



SYDNEY PROGRAM GUIDE

Sunday 26th July 2020

06:00 am	Mass For You At Home	CC G	ALL NEW EPISODES Religious.
06:30 am	Hillsong	CC G	ALL NEW EPISODES Religious.
07:00 am	Joseph Prince	CC G	ALL NEW EPISODES <u>The 333 - Lord Of Time And Space-part 2</u> Religious
07:30 am	Joel Osteen	CC G	ALL NEW EPISODES <u>Jo846 - Bless Yourself</u> Religious.
08:00 am	Taste Of Australia With Hayden Quinn (Rpt)	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.
08:30 am	The Living Room Encore (Rpt)	CC G	Amanda, Barry, Chris and Miguel set off to Lismore to pay a visit to the selfless carers at a local animal rescue centre which relies heavily on public donations.
09:30 am	Studio 10 Sunday	CC PG	See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!
12:00 pm	To Be Advised		
02:00 pm	Luxury Escapes (Rpt)	CC PG	<u>Zurich / Tasmania</u> In this episode of Luxury Escapes, we discover the perfect blend by combining the rustic charm of Tasmania with the urban sophistication of Zurich, Switzerland's most stylish city.



SYDNEY PROGRAM GUIDE

Sunday 26th July 2020

02:30 pm Australia By Design: Architecture CC G

ALL NEW EPISODES

Australia By Design: Architecture, uncovers the outstanding projects that exemplify excellence in Australian architectural design.

03:00 pm Australia By Design: Interiors CC G

ALL NEW EPISODES

Australia By Design: Interiors takes us into the heart of the design process and looks at the psychology of interpreting space and creating an environment.

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

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

04:00 pm Whichcar CC PG

ALL NEW EPISODES

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

04:30 pm RPM CC

ALL NEW EPISODES

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

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Sunday Project CC

LIVE

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

07:30 pm Bachelor In Paradise CC PG
Sexual References,
Coarse Language

ALL NEW EPISODES

Paradise reaches boiling point in an explosive Bula Banquet, and no one hold back. Intentions were questioned, accusations were made, and the night ended in tears.



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Sunday 26th July 2020

09:00 pm FBI

CC M
Violence

ALL NEW EPISODES

The Lives Of Others

The son of a prominent "mommy blogger" is kidnapped, and the FBI must sweep through her two million followers to find the culprit, who may have staked out her house by viewing her vlog posts.

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

Guest Starring: Sebastian Arcelus

10:00 pm FBI (Rpt)

CC M
Violence

Exposed

After an investigative journalist is murdered, the team links the suspected assassin to past hits. The case also strikes a chord with Maggie, reminding her of the tragic death of her reporter husband.

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

11:00 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

Burden Of Proof

After a convicted felon swears the NCIS agency framed him for murder a decade ago, Gibbs begins his own investigation, starting with a new autopsy by Ducky.

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

12:00 am The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 27th July 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Judge Judy Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

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

CC PG

Donna goes to Katie in an attempt to mediate between her & Brooke. Later, Bill apologizes to Katie, but she's not ready to hear it yet. Sally uses Penny's quick thinking to her advantage with Wyatt.

08:00 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

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

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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



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03:30 pm My Market Kitchen

CC G

ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Everyday Gourmet With Justine Schofield

CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Katie fills in Carter about how Quinn sabotaged Brooke & Ridge's reunion party. Zoe and Carter discuss her romance with Thomas and how he was exposed for his manipulations and lies at their wedding.

05:00 pm 10 News First

CC

LIVE

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.

06:30 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 Bachelor In Paradise

CC PG
Sexual References,
Coarse Language,
Nudity

ALL NEW EPISODES

When a newbie struts into Paradise with a date card in hand, and sights set firmly on a certain someone, rumours start to swirl, causing one Bachelorette to question everything.



SYDNEY PROGRAM GUIDE

Monday 27th July 2020

09:00 pm Have You Been Paying Attention?

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

ALL NEW EPISODES

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

10:00 pm Celebrity Gogglebox USA Encore (Rpt) CC M

Sexual References,
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

Celebrities watch all the same TV shows as us, so let's join them on the couch and hear what they have to say about them. Join Raven-Symone, The Osbournes, JoJo Siwa, Tyra Banks and Curtis Stone.

10:50 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.

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Monday 27th July 2020

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04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 28th July 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Judge Judy Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

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

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SPECIAL ENCORE PRESENTATION

Katie fills in Carter about how Quinn sabotaged Brooke & Ridge's reunion party. Zoe and Carter discuss her romance with Thomas and how he was exposed for his manipulations and lies at their wedding.

