



MELBOURNE PROGRAM GUIDE

Sunday 21st July 2019

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious program.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joesph Prince New Creation Church CC G

ALL NEW EPISODES

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church in Singapore.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Your Wings Are Coming

Religious.

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

SPECIAL ENCORE PRESENTATION

Barry helps Emma and Ben fix a flimsy fence, Chris visits the Victoria Volcanoes, Curtis Stone shares his secret to the perfect pork chop with Miguel & Amanda and her dog get some agility training.

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

W.A.

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

09:30 am Studio 10 Sunday CC PG

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

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

UK - Part 1

Join Alan Fletcher as he travels the globe looking for the one photograph that captures the heart and soul of each place he visits and the people he meets.

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

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

01:20 pm Luxury Escapes (Rpt) CC PG

South Africa / South Australia

In this episode of Luxury Escapes, it's all about the Beautiful South. South Africa's vibrant urban culture of Johannesburg and one of the world's best food and wine destinations: South Australia!

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

SPECIAL ENCORE PRESENTATION

Moon Landing: ONE Hour That Changed The World

The story of the nail biting final hour before Neil Armstrong's famous steps, packed with details driven by powerful footage and audio recordings from the time and mission control in Houston.

02:50 pm MasterChef Australia Encore (Rpt) CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

Contestants are cooking at Press Club, the brainchild of judge George Calombaris. With the Press Club announcing it will soon close, the Top 5 take to the kitchen to prepare one of the final meals.

04:00 pm RPM CC

ALL NEW EPISODES

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

05:00 pm 10 News First CC

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Sunday 21st July 2019

06:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language

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

06:30 pm The Sunday Project

CC

ALL NEW EPISODES

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

07:30 pm MasterChef Australia

CC PG

ALL NEW EPISODES

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

09:40 pm FBI

CC M
Violence

SEASON FINALE

Closure

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

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

10:40 pm The Final Quarter (Rpt)

CC PG
Coarse Language,
Mature Themes

MOVIE

The Final Quarter

Cheers turned to boos in the final years of AFL champion footballer Adam Goodes' career when he publicly called out racism. This impassioned film tracks Australia's heated and divided response.

12:20 am The Project: Final Quarter, Extra Time (Rpt)

CC PG

Project: The Final Quarter, Extra Time, The

Waleed Ali, and a panel of experts from footy and the media, ask why was Adam Goodes targeted, could the AFL have done things differently, and how responsible was the media in shaping events?



MELBOURNE PROGRAM GUIDE

Sunday 21st July 2019

01:00 am The Sunday Project (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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.



MELBOURNE PROGRAM GUIDE

Monday 22nd July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

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

08:00 am Celebrity Name Game Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Tim Blackwell & Georgie Carroll

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Tim Blackwell & Georgie Carroll.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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

01:00 pm MasterChef Australia Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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



MELBOURNE PROGRAM GUIDE

Monday 22nd July 2019

03:10 pm	Entertainment Tonight	CC
03:30 pm	Judge Judy	CC PG
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
06:30 pm	The Project	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

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

ALL NEW EPISODES

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

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

ALL NEW EPISODES

Melody Thornton & Justin Lacko

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: Melody Thornton & Justin Lacko.

ALL NEW EPISODES

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MELBOURNE PROGRAM GUIDE

Monday 22nd July 2019

07:30 pm MasterChef Australia CC PG

ALL NEW EPISODES

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

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

ALL NEW EPISODES

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

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

Akmal - Transparent

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

11:30 pm The Project Encore (Rpt) CC

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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 the hottest stars, brilliant minds & talented artists including, John Oliver & Joe Namath.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



MELBOURNE PROGRAM GUIDE

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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.



