



SYDNEY PROGRAM GUIDE

Sunday 19th March 2023

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly celebration of Catholic Mass for those unable to travel to church.

06:30 am Turning Point With David Jeremiah CC PG
Mature Themes

ALL NEW EPISODES

031923 Overcoming Everything With Prayer

When we pray, we have access to the Ruler of the universe. Learn why prayer is crucial to the overcomers' life in Christ.

07:00 am Joseph Prince: New Creation Church CC G

ALL NEW EPISODES

465 - Take Heart-He Will Surely Show You Hessed Grace

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.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Religious.

08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

08:30 am Freshly Picked With Simon Toohey (Rpt) CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

09:00 am Good Chef Bad Chef (Rpt) CC G

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

09:30 am Destination Dessert (Rpt) CC G

Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard.



SYDNEY PROGRAM GUIDE

Sunday 19th March 2023

10:00 am	Studio 10: Sunday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
12:00 pm	Australian Survivor Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>Which remaining castaway will push their willpower to the limit to win tonight's Immunity Challenge? Tribal Council then sees the game flipped on its head once more as desperation sets in.</p>
01:00 pm	My Market Kitchen (Rpt)	CC G	Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country.
01:30 pm	Left Off The Map (Rpt)	CC G	Left Off the Map will celebrate the very best of Tasmania and shed light on the untold stories, the quirky characters and exciting ideas that have never been heard across the shores of the island.
02:00 pm	Luxury Escapes (Rpt)	CC G	<p>Queensland</p> <p>What is it they say, Queensland: beautiful one day perfect the next!? Cameron starts his Queensland escape in Brisbane before heading north to celebrate the reef from Townsville.</p>
02:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
03:00 pm	Pat Calinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations off-the-beaten-track with our very own 'Mr 4X4', Pat Callinan.
04:00 pm	Farm To Fork (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.



SYDNEY PROGRAM GUIDE

Sunday 19th March 2023

04:30 pm 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.

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

ALL NEW EPISODES

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

07:30 pm Australian Survivor CC

ALL NEW EPISODES

08:30 pm NCIS: Hawaii CC M
Violence

ALL NEW EPISODES

Silent Invasion

When the murder of a captain and his wife echoes a previous case, the NCIS team brings in a former team member to help determine if they are dealing with a copycat killer.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon

Guest Starring: Jake Weber

09:30 pm FBI(Rpt) CC M
Violence

Grief

Jubal continues to grapple with the aftermath of Rina's condition, leading to a tense encounter with her mother, while the team searches for an abducted college co-ed.

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

10:30 pm FBI(Rpt) CC M
Violence

Under Pressure

A new case opens old wounds for Maggie when she works undercover as a waitress to spy on an anti-government group that gathers at a bar and comprises several members suspected in a series of bombings.

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



SYDNEY PROGRAM GUIDE

Sunday 19th March 2023

11:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

12:30 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](#)

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

[Home Shopping](#)

04:00 am Home Shopping (Rpt)

[Home Shopping](#)

04:30 am CBS Mