



SYDNEY PROGRAM GUIDE

Sunday 04th 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

Take A Seat

Religious.

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

SPECIAL ENCORE PRESENTATION

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

09:00 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.

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 04th August 2019

12:00 pm Photo Number 6 (Rpt)

CC PG
Coarse Language,
Mature Themes

UK France

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 Luxury Escapes (Rpt)

CC G

South Africa / Kruger

In this episode we take you on an adventure through one of the world's most diverse countries. Whether you want cosmopolitan city life or spectacular wildlife, South Africa truly delivers.

01:30 pm Australian Survivor Encore (Rpt)

CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

Strategic game play is underway as one of the contestants finds an idol and needs to decide fast who can be trusted. Paranoia sets in at Tribal Council with confusion and panic taking over.

03:00 pm Australia By Design: Architecture

CC G

SEASON PREMIERE

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.



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Sunday 04th August 2019

06:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language

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

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 PG
Coarse Language,
Nudity

ALL NEW EPISODES

Paranoia starts to set in across both tribes with rumours of contestants having idols – but are they real or fake? At Tribal Council, the tribe are faced with some big questions around leadership.

09:10 pm Instinct

CC M
Violence

ALL NEW EPISODES

Broken Record

Dylan and Lizzie investigate the murder of an aspiring musician who was gunned down on a roller coaster at an amusement park. Andy and Dylan look to broaden their options for adoption.

Starring: Alan Cumming, Bojana Novakovic

10:05 pm Instinct (Rpt)

CC M
Violence,
Mature Themes

I Heart New York

Dylan and Lizzie are assigned to a murder in Central Park after their investigation into a chemical attack on the subway is taken over by the FBI.

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.



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

04:30 am **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 05th August 2019

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

07:00 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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

SPECIAL ENCORE PRESENTATION

Thomas warns Ridge to tell Brooke to stop interfering in his plans. Meanwhile, Hope considers her options.

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

SPECIAL ENCORE PRESENTATION

Anthony Callea & James Mathison

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: Anthony Callea & James Mathison.

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 To Be Advised



SYDNEY PROGRAM GUIDE

Monday 05th 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

Liam and Thomas bicker about why Hope hasn't made her bridal entrance. Meanwhile, Zoe panics when Flo says there is still time to stop the wedding.

05:00 pm 10 News First CC

ALL NEW EPISODES

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

06:00 pm Celebrity Name Game CC PG
Sexual References

ALL NEW EPISODES

Vicky Pattison & Shannon Noll

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: Vicky Pattison & Shannon Noll.



SYDNEY PROGRAM GUIDE

Monday 05th 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

There are shake ups all over for both The Contenders and The Champions. Will old alliances will be broken?

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, Denise Scott, Tony Martin, Ash London and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:40 pm Ross Noble - Brain Dump (Rpt) CC M
Sexual References,
Coarse Language

Ross Noble - Brain Dump

Ross Noble lives in a very specific category of beast-brain..Behind a veil of absolute nonsense, the man is cunning and quick, building the absurdity of his jokes at just the right time.

10:40 pm Carpool Karaoke With Paul McCartney (Rpt) CC PG

The Late Late Show Carpool Karaoke Special With Paul McCartney

James Corden heads to Liverpool for a special day with Sir Paul McCartney, exploring the city with plenty of fun moments, singing & visiting locations from some of The Beatles' most iconic hits.

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 Tim McGraw, Jon Meacham & Tessa Thompson. Plus, a musical performance by Jessie Reyez.



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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

Tuesday 06th August 2019

06:00 am The Talk

CC PG
Mature Themes

SEASON FINALE

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Liam and Thomas bicker about why Hope hasn't made her bridal entrance. Meanwhile, Zoe panics when Flo says there is still time to stop the wedding.

08:00 am Celebrity Name Game Encore (Rpt)

CC PG
Sexual References

SPECIAL ENCORE PRESENTATION

Vicky Pattison & Shannon Noll

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: Vicky Pattison & Shannon Noll.

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
Drug References

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

01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Tuesday 06th 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

Elly's return to work proves to be challenging as her troubled student Richie taunts her. Gary makes a drunken fool of himself at the grand opening of Erinsborough's newest restaurant "The 82".

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 contemplates her next move after Phoebe interrupts her vows with Thomas. Meanwhile, Liam becomes alarmed after overhearing Thomas and Flo.

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 06th August 2019

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

ALL NEW EPISODES

Harley Breen & Denise Drysdale

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: Harley Breen & Denise Drysdale.