MELBOURNE PROGRAM GUIDE

Tuesday 23rd July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

CC PG

SPECIAL ENCORE PRESENTATION

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

08:00 am Celebrity Name Game Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Melody Thornton & Justin Lacko

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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
Mature Themes

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

01:00 pm MasterChef Australia Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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



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Tuesday 23rd July 2019

02:30 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 PG

ALL NEW EPISODES

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ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

ALL NEW EPISODES

Julie Goodwin & George Calombaris

Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Julie Goodwin & George Calombaris.



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Tuesday 23rd July 2019

06:30 pm The Project

CC

ALL NEW EPISODES

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

07:30 pm MasterChef Australia

CC

SEASON FINALE

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

09:50 pm My Life Is Murder Encore (Rpt)

CC M
Violence,
Coarse Language

SPECIAL ENCORE PRESENTATION

The Boyfriend Experience

Former detective Alexa Crowe is lured into the world of murder and mystery when her friend and colleague asks her to look into the death of a woman who fell from the balcony of a male escort.

10:50 pm NCIS (Rpt)

CC M
Violence,
Sexual References

Nonstop

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

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

11:50 pm The Project Encore (Rpt)

CC

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12:55 am The Late Show With Stephen Colbert CC PG

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Tuesday 23rd July 2019

02:00 am Home Shopping (Rpt)

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02:30 am Home Shopping (Rpt)

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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.



MELBOURNE PROGRAM GUIDE

Wednesday 24th July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

CC PG

SPECIAL ENCORE PRESENTATION

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

08:00 am Celebrity Name Game Encore (Rpt)

CC PG

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08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm My Life Is Murder Encore (Rpt)

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Violence,
Coarse Language

SPECIAL ENCORE PRESENTATION

The Boyfriend Experience

Former detective Alexa Crowe is lured into the world of murder and mystery when her friend and colleague asks her to look into the death of a woman who fell from the balcony of a male escort.

01:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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



MELBOURNE PROGRAM GUIDE

Wednesday 24th July 2019

03:20 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.

03:30 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.

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

Zoe shocks Xander by defending Thomas from Xander's slanderous accusations. Meanwhile, Liam is stunned by the news of Thomas and Hope's engagement.

05:00 pm 10 News First

CC

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

06:00 pm Celebrity Name Game

CC PG

ALL NEW EPISODES

Tim Blackwell & Commando Steve Willis

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06:30 pm The Project

CC

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MELBOURNE PROGRAM GUIDE

Wednesday 24th July 2019

07:30 pm Australian Survivor

CC

SEASON PREMIERE

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

09:15 pm My Life Is Murder

CC M
Violence,
Coarse Language

ALL NEW EPISODES

The Locked Room

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

10:15 pm Bull

CC M

ALL NEW EPISODES

Parental Guidance

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

11:10 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.

11:40 pm The Project Encore (Rpt)

CC

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12:40 am The Late Show With Stephen Colbert

CC PG

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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.



MELBOURNE PROGRAM GUIDE

Thursday 25th July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (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

Zoe shocks Xander by defending Thomas from Xander's slanderous accusations. Meanwhile, Liam is stunned by the news of Thomas and Hope's engagement.

08:00 am Celebrity Name Game Encore (Rpt)

CC PG

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08:30 am Studio 10

CC PG

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12:00 pm Dr. Phil

CC M
Violence,
Mature Themes

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

01:00 pm To Be Advised



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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

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04:00 pm Everyday Gourmet With Justine Schofield CC G

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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

Xander confronts Thomas about the murder of Emma. Meanwhile, Liam expresses his true love for Hope in anticipation that she will change her mind.

05:00 pm 10 News First CC

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Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

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Tom Ballard & Scott Tweedie

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07:30 pm Australian Survivor

CC

ALL NEW EPISODES

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

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

CC M
Mature Themes

Institutional Fail

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

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

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

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

CC M
Violence,
Mature Themes

Community Policing

Cops kill an innocent, unarmed black man whose description resembled a rape suspect. The case soon escalates into a public circus, and A.D.A. Barba is under pressure to indict the police officers.

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

Guest Starring: Donal Logue, Robert John Burke, Isiah Whitlock Jr, Josh Pais, Leslie Odom Jnr., Michael Potts

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Home Shopping

04:30 am CBS This Morning

CC

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MELBOURNE PROGRAM GUIDE

Friday 26th July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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07:00 am Entertainment Tonight

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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.

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

Zoe and Xander's relationship is on the line when Xander issues Zoe an ultimatum. Meanwhile, Brooke tries to keep Hope from marrying Thomas.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

ALL NEW EPISODES

Denise Drysdale & Natalie Basingthwaighte

Celebrity Name Game pairs regular Aussies with celebs in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Denise Drysdale & Natalie Basingthwaighte



MELBOURNE PROGRAM GUIDE

Friday 26th July 2019

06:30 pm The Project CC

ALL NEW EPISODES

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

07:30 pm The Living Room CC

ALL NEW EPISODES

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

08:30 pm Have You Been Paying Attention? (Rpt) CC M

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

SPECIAL ENCORE PRESENTATION

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

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

Akmal - Transparent

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

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Friday 26th July 2019

01:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
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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>
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04:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
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05:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am Home Shopping (Rpt)	<u>Home Shopping</u>



MELBOURNE PROGRAM GUIDE

Saturday 27th July 2019

06:00 am Reel Action (Rpt) CC G

Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.

06:30 am Escape Fishing With ET (Rpt) CC G

Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species and interesting spots with his mates.

07:00 am RPM (Rpt) CC

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

08:00 am WhichCar (Rpt) CC PG

Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.

08:30 am Seafood Escape With Andrew Ettingshausen (Rpt) CC G

Host Andrew Ettingshausen joins top Australian Chefs on board commercial fishing boats to find out what it takes to put Seafood on our tables.

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

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

09:30 am Studio 10 Saturday CC PG

ALL NEW EPISODES

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

12:00 pm Luxury Escapes (Rpt) CC PG

South Africa / South Australia

In this episode of Luxury Escapes, it's all about the Beautiful South. South Africa's vibrant urban culture of Johannesburg and one of the world's best food and wine destinations: South Australia!



MELBOURNE PROGRAM GUIDE

Saturday 27th July 2019

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

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

01:00 pm My Market Kitchen (Rpt) CC G

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

01:30 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

02:00 pm Pooches At Play CC G

ALL NEW EPISODES

Torquay To Bells Beach

The team check out pet friendly things to do with your dog when visiting Torquay and Jan Juc along the Great Ocean Road. Tips include after-beach grooming and other useful health & training advice.

02:30 pm Good Chef Bad Chef (Rpt) CC G

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

03:00 pm The Cook's Pantry With Matt Sinclair (Rpt) CC G

Cook's Pantry With Matt Sinclair, The 21

Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles.

03:30 pm What's Up Down Under CC G

ALL NEW EPISODES

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

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

SPECIAL ENCORE PRESENTATION

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



MELBOURNE PROGRAM GUIDE

Saturday 27th July 2019

05:00 pm 10 News First

CC

ALL NEW EPISODES

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

06:00 pm Jamie's 15 Minute Meals (Rpt)

CC G

Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.

Starring: Jamie Oliver

06:30 pm Bondi Rescue (Rpt)

CC PG
Coarse Language

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

07:00 pm Rugby: Wallabies v South Argentina LIVE

CC

LIVE

Qantas Wallabies V Argentina

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

10:00 pm To Be Advised

11:30 pm Supercars Highlights (Rpt)

CC

Supercars Ipswich (Sat)

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

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping



MELBOURNE PROGRAM GUIDE

Saturday 27th July 2019

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power With Bobby Schuller G

ALL NEW EPISODES

Religious program.



MELBOURNE PROGRAM GUIDE

Sunday 28th July 2019

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious program.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joesph Prince New Creation Church CC G

ALL NEW EPISODES

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church in Singapore.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

You're Still Going To Get There

Religious.

