bradbury.

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

ALL NEW EPISODES

Things get a bit panicked around the camps with all Survivors feeling their necks on the line, but an unexpected setback at the challenge will turn the whole game on its head.

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, Hayley Sproull, Peter Helliar, Kitty Flanagan and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm Kitty Flanagan: Hello Kitty (Rpt) CC M
Sexual References,
Coarse Language

Kitty Flanagan: Hello Kitty

11:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Monday 19th August 2019

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02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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03:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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04:30 am **CBS This Morning** CC

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SYDNEY PROGRAM GUIDE

Tuesday 20th August 2019

06:00 am Judge Judy Encore (Rpt) CC PG

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07:00 am Entertainment Tonight (Rpt) CC

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SPECIAL ENCORE PRESENTATION

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

SPECIAL ENCORE PRESENTATION

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08:30 am Studio 10 CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil CC M
Drug Use

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.



SYDNEY PROGRAM GUIDE

Tuesday 20th August 2019

01:00 pm	Australian Survivor Encore (Rpt)	CC
02:10 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	My Market Kitchen	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG

SPECIAL ENCORE PRESENTATION

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Heartbroken at the hurt she's caused, Flo desperately attempts to salvage her relationship with Wyatt. An epic showdown between Liam and Thomas results in Hope learning that Beth is alive!



SYDNEY PROGRAM GUIDE

Tuesday 20th August 2019

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

ALL NEW EPISODES

Janine Allis & Andrew Ettingshausen

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06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm Australian Survivor

CC

ALL NEW EPISODES

The first challenge consists of a series of temptations. What will the hungry Survivors fall for? And one Survivor makes sure that if they're going down...they're going down in flames!

09:00 pm NCIS(Rpt)

CC M
Violence

ONE Book, Two Covers

Torres must rely on old case notes and contacts after a Marine's murder is linked to a former dirt bike gang he joined for a year-long undercover operation.

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

10:00 pm NCIS(Rpt)

CC M
Mature Themes

Beastmaster

After a Marine Sergeant is found murdered in a National Park, Gibbs and the NCIS team partner with Mounted Police Sergeant May Dawson to solve a string of related crimes in the park.

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



SYDNEY PROGRAM GUIDE

Tuesday 20th August 2019

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

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01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning CC

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Wednesday 21st August 2019

06:00 am Judge Judy Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

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06:30 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.

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

Heartbroken at the hurt she's caused, Flo desperately attempts to salvage her relationship with Wyatt. An epic showdown between Liam and Thomas results in Hope learning that Beth is alive!

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

SPECIAL ENCORE PRESENTATION

Janine Allis & Andrew Ettingshausen

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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
Drug Use,
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.



SYDNEY PROGRAM GUIDE

Wednesday 21st August 2019

01:00 pm To Be Advised

02:10 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.

02:30 pm Neighbours Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

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

The truth sets Flo free as she begins to inform Brooke and Ridge that she never gave birth. Meanwhile, Hope and Liam cry tears of joy as they are reunited with their baby, Beth.

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.



SYDNEY PROGRAM GUIDE

Wednesday 21st August 2019

06:00 pm Celebrity Name Game CC

ALL NEW EPISODES

Nazeem Hussain & Ash Pollard

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebrities: Nazeem Hussain & Ash Pollard.

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

A single date card arrived and one lucky girl is whisked away blindfolded. During an intense cocktail party, two girls go head-to-head in a war of words and another is reduced to tears.

08:40 pm My Life Is Murder CC

ALL NEW EPISODES

Another Bloody Podcast

09:40 pm Bull CC M
Strong Violence

ALL NEW EPISODES

The Good ONE

Bull defends a medical student who tried to prevent his brother from murdering a judge in order to cause a mistrial for their crime boss father.

10:35 pm Sports Tonight CC

ALL NEW EPISODES

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

11:05 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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 21st August 2019

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 the hottest stars, brilliant minds & talented artists.

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

[Home Shopping](#)

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

[Home Shopping](#)

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

[Home Shopping](#)

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

[Home Shopping](#)

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

[Home Shopping](#)

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 22nd August 2019

06:00 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.