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

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?

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

What Lies Above

McGee discovers his apartment has been torn apart by a robber trying to locate an item of great value hidden somewhere by the convicted criminal who previously owned the unit.

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

10:00 pm **NCIS (Rpt)** CC M

M.I.A

To carry out a sailor's dying wish, Gibbs and the NCIS team re-investigate a murder case that was originally ruled an accidental death. Also, the case reminds Torres of a tragic time from his past.

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

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

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Tuesday 06th 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 Brian Cox & Hannah Gadsby.

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

Wednesday 07th August 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Hope contemplates her next move after Phoebe interrupts her vows with Thomas. Meanwhile, Liam becomes alarmed after overhearing Thomas and Flo.

08:00 am Celebrity Name Game Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Harley Breen & Denise Drysdale

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: Harley Breen & Denise Drysdale.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil

CC PG
Coarse Language,
Mature Themes

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

01:00 pm The Bachelor Australia (Rpt)

CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

The first single date sees one Bachelorette join Matt for a very special helicopter ride. Also eight hot new ladies have arrived looking for love and some are not willing to take the news lying down.



SYDNEY PROGRAM GUIDE

Wednesday 07th 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

Roxy's guilty conscience gets the better of her and the whole sordid truth comes out about Paul's assault. Kyle confides in Pierce about his complicated love life.

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

Douglas encourages Hope to spend the night with Thomas. Meanwhile, Liam begs Wyatt to help him find out what Thomas and Flo are hiding.

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 07th August 2019

06:00 pm Celebrity Name Game	CC PG	<p>ALL NEW EPISODES <u>Bernard Curry & Ebony Vagulans</u> 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: Bernard Curry & Ebony Vagulans.</p>
06:30 pm The Project	CC	<p>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.</p>
07:30 pm The Bachelor Australia	CC PG Coarse Language	<p>ALL NEW EPISODES There's tension in the mansion, a horse and carriage, a game of AFL, a cocktail party, a treasure hunt, a kiss (!) and one Bachelorette who runs out of the mansion in tears. Do not miss this episode!</p>
08:45 pm My Life Is Murder	CC M Coarse Language	<p>ALL NEW EPISODES <u>Can's Stand The Heat</u> Alexa is thrown into the world of culinary excellence while investigating the death of a cooking school student. Alexa must hone her chops to uncover a tangled web of lies, rivalry and secrets.</p>
09:45 pm Bull	CC M Violence	<p>ALL NEW EPISODES <u>Don't Say A Word</u> Bull's romantic rival, Diana Lindsay, jeopardises her career when she secretly has Bull come to Texas to assist a couple fighting against her former client for custody of their grandchildren.</p>
10:45 pm Sports Tonight	CC	<p>ALL NEW EPISODES Scott Mackinnon, Roz Kelly and Ant Sharwood present the latest sports news, views and highlights in a fun and engaging format.</p>



SYDNEY PROGRAM GUIDE

Wednesday 07th August 2019

11:15 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.

12:15 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 Amanda Seyfried, Jacob Tremblay, Brady Noon & Keith L. Williams.

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)

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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 08th 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

Douglas encourages Hope to spend the night with Thomas. Meanwhile, Liam begs Wyatt to help him find out what Thomas and Flo are hiding.

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

SPECIAL ENCORE PRESENTATION

Bernard Curry & Ebony Vagulans

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: Bernard Curry & Ebony Vagulans.

08:30 am Studio 10 CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil CC PG
Coarse Language,
Mature Themes

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01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Thursday 08th August 2019

02:15 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
06:00 pm	Celebrity Name Game	CC PG

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

Toadie catches himself having almost too good a time with Dee and feels guilty. Amy struggles to make a decision on who she wants to be with.

ALL NEW EPISODES

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ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

Wyatt is shocked when Flo accidentally reveals a crucial fact about her past. Meanwhile, Brooke comforts Hope who still feels incomplete without 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.

ALL NEW EPISODES

James Mathison & Tim Campbell

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: James Mathison & Tim Campbell.



SYDNEY PROGRAM GUIDE

Thursday 08th 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 The Bachelor Australia

CC

ALL NEW EPISODES

Tonight's action-packed episode has everything from planes, to photoshoots and pashing. One bachelorette is very vocal about her steamy encounter with the Bach, which rubs several girls the wrong way.

08:45 pm Law & Order: SVU (Rpt)

CC M
Mature Themes

Patrimonial Burden

A reality TV family's secrets begin to spill when their young teenage daughter learns she's pregnant.