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

SPECIAL ENCORE PRESENTATION

Chris travels to Capertee Valley with a bubble tent and talks about taking great pics of the moon. Peter Walsh looks at some kids toys storage solutions & Miguel plans the perfect Christmas in July.

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

VIC

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

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.



MELBOURNE PROGRAM GUIDE

Sunday 28th July 2019

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

UK - Part 2

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

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.

01:30 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

02:00 pm To Be Advised

03:30 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.

04:00 pm Supercars Highlights CC

Supercars Ipswich (Sun)

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

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,
Nudity

When the biggest swell of the year rolls in, big wave surfer Jesse decides to test new recruits Tommy & Jules. Training is one thing but how will Tommy manage to rescue two intoxicated patients?

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.



MELBOURNE PROGRAM GUIDE

Sunday 28th July 2019

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

After a loss at the Immunity Challenge, one tribe will contemplate a major betrayal in order to rid the game of one of its most powerful players.

09:00 pm Instinct

CC M
Violence,
Sexual References

SEASON PREMIERE

Stay Gold

Dylan and Lizzie investigate the murder of a successful businesswoman who attempted to prolong the lifespan of humans. Detective Ryan Stock from Nebraska arrives to hunt for a potential serial killer.

Starring: Alan Cumming, Bojana Novakovic

10:00 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.

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



MELBOURNE PROGRAM GUIDE

Sunday 28th July 2019

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Monday 29th July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Zoe and Xander's relationship is on the line when Xander issues Zoe an ultimatum. Meanwhile, Brooke tries to keep Hope from marrying Thomas.

08:00 am Celebrity Name Game Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Denise Drysdale & Natalie Basingthwaighte

Celebrity Name Game pairs regular Aussies with celebs in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Denise Drysdale & Natalie Basingthwaighte

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 To Be Advised



MELBOURNE PROGRAM GUIDE

Monday 29th July 2019

02:30 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

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ALL NEW EPISODES

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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

Sally makes Flo run errands so she can be alone with Wyatt. Meanwhile, Thomas plays a trick on Hope to get her to move up the wedding date.

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

ALL NEW EPISODES

Jay Pharoah & Nikki Osborne

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: Jay Pharoah & Nikki Osborne.



MELBOURNE PROGRAM GUIDE

Monday 29th July 2019

06:30 pm The Project

CC

ALL NEW EPISODES

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

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

The Contenders play hard in the challenges, desperate to prove they've got what it takes to win. Tensions are high at Tribal Council with one player taken down in an epic blindsides and sent home.

09:00 pm Have You Been Paying Attention?

CC M

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

ALL NEW EPISODES

Have contestants Ed Kavalee, Amanda Keller, Mick Molloy, Kitty Flanagan and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

10:00 pm Arj Barker - Organic (Rpt)

CC M

Sexual References,
Coarse Language

Arj Barker - Organic

Arj Barker starts with the finest free-range topics and nurtures them until they're full of wholesome hilarity and ready for a tellin'. Remember, his cruelty-free jokes are ALWAYS tested on animals.

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 the hottest stars, brilliant minds & talented artists.



MELBOURNE PROGRAM GUIDE

Monday 29th July 2019

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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Home Shopping

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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.



MELBOURNE PROGRAM GUIDE

Tuesday 30th July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Sally makes Flo run errands so she can be alone with Wyatt. Meanwhile, Thomas plays a trick on Hope to get her to move up the wedding date.

08:00 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Jay Pharoah & Nikki Osborne

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: Jay Pharoah & Nikki Osborne.

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 To Be Advised



MELBOURNE PROGRAM GUIDE

Tuesday 30th July 2019

02:30 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

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ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

ALL NEW EPISODES

Will McMahon & Woody Whitelaw

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: Will McMahon & Woody Whitelaw.



MELBOURNE PROGRAM GUIDE

Tuesday 30th July 2019

06:30 pm The Project

CC

ALL NEW EPISODES

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

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

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.