06:30 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.

07:00 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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

SPECIAL ENCORE PRESENTATION

The truth sets Flo free as she begins to inform Brooke and Ridge that she never gave birth. Meanwhile, Hope and Liam cry tears of joy as they are reunited with their baby, Beth.

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

SPECIAL ENCORE PRESENTATION

Nazeem Hussain & Ash Pollard

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebrities: Nazeem Hussain & Ash Pollard.

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
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.



SYDNEY PROGRAM GUIDE

Thursday 22nd August 2019

01:00 pm To Be Advised

02:10 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.

02:30 pm Neighbours Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

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

Brooke rages at Flo, Shauna and Zoe about their lies, deceit and destruction of lives. Meanwhile, Hope is horrified when Liam reveals that the lie started with Reese and ended with Thomas.

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.



SYDNEY PROGRAM GUIDE

Thursday 22nd August 2019

06:00 pm Celebrity Name Game CC

ALL NEW EPISODES

Dave Thornton & Bonnie Lythgoe

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebrities: Dave Thornton & Bonnie Lythgoe.

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

One lucky girl gets a playful date with Matt where there's chemistry galore and massages! Matt's best mate arrives to meet some of the girls and the at the cocktail party Matt has a romantic pash!

08:30 pm Gogglebox CC

ALL NEW EPISODES

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

M
Sexual References,
Drug References,
Mature Themes

Guardian

Fin investigates a man's claim that his sister was gang raped, but all is not as it seems.

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

Guest Starring: George Wallace, Amanda Warren

10:30 pm Blue Bloods (Rpt) CC

M
Mature Themes

The Devil You Know

Frank clashes with a data-tracking company when it refuses to unlock a terrorist's phone that may hold information regarding upcoming targets. Erin obtains information about an impending murder.

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

Guest Starring: Bebe Neuwirth, John Pankow, Christopher Shyer



SYDNEY PROGRAM GUIDE

Thursday 22nd August 2019

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)

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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

Friday 23rd August 2019

06:00 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.

06:30 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.

07:00 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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

SPECIAL ENCORE PRESENTATION

Brooke rages at Flo, Shauna and Zoe about their lies, deceit and destruction of lives. Meanwhile, Hope is horrified when Liam reveals that the lie started with Reese and ended with Thomas.

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

SPECIAL ENCORE PRESENTATION

Dave Thornton & Bonnie Lythgoe

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebrities: Dave Thornton & Bonnie Lythgoe.

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,
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.



SYDNEY PROGRAM GUIDE

Friday 23rd August 2019

01:00 pm	The Living Room Encore (Rpt)	CC
02:00 pm	Entertainment Tonight	CC
02:30 pm	Neighbours Encore (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	My Market Kitchen	CC G
04:00 pm	Everyday Gourmet With Justine Schofield	CC G
04:30 pm	The Bold & The Beautiful	CC PG

SPECIAL ENCORE PRESENTATION

Chris Brown is on the hunt for whale snot, Barry Du Bois saddles up and creates an Old West themed kids party and Amanda Keller calls on Miguel Maestre to make a feast worthy of her A-List friends.

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

Hope and Liam deliver devastating news to an unsuspecting Steffy. Meanwhile, Ridge and Brooke interrogate Flo, Shauna and Zoe about the details of their "scheme".



SYDNEY PROGRAM GUIDE

Friday 23rd August 2019

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

ALL NEW EPISODES

Alex Jae & Alex Lee

Rove guest hosts Celebrity Name Game which pairs regular Aussies with celebrities in a race to guess names, places and characters from pop culture. Today's celebrities: Alex Jae & Alex Lee.

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

Miguel and Chris take a food tour of Memphis, where they dine at The King's favourite eatery. Barry helps a couple renovate a room and the team present fresh new gadgets and gizmos on Hot or Not.