08:00 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

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



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03:30 pm My Market Kitchen CC G

ALL NEW EPISODES

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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

Wyatt walks into the beach house and is dismayed by what he sees. Meanwhile, Bill tells Katie he will accept any consequence from his actions, except losing Katie and their family.

05:00 pm 10 News First CC

LIVE

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.

06:30 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 Bachelor In Paradise CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

A new suitor enters paradise and walks directly into a love triangle, causing a stir and others to mark their territory. Chaos follows as there is a fight for attention and ultimately for a rose.



SYDNEY PROGRAM GUIDE

Tuesday 28th July 2020

09:00 pm Just For Laughs Uncut

CC

SERIES PREMIERE

Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Jim Jefferies, Nick Cody, Iliza Shlesinger & Tim Minchin. Host: Nikki Osborne.

09:30 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

She

A malnourished and confused girl is found hiding in a storage unit - the team suspects that she is the daughter of a Navy recruit who disappeared 10 years ago.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello

10:30 pm NCIS: Los Angeles (Rpt)

CC M
Violence

Outside The Lines

Sam and Hidoko are sent under cover after a cryptocurrency farm is robbed of over \$10 million in bitcoin codes.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

11:20 pm The Project Encore (Rpt)

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

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04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 29th July 2020

06:00 am The Talk

CC PG
Mature Themes

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08:00 am Studio 10

CC PG

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04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Dr. Escobar and Flo are shocked by Sally's pregnancy plan and plead with her not to proceed. Also, Steffy heads out on her motorcycle for some quality "me" time and is involved in an accident.

05:00 pm 10 News First CC

LIVE

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.

06:30 pm The Project CC

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07:30 pm Bachelor In Paradise CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

A battle of the rose continues with two singles vying for the same bachelor and one single makes a powerful confession at the Rose Ceremony, which leaves the group speechless.



SYDNEY PROGRAM GUIDE

Wednesday 29th July 2020

09:00 pm Tommy

CC M
Violence

ALL NEW EPISODES

The Swatting Game

Tommy must find a criminal who makes fake 911 calls; as Tommy conducts the search, the perpetrator threatens to reveal private information about members of the police force.

10:00 pm Bull (Rpt)

CC M

Justice For Cable

Business becomes personal for Bull when TAC assists with a civil suit against the bank that funded the terrorists responsible for Cable's death.

10:50 pm The Project Encore (Rpt)

CC

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

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SYDNEY PROGRAM GUIDE

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CC PG
Mature Themes

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

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ALL NEW EPISODES

Bill is shocked when he realises he hit Steffy with his car while she was out riding her motorcycle. He frantically calls 9-1-1, and Steffy is rushed to the ER.

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LIVE

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.

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07:30 pm Celebrity Gogglebox USA

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Celebrities watch all the same TV as us, so let's join them on the couch and hear what they have to say about them. Join Tyra Banks, JoJo Siwa, Raven-Symone, Jodie Sweetin, The Osbournes & more!



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08:30 pm Law & Order: S.V.U

CC M
Mature Themes

ALL NEW EPISODES

She Paints For Vengeance

After a sexual assault investigation is stalled for months, an artist who moonlights as a stripper puts her accusations against a popular athlete on a billboard.

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

Guest Starring: Tonya Glanz

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

CC M
Strong Violence,
Mature Themes

Revenge

As a string of break-in assaults grows more violent, the cops investigate an online incel group to identify a suspect.

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

Guest Starring: Callie Thorne

10:30 pm Blue Bloods (Rpt)

CC M
Violence,
Mature Themes

Black Out

When New York City experiences a major blackout, cops scramble to contain the resulting chaos, and Frank uncovers some unpleasant truths about his department in the aftermath.

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

Guest Starring: Aasif Mandvi

11:20 pm The Project Encore (Rpt)

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07:30 am	The Bold & The Beautiful Encore (Rpt)	CC PG
08:00 am	Studio 10	CC PG
12:00 pm	Dr Phil	CC PG Coarse Language, Mature Themes
01:00 pm	The Living Room Encore (Rpt)	CC G
02:00 pm	Entertainment Tonight	CC

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ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Wyatt demands Sally tell him where Flo is and begins to search for her. Bill calls Ridge to let him know Steffy was in an accident and Brooke and Ridge rush to the hospital to see her.