09:00 pm NCIS (Rpt)

CC M

Pandora's Box, Part I

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

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

10:00 pm NCIS (Rpt)

CC M
Violence

Many Splendored Thing, A

Bishop is more determined to avenge her boyfriend's murder when the team finds a new lead in the Chen case. In the meantime, Torres teaches his fellow agents the art of pick-pocketing.

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

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:00 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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MELBOURNE PROGRAM GUIDE

Tuesday 30th July 2019

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

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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.



MELBOURNE PROGRAM GUIDE

Wednesday 31st July 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Will McMahon & Woody Whitelaw

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: Will McMahon & Woody Whitelaw.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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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

02:00 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.



MELBOURNE PROGRAM GUIDE

Wednesday 31st July 2019

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

06:30 pm The Project CC

SPECIAL ENCORE PRESENTATION

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ALL NEW EPISODES

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

ALL NEW EPISODES

John Edward & Osher Günsberg

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: John Edward & Osher Gunsberg.

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.



MELBOURNE PROGRAM GUIDE

Wednesday 31st July 2019

07:30 pm The Bachelor Australia

CC

SEASON PREMIERE

Crack out the bubbly, lay out the cheeseboard and strap yourself in as 20 beautiful bachelorettes, battle a mix of excitement and nerves as they meet their Bachelor, astrophysicist Matt Agnew.

09:10 pm My Life Is Murder

CC M
Violence,
Coarse Language

ALL NEW EPISODES

Lividity In Lycra

Cycling groups are the ultimate opportunity for networking and power broking. But when the CFO of a hospitality empire dies on his morning ride, Alexa must infiltrate the world of lycra and butt pads.

10:10 pm To Be Advised

ALL NEW EPISODES

11:10 pm Sports Tonight

CC

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

11:40 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:40 am The Late Show With Stephen Colbert CC PG

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01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



MELBOURNE PROGRAM GUIDE

Wednesday 31st July 2019

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Thursday 01st 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

08:00 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

John Edward & Osher Günsberg

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: John Edward & Osher Gunsberg.

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

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.



MELBOURNE PROGRAM GUIDE

Thursday 01st August 2019

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm My Market Kitchen CC G

ALL NEW EPISODES

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

04:00 pm Everyday Gourmet With Justine Schofield CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

06:00 pm Celebrity Name Game CC

ALL NEW EPISODES

Dave O'neil & Joe Hilderbrand

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: Dave O'Neil & Joe Hilderbrand.

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.



MELBOURNE PROGRAM GUIDE

Thursday 01st August 2019

07:30 pm The Bachelor Australia

CC

ALL NEW EPISODES

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.

08:40 pm Law & Order: SVU (Rpt)

CC M
Mature Themes

Maternal Instincts

As Deputy Chief Dodds' son begins working at SVU, Rollins is placed in a no-win situation when her sister becomes a key figure in a case involving a rape, a drugging, and a valuable stolen flute.

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

Guest Starring: Virginia Madsen, Peter Gallagher, Lindsay Pulsipher, Zach McGowan

09:40 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

10:40 pm To Be Advised

11:40 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:40 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



MELBOURNE PROGRAM GUIDE

Thursday 01st 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.



MELBOURNE PROGRAM GUIDE

Friday 02nd 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

08:00 am Celebrity Name Game Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Dave O'neil & Joe Hilderbrand

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: Dave O'Neil & Joe Hilderbrand.

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

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.



MELBOURNE PROGRAM GUIDE

Friday 02nd 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
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.

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

ALL NEW EPISODES

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.



MELBOURNE PROGRAM GUIDE

Friday 02nd 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 Living Room CC

ALL NEW EPISODES

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, Amanda Keller, Mick Molloy, Kitty Flanagan and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out!