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

Guest Starring: Chris Elliott, Christopher Sieber, Geneva Carr, Ryan Devlin

09:45 pm Law & Order: SVU (Rpt)

CC M

Melancholy Pursuit

The detectives look for a teenage girl who was abducted and find crucial DNA evidence about her kidnapper. As the search progresses, the case deeply affects Sgt. Dodds.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Andy Karl, Tunie Tamara

Guest Starring: Ali Wentworth

10:45 pm Blue Bloods (Rpt)

CC M
Violence

Risk Management

Danny and Baez race to find a missing girl who will die within 72 hours without her heart medication. Also, Jamie and Eddie are on the wrong side of an investigation after engaging in a car chase.

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

Guest Starring: Mackenzie Astin, Bebe Neuwirth

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Thursday 08th 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 Tiffany Haddish & Jared Harris. Plus, a musical performance by The Smashing Pumpkins.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 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

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



SYDNEY PROGRAM GUIDE

Friday 09th 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

Wyatt is shocked when Flo accidentally reveals a crucial fact about her past. Meanwhile, Brooke comforts Hope who still feels incomplete without Beth.

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

SPECIAL ENCORE PRESENTATION

James Mathison & Tim Campbell

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: James Mathison & Tim Campbell.

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 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!



SYDNEY PROGRAM GUIDE

Friday 09th August 2019

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
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

Finn is finding it increasingly difficult to navigate his complicated relationship with Bea. Dee concedes that neither she or Toadie can commit yet. Elly reaches out to apologise to Chloe.

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 09th August 2019

06:00 pm Celebrity Name Game	CC PG Sexual References	<p>ALL NEW EPISODES</p> <p><u>Veronica Milsom & Lewis Hobba</u></p> <p>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.</p>
06:30 pm The Project	CC	<p>ALL NEW EPISODES</p> <p>Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.</p>
07:30 pm The Living Room	CC	<p>ALL NEW EPISODES</p> <p>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.</p>
08:30 pm Have You Been Paying Attention? (Rpt)	CC M Sexual References, Coarse Language, Mature Themes, Nudity, May Contain:	<p>SPECIAL ENCORE PRESENTATION</p> <p>Have contestants Ed Kavalee, Denise Scott, Tony Martin, Ash London and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!</p>
09:30 pm Ross Noble - Brain Dump (Rpt)	CC M Sexual References, Coarse Language	<p><u>Ross Noble - Brain Dump</u></p> <p>Ross Noble lives in a very specific category of beast-brain..Behind a veil of absolute nonsense, the man is cunning and quick, building the absurdity of his jokes at just the right time.</p>
10:30 pm Man With A Plan (Rpt)	CC PG	<p><u>The Blame Game</u></p> <p>Adam and Don discover a sneaky way of getting out of trouble with their wives by blaming each other for their mistakes.</p> <p>Starring: Matt LeBlanc, Kevin Nealon, Liza Snyder, Matt Cook, Kali Rocha, Diana Maria Riva</p>



SYDNEY PROGRAM GUIDE

Friday 09th August 2019

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews special guest Niecy Nash.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 10th 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 G

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

09:30 am Studio 10 Saturday CC PG

ALL NEW EPISODES

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.

12:00 pm Luxury Escapes (Rpt) CC G

South Africa / Kruger

In this episode we take you on an adventure through one of the world's most diverse countries. Whether you want cosmopolitan city life or spectacular wildlife, South Africa truly delivers.



SYDNEY PROGRAM GUIDE

Saturday 10th August 2019

12:30 pm Jamie's Super Food (Rpt) CC G

Jamie travels to the Greek Island of Ikaria, under sun-kissed skies he forages for greens and herbs with local cook Tula, before sharing a healthy hill top feast with four generations of her family.

01:30 pm Good Chef Bad Chef (Rpt) CC G

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

02:00 pm Pooches At Play CC G

ALL NEW EPISODES

Goldfields

The team explore the caravan capital of Victoria, Ballarat, to see why it's such a great place to stay for you and your pooch and Lara visits Guide Dogs Australia to talk about their important work.

02:30 pm The Cook's Pantry With Matt Sinclair (Rpt) CC G

Cook's Pantry With Matt Sinclair, The 23

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.

03:00 pm Places We Go CC G

SEASON PREMIERE

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

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.