LIVE

05:00 pm 10 News First

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07:30 pm The Living Room

CC

ALL NEW EPISODES

The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way.

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

CC M
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Nudity,
May Contain:

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Friday 31st July 2020

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



SYDNEY PROGRAM GUIDE

Saturday 01st August 2020

06:00 am Unknown Road Adventures (Rpt) CC G

Unknown Road Adventures is based on remote fishing adventures.

06:30 am Leading The Way With Dr. Michael Youssef CC G

ALL NEW EPISODES

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

07:00 am Escape Fishing With ET (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am What's Up Down Under (Rpt) CC G

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

08:00 am All 4 Adventure (Rpt) CC PG

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

09:00 am Whichcar (Rpt) CC PG

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

09:30 am Studio 10 Saturday CC PG

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

12:00 pm The Children's Hospital (Rpt) CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

A behind-the-scenes look at the Royal Aberdeen Children's Hospital, exploring the lives of patients and staff at one of Scotland's busiest hospitals.

12:40 pm Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.



SYDNEY PROGRAM GUIDE

Saturday 01st August 2020

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

The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way.

02:00 pm Pooches At Play CC G

ALL NEW EPISODES

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

02:30 pm Jamie: Keep Cooking And Carry On CC G

Jamie shares recipes that make the most of your kitchen staples. He shows us how to make fresh pasta with three simple sauces and a comforting veggie chilli.

03:00 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

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

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

04:00 pm Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

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

ALL NEW EPISODES

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

05:00 pm 10 News First CC

LIVE

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



SYDNEY PROGRAM GUIDE

Saturday 01st August 2020

06:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Drug References,
Mature Themes

American Superstar Comedian, Conan O'Brien, tries his hand at lifeguarding - with hilarious results. And on the promenade Singlets treats a rollerblader with a severely dislocated knee.

06:30 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

A miscommunication during a serious rescue could cost two people their lives. Mouse & Jess must overcome their anxiety & administer adrenaline to a young woman suffering from an allergic reaction.

07:00 pm The Children's Hospital

CC PG
Mature Themes

ALL NEW EPISODES

A behind-the-scenes look at the Royal Aberdeen Children's Hospital, exploring the lives of patients and staff at one of Scotland's busiest hospitals.

07:40 pm Ambulance

CC M
Drug References,
Mature Themes

ALL NEW EPISODES

North West Ambulance crews respond when a burglar breaks his leg escaping the scene of the crime, a school pupil falls from a bridge, a child is run into by a car and someone is hit by a train.

08:50 pm Ambulance (Rpt)

CC M
Drug References,
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.

10:00 pm Beecham House

CC M

ALL NEW EPISODES

John realises he has no choice but to reveal the truth about his past and the baby's identity knowing that this could jeopardise the safety of his child.

11:00 pm FBI Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

The Lives Of Others

The son of a prominent "mommy blogger" is kidnapped, and the FBI must sweep through her two million followers to find the culprit, who may have staked out her house by viewing her vlog posts.

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

Guest Starring: Sebastian Arcelus



SYDNEY PROGRAM GUIDE

Saturday 01st August 2020

12:00 am Law & Order: S.V.U (Rpt)

CC M
Violence,
Mature Themes

The Good Girl

Benson and the team work to uncover a pregnant teenager's secret when she refuses to name the baby's father.

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

Guest Starring: Stephen Tobolowsky

01:00 am NCIS: Los Angeles (Rpt)

CC M
Violence

Party Crashers

After Hetty turns in retirement papers and then disappears, Executive Assistant Director Shay Mosley arrives in Los Angeles to oversee the team and immediately makes staffing changes.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

02:00 am NCIS: Los Angeles (Rpt)

CC M
Violence

Se Murio El Payaso

When the daughter of a notorious counterfeiter arrives in Los Angeles, Sam goes under cover as a financier. Meanwhile, Callen partners with Anna to track the family's latest scheme.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Truth Link

G

ALL NEW EPISODES

Catching Hope When Dealing With Uncertainty

Amidst a very uncertain season of life, it's important to hold onto hope. This week we discover how the most certain of things is yet to come: a face to face encounter with Jesus.

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



SYDNEY PROGRAM GUIDE

Sunday 02nd August 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

The 334 - Spirit-Active Life—how To Make Spirit-Led Decisions

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo847 - From Valley To Victory

Religious.

08:00 am Taste Of Australia With Hayden Quinn CC G
(Rpt)

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

08:30 am The Living Room Encore (Rpt) CC

The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way.