09:30 pm Arj Barker - Organic (Rpt) CC M

Sexual References,
Coarse Language

Arj Barker - Organic

Arj Barker starts with the finest free-range topics and nurtures them until they're full of wholesome hilarity and ready for a tellin'. Remember, his cruelty-free jokes are ALWAYS tested on animals.

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:00 am Home Shopping (Rpt)

Home Shopping



MELBOURNE PROGRAM GUIDE

Friday 02nd August 2019

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>
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04:30 am Home Shopping (Rpt)	<u>Home Shopping</u>
05:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am Home Shopping (Rpt)	<u>Home Shopping</u>



MELBOURNE PROGRAM GUIDE

Saturday 03rd 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.

07:30 am WhichCar (Rpt) CC G

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.

08:00 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.

08:30 am What's Up Down Under (Rpt) CC G

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

09:00 am 48 Hour Destination (Rpt) CC G

Berlin

Join Flight Centre consultant, Greer on her adventures... In 48 hours, she'll travel to a destination, taking in the scenery, enjoying exciting activities, food and meeting the locals.

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.



MELBOURNE PROGRAM GUIDE

Saturday 03rd August 2019

12:00 pm Luxury Escapes (Rpt)	CC PG	<u>NSW Coast/treehouse Villas</u> Luxury Escapes - The World's Best Holidays - showcases Australia's most loved and desired holiday hotspots. We visit some incredible hotels, experiencing beautiful places to eat, drink and explore!
12:30 pm Healthy Homes (Rpt)	CC G	Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.
01:00 pm My Market Kitchen (Rpt)	CC G	Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market.
01:30 pm Everyday Gourmet With Justine Schofield (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.
02:00 pm Pooches At Play	CC G	<u>ALL NEW EPISODES</u> <u>Warrnambool</u> The team continue along the Great Ocean Road to Warrnambool. Lara meets the "Ambassadors" that are helping protect a local colony of Little Penguin. Plus learn flea & tick safety tips for travelling.
02:30 pm Good Chef Bad Chef (Rpt)	CC G	Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
03:00 pm The Cook's Pantry With Matt Sinclair (Rpt)	CC G	<u>Cook's Pantry With Matt Sinclair, The 22</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 What's Up Down Under (Rpt)	CC G	Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.



MELBOURNE PROGRAM GUIDE

Saturday 03rd August 2019

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

05:00 pm 10 News First CC

06:00 pm Luxury Escapes 2019 CC G

06:30 pm Jamie's 15 Minute Meals (Rpt) CC G

07:00 pm Jamie's 15 Minute Meals (Rpt) CC G

07:30 pm Ambulance (Rpt) CC M
Coarse Language,
Drug References,
Mature Themes

08:45 pm 999: What's Your Emergency CC MA15+
Strong Coarse
Language

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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

ALL NEW EPISODES

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.

Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.

Starring: Jamie Oliver

Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.

Starring: Jamie Oliver

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.

ALL NEW EPISODES

Let's Not Forget Robin Hood Was A Criminal

This episode explores a troubling rise in domestic burglaries, from people caught stealing food to thieves targeting wealthy individuals. And a woman dials 999 when she hears someone in her house.



MELBOURNE PROGRAM GUIDE

Saturday 03rd August 2019

09:45 pm Ambulance (Rpt)	CC M Coarse Language, Strong Adult 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	<p><u>To Catch A Predator Predator</u></p> <p>Holmes and Watson have plenty of suspects when they investigate the murder of a man who led a secret life as a vigilante, "catfishing" sexual predators on dating sites and publicly shaming them.</p> <p>Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn</p>
12:00 am Todd Sampson's Body Hack (Rpt)	CC PG	Todd Sampson spends time high up in the Wudang Mountains of China at a school that teaches the ancient art of Kung Fu.
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 Home Shopping (Rpt)		<u>Home Shopping</u>
05:00 am Hour Of Power With Bobby Schuller	G	<p>ALL NEW EPISODES</p> <p>Religious program.</p>