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, Hayley Sproull, Peter Helliar, Kitty Flanagan and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm Kitty Flanagan: Hello Kitty (Rpt) CC M
Sexual References,
Coarse Language

Kitty Flanagan: Hello Kitty

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 23rd August 2019

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

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

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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 24th August 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 All 4 Adventure (Rpt) CC PG

Jase and Simon return for another action-packed series as they set out to retrace the steps of early explorers deep into the desolate heartland of this vast continent.

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 Todd Sampson's Body Hack (Rpt) CC PG

Join Todd Sampson as he tackles some of the biggest challenges of his life using science as his guide. In this episode, Todd learns the traditional methods of freedive fishing from the Bajau people.

01:00 pm Jamie's Super Food (Rpt) CC G

On this episode Jamie is on the Japanese island of Okinawa, where he harvests and eats seaweed. Later, he heads to the tropical paradise of Costa Rica where he creates some super-nutritious meals.



SYDNEY PROGRAM GUIDE

Saturday 24th August 2019

02:00 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

Sydney To Newcastle

The team visit pet-friendly attractions in Sydney and Newcastle. Hear about the important work of volunteer group Dog Rescue Newcastle and get some training tips and advice for looking after a Husky.

02:30 pm **Pooches At Play** CC G

03:00 pm **Places We Go** CC

ALL NEW EPISODES

03:30 pm **Australia By Design: Architecture** (Rpt) CC G

This series gathers some of Australia's top architects and industry leaders to decide what is Australia's ultimate architectural statement of the year.

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

SPECIAL ENCORE PRESENTATION

Miguel and Chris take a food tour of Memphis, where they dine at The King's favourite eatery. Barry helps a couple renovate a room and the team present fresh new gadgets and gizmos on Hot or Not.

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

ALL NEW EPISODES

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

06:00 pm **Luxury Escapes 2019** CC G

ALL NEW EPISODES

Abu Dhabi

In this episode spend some quality time in Abu Dhabi. It might be one of the wealthiest cities in the Middle East, but it boasts a level of luxury you don't need to be a millionaire to enjoy.



SYDNEY PROGRAM GUIDE

Saturday 24th August 2019

06:30 pm	One Strange Rock	CC	<p>SERIES PREMIERE</p> <p><u>Gasp</u></p> <p>Astronaut Chris Hadfield's view of the incredibly complex systems that allow life on our planet to breathe is the focus of this groundbreaking series premiere. Hosted by Will Smith.</p>
07:30 pm	Saturday Night Rove	NO CC	<p>SERIES PREMIERE</p>
08:30 pm	999: What's Your Emergency	CC M Coarse Language, Mature Themes	<p>ALL NEW EPISODES</p> <p><u>At 12 Years Old I Was Still Playing With My Little Pony, Not Beating Up My Parents</u></p> <p>How much freedom should parents give young children? A three-year-old boy is found wandering the streets at night and a mum discovers her eight-year-old has been playing in woods used by drug users.</p>
09:30 pm	Ambulance (Rpt)	CC M Coarse Language, Mature Themes	<p>An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.</p>
10:45 pm	Elementary (Rpt)	CC M Violence	<p><u>How The Sausage Is Made</u></p> <p>Joan worries Sherlock's sobriety is at risk when she learns he has been lying to her about attending recovery meetings.</p> <p>Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn</p>
11:35 pm	Supercars Highlights (Rpt)	CC	<p><u>Supercars The Bend (Sat)</u></p> <p>Highlights of the 2019 Virgin Australia Supercars Championship from the OTR SuperSprint at The Bend Motorsport Park in South Australia.</p>
12:35 am	Todd Sampson's Body Hack (Rpt)	CC M Stylised Violence, Dangerous Activity	<p>Join Todd Sampson as he tackles some of the biggest challenges of his life using science as his guide. In this episode, Todd spends a week in a Bollywood stunt gym before shooting his own sequence.</p>



SYDNEY PROGRAM GUIDE

Saturday 24th August 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 Beyond

ALL NEW EPISODES

04:30 am Leading The Way With Dr. Michael Youssef G

ALL NEW EPISODES

Jesus: Know Him And Live Pt.3

05:00 am Hour Of Power With Bobby Schuller G

ALL NEW EPISODES

Religious program.