09:30 am Studio 10 Sunday CC PG

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

12:00 pm To Be Advised

01:30 pm Jamie: Keep Cooking And Carry On CC G

Jamie shares tasty recipes that use whatever ingredients you can get our hands on such as a fish pie using ingredients from the freezer and a classic bread dough with an added twist.



SYDNEY PROGRAM GUIDE

Sunday 02nd August 2020

02:00 pm Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

02:30 pm Australia By Design: Architecture CC G

Australia By Design: Architecture, uncovers the outstanding projects that exemplify excellence in Australian architectural design.

ALL NEW EPISODES

03:00 pm Australia By Design: Interiors CC G

Australia By Design: Interiors takes us into the heart of the design process and looks at the psychology of interpreting space and creating an environment.

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 Whichcar CC PG

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

ALL NEW EPISODES

04:30 pm RPM CC

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

LIVE

05:00 pm 10 News First CC

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

ALL NEW EPISODES

06:30 pm The Sunday Project CC

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



SYDNEY PROGRAM GUIDE

Sunday 02nd August 2020

07:30 pm Bachelor In Paradise

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

One Bachelorette with a date card decides to take her beau away from wandering eyes, and a new arrival has their eyes firmly set on the prize, and wastes no time getting to know the men in Paradise.

09:00 pm FBI

CC M
Violence

ALL NEW EPISODES

American Idol

A front-running female presidential candidate is targeted with a car bomb, and OA and Maggie must hurry to track down the bomber before they strike again.

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

Guest Starring: Sasha Alexander

10:00 pm FBI (Rpt)

CC M
Violence

Scorched Earth

A serial bomber appears to be targeting Wall Street's elite. Maggie and OA search for a suspect who seems dead-set on revenge, while Dana deals with a cocky profiler brought in to consult on the case.

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

Guest Starring: Josh Randall, Paulo Costanzo

11:00 pm NCIS (Rpt)

CC M

Voices

An NCIS person of interest in a bribery and fraud case is found murdered after a runner is led to his body by a strange voice.

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

12:00 am The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 02nd August 2020

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 03rd August 2020

06:00 am The Talk

CC

ALL NEW EPISODES

07:00 am Judge Judy Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Wyatt demands Sally tell him where Flo is and begins to search for her. Bill calls Ridge to let him know Steffy was in an accident and Brooke and Ridge rush to the hospital to see her.

08:00 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG

Sexual References,
Mature Themes

ALL NEW EPISODES

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

01:00 pm Bachelor In Paradise (Rpt)

CC PG

Sexual References,
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

One Bachelorette with a date card decides to take her beau away from wandering eyes, and a new arrival has their eyes firmly set on the prize, and wastes no time getting to know the men in Paradise.

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 03rd August 2020

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm My Market Kitchen (Rpt) CC G

ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Everyday Gourmet With Justine Schofield CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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.

06:30 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 Bachelor In Paradise CC PG
Sexual References,
Coarse Language

ALL NEW EPISODES

One determined Bachelorette puts pressure on her confused love interest, in an attempt to secure his rose and her time in Paradise.



SYDNEY PROGRAM GUIDE

Monday 03rd August 2020

09:00 pm Have You Been Paying Attention?

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

ALL NEW EPISODES

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

10:00 pm To Be Advised

SPECIAL ENCORE PRESENTATION

10:30 pm Celebrity Gogglebox USA Encore (Rpt) CC M

Sexual References,
Coarse Language

Celebrities watch all the same TV as us, so let's join them on the couch and hear what they have to say about them. Join Tyra Banks, JoJo Siwa, Raven-Symone, Jodie Sweetin, The Osbournes & more!

11:20 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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



SYDNEY PROGRAM GUIDE

Monday 03rd August 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 04th August 2020

06:00 am	The Talk	CC
07:00 am	Judge Judy Encore (Rpt)	CC PG
07:30 am	The Bold & The Beautiful Encore (Rpt)	CC
08:00 am	Studio 10	CC PG
12:00 pm	Dr Phil	CC PG Coarse Language, Mature Themes
01:00 pm	To Be Advised	
02:30 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	My Market Kitchen (Rpt)	CC G

SEASON FINALE

SPECIAL ENCORE PRESENTATION

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

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

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

ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.



SYDNEY PROGRAM GUIDE

Tuesday 04th August 2020

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

ALL NEW EPISODES

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

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

ALL NEW EPISODES

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

LIVE

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

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 **Bachelor In Paradise** CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

The remaining couples are faced with the news that no new singles will be sauntering into Paradise, making them dig deep to determine if they are in a mutually committed and loving relationship.