05:00 pm 10 News First CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Saturday 10th August 2019

06:00 pm	Jamie's 15 Minute Meals (Rpt)	CC G	<p>Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.</p> <p>Starring: Jamie Oliver</p>
06:30 pm	Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	<p>When monster waves lash Bondi, new team members Boo and trainee Lachie must tackle the dangerous conditions to complete a mass rescue.</p>
07:00 pm	Rugby: Wallabies v All Blacks LIVE	CC	<p>LIVE <u>Qantas Wallabies V New Zealand</u></p> <p>Join us LIVE for all the Bledisloe Cup action between the Wallabies and the All Blacks at Optus Stadium, Perth. Kick-off: 7:45pm (AEST).</p>
10:00 pm	Australian Survivor Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>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?</p>
11:30 pm	Elementary (Rpt)	CC M Violence	<p><u>Ill Tidings</u></p> <p>Holmes and Watson investigate a mass murder when a chef and his patrons are poisoned after dining on a tasting menu tainted with snake venom.</p> <p>Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn</p>
12:30 am	Todd Sampson's Body Hack (Rpt)	CC M Mature Themes	<p>Visiting with the youngest fire department in the United States, Todd Sampson is on a mission to uncover what the extreme life of an emergency responder does to the mind and body.</p>
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 10th August 2019

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power With Bobby Schuller G

ALL NEW EPISODES

Religious program.



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.



SYDNEY PROGRAM GUIDE

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.

01:30 pm To Be Advised

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.

09:00 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

10:00 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)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 11th August 2019

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

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 To Be Advised



SYDNEY PROGRAM GUIDE

Monday 12th August 2019

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
06:00 pm	Celebrity Name Game	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.

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

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.

ALL NEW EPISODES

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

ALL NEW EPISODES

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.

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

ALL NEW EPISODES

Have contestants Ed Kavalee, 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.

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

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt) Home Shopping



SYDNEY PROGRAM GUIDE

Monday 12th August 2019

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

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

SPECIAL ENCORE PRESENTATION

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.

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 To Be Advised



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

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

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

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

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

Tuesday 13th August 2019

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

ALL NEW EPISODES

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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

Wednesday 14th 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

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

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

SPECIAL ENCORE PRESENTATION

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.

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
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

ALL NEW EPISODES

Georgia Love & Lee Elliott

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: Georgia Love & Lee Elliott.

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

Tensions are high after the last cocktail party, which saw someone play dirty for time with Matt. There's single dates, an angry Bach and a confrontation with one of the Bachelorettes. Do not miss!

09:00 pm My Life Is Murder CC M
Violence

ALL NEW EPISODES

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 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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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

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 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

SPECIAL ENCORE PRESENTATION

Georgia Love & Lee Elliott

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: Georgia Love & Lee Elliott.

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 15th August 2019

01:00 pm **To Be Advised**

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

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

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: Dylan Lewis & Smallzy.



SYDNEY PROGRAM GUIDE

Thursday 15th 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 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!

08:30 pm Gogglebox **NO CC**

SEASON PREMIERE

09:30 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

10:30 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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SYDNEY PROGRAM GUIDE

Thursday 15th August 2019

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



SYDNEY PROGRAM GUIDE

Friday 16th August 2019

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

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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

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

SPECIAL ENCORE PRESENTATION

Dylan Lewis & Smallzy

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: Dylan Lewis & Smallzy.

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

Friday 16th 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

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

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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

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

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SYDNEY PROGRAM GUIDE

Friday 16th August 2019

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

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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 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 Luxury Escapes (Rpt) CC G

Japan

In this episode of Luxury Escapes, we discover the sublime complexity in the land of the Rising Sun, Japan - a country that does both the weird and the wonderful a whole lot better than anyone else.



SYDNEY PROGRAM GUIDE

Saturday 17th August 2019

12:30 pm	Jamie's Super Food (Rpt)	CC G	<p>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.</p>
01:30 pm	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
02:00 pm	Pooches At Play	CC G	<p>ALL NEW EPISODES <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.</p>
02:30 pm	Discover Japan: Okinawa With Liv Phyland (Rpt)	CC G	<p><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.</p>
03:00 pm	The Cook's Pantry With Matt Sinclair (Rpt)	CC G	<p><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.</p>
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.</p>
04:00 pm	The Living Room Encore (Rpt)	CC	<p>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.</p>
05:00 pm	Rugby: Wallabies v All Blacks LIVE	CC	<p>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).</p>



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)

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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 The Aussie Pastor

ALL NEW EPISODES

04:30 am To Be Advised

05:00 am Hour Of Power With Bobby Schuller

G

ALL NEW EPISODES

Religious program.