09:00 pm **Just For Laughs Uncut** CC

ALL NEW EPISODES

Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Amy Schumer, Rhys Nicholson, Kyle Kinane & Bo Burnham. Host: Nikki Osborne.

09:30 pm **NCIS (Rpt)** CC M
Violence

Once Upon A Tim

McGee reluctantly visits his high school after the unique computer password he used as a teenager is linked to the murder of a department of defence contractor.

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



SYDNEY PROGRAM GUIDE

Tuesday 04th August 2020

10:30 pm NCIS: Los Angeles (Rpt)

CC M
Violence

Reentry

Callen, Sam & Nell travel to the Angeles Forest to search for pieces of a failed rocket launch, including a top-secret government device. Hetty tries to help Keane acclimate to life in the states.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

11:20 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 05th August 2020

06:00 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

06:30 am Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

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

SPECIAL ENCORE PRESENTATION

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

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

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

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

ALL NEW EPISODES

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

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 05th August 2020

03:30 pm My Market Kitchen (Rpt) CC G

ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Everyday Gourmet With Justine Schofield CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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.

06:30 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 Bachelor In Paradise CC PG
Sexual References,
Coarse Language

ALL NEW EPISODES

Couples must decide whether they are ready to introduce their new partner to their family. Will their friends and family's opinion of their new love, bring their holiday romance back into reality?

09:00 pm Tommy CC M
Violence

ALL NEW EPISODES

Free To Go

Tommy tries to help a young woman who intentionally gets arrested to buy time for her political asylum request to be approved, and prevent her parents from forcing her to return home abroad.



SYDNEY PROGRAM GUIDE

Wednesday 05th August 2020

10:00 pm Bull (Rpt)

CC M
Violence,
Drug References

The Missing Piece

Bull joins the defence team of a seemingly unwinnable case when a doctor is put on trial for murder after his submission to a DNA database links him to a homicide.

10:50 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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 06th August 2020

06:00 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

06:30 am Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

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

SPECIAL ENCORE PRESENTATION

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

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

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil CC M
Strong Adult Themes

ALL NEW EPISODES

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

01:00 pm Dr Phil CC PG
Coarse Language,
Drug References,
Mature Themes

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

02:00 pm Entertainment Tonight CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 06th August 2020

02:30 pm Judge Judy (Rpt) CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy CC PG

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

ALL NEW EPISODES

03:30 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Everyday Gourmet With Justine Schofield CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful CC

LIVE

05:00 pm 10 News First CC

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

06:30 pm The Project CC

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

ALL NEW EPISODES

07:30 pm Celebrity Gogglebox USA CC M
Mature Themes

Celebrities watch all the same TV shows as us, so let's join them on the couch and hear what they have to say about them. Join Curtis Stone, Tyra Banks, The Osbournes, JoJo Siwa, Raven-Symone & more!



SYDNEY PROGRAM GUIDE

Thursday 06th August 2020

08:30 pm Law & Order: S.V.U

CC M
Strong Adult Themes

ALL NEW EPISODES

The Longest Night Of Rain

Captain Tucker's retirement party ends in tragedy, and the dominoes begin to fall as Benson investigates a female cop's accusations of sexual assault by a superior officer.

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

Guest Starring: Robert John Burke

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

CC M
Violence,
Mature Themes

Accredo

A member of a women's empowerment group is found murdered, leading the cops to the group's charismatic male leader. Meanwhile, Rollins keeps her pregnancy under wraps to avoid going on desk duty.

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

Guest Starring: Sebastian Roche, Sarah Carter, Lili Simmons

10:30 pm Blue Bloods (Rpt)

CC M
Violence

Thicker Than Water

Danny and Baez investigate a murder attempt against a celebrated fertility doctor with a seemingly pristine reputation. Eddie is called to intervene in a Reagan family matter involving Danny's boys.

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

Guest Starring: Vincent Spano

11:20 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

Thursday 06th August 2020

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 07th August 2020

06:00 am	Entertainment Tonight (Rpt)	CC
06:30 am	Farm To Fork (Rpt)	CC G
07:00 am	Judge Judy Encore (Rpt)	CC PG
07:30 am	The Bold & The Beautiful Encore (Rpt)	CC
08:00 am	Studio 10	CC PG
12:00 pm	Dr Phil	CC PG Coarse Language, Mature Themes
01:00 pm	The Living Room Encore (Rpt)	CC
02:00 pm	Entertainment Tonight	CC

SPECIAL ENCORE PRESENTATION

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

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

SPECIAL ENCORE PRESENTATION

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

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way.

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 07th August 2020

02:30 pm Judge Judy (Rpt) CC PG

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

ALL NEW EPISODES

03:00 pm Judge Judy CC PG

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

ALL NEW EPISODES

03:30 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

ALL NEW EPISODES

04:00 pm Everyday Gourmet With Justine Schofield CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful CC

LIVE

05:00 pm 10 News First CC

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

06:30 pm The Project CC

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

ALL NEW EPISODES

07:30 pm The Living Room CC

The Living Room returns to 10! Amanda, Chris, Barry and Miguel are back to serve up a multitude of uplifting and inspiring stories, with the guarantee of laughs along the way.



SYDNEY PROGRAM GUIDE

Friday 07th August 2020

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

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

SPECIAL ENCORE PRESENTATION

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

09:30 pm To Be Advised

10:00 pm Celebrity Gogglebox USA Encore (Rpt) CC

M
Mature Themes

SPECIAL ENCORE PRESENTATION

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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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 07th August 2020

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



SYDNEY PROGRAM GUIDE

Saturday 08th August 2020

06:00 am Reel Action (Rpt) CC

SEASON PREMIERE

Mahi Mahi (Dolphinfish) And Blue Swimmer Crabs

Guesty teams up with Sammy Hitzke and Brian Perry for an early morning assault on big Mahi Mahi with some cracking results. The boys finish the day off with a great catch of Blue Swimmer crabs.

06:30 am Leading The Way CC

ALL NEW EPISODES

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

07:00 am Unknown Road Adventures (Rpt) CC G

Unknown Road Adventures is based on remote fishing adventures.

07:30 am What's Up Down Under CC

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

08:00 am Pat Callinan's 4x4 Adventures (Rpt) CC G

Flinders To The Back Of Broken Hill

Australia's foremost 4x4 expert "MR 4X4" Pat Callinan takes you on some of his all-time favourite four-wheel drive adventures.

09:00 am Whichcar (Rpt) CC PG

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

09:30 am Studio 10 Saturday CC PG

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

12:00 pm Supercars Darwin CC

LIVE

Supercars: Darwin Day 1

Get revved up and ready for all the thrills and spills of the 2020 Supercars Championship LIVE from Hidden Valley Raceway, Darwin. Track coverage from 12:00pm (AEST).

05:00 pm 10 News First CC

LIVE

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



SYDNEY PROGRAM GUIDE

Saturday 08th August 2020

06:00 pm Bondi Rescue (Rpt)

CC PG
Violence,
Coarse Language,
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

06:30 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

Harrison's life is put on the line when he attempts to save a brother and sister who, in their panic, start to drown the lifeguard that is there to rescue them.

07:00 pm The Children's Hospital

CC PG
Medical Procedures

ALL NEW EPISODES

A behind-the-scenes look at the Royal Aberdeen Children's Hospital, exploring the lives of patients and staff at one of Scotland's busiest hospitals.

07:40 pm Ambulance

CC

ALL NEW EPISODES

08:50 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.

10:00 pm Beecham House

CC M

ALL NEW EPISODES

John is arrested, accused of stealing a precious diamond owned by the emperor. Who has betrayed John and who can save him? John is also shocked to discover that Margaret has left Delhi.

11:00 pm FBI Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

American Idol

A front-running female presidential candidate is targeted with a car bomb, and OA and Maggie must hurry to track down the bomber before they strike again.

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

Guest Starring: Sasha Alexander



SYDNEY PROGRAM GUIDE

Saturday 08th August 2020

12:00 am Law & Order: S.V.U. (Rpt)

CC M **Exchange**

Strong Adult Themes

Benson helps a teenaged exchange student after she's assaulted by a cab driver.

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

01:00 am NCIS: Los Angeles (Rpt)

CC M

Violence

Assets

During the murder investigation of a Navy Lieutenant on leave in LA, the NCIS team uncovers classified surveillance briefs she smuggled into the city that may have been sold to a foreign buyer.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

02:00 am NCIS: Los Angeles (Rpt)

CC M

Violence

Plain Sight

After a million dollars of weapons are stolen, the team tracks the evidence to a wealthy charity event, prompting Mosley to be added to the guest list with Callen & Sam as her security detail.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Truth Link

G

ALL NEW EPISODES

Flight Path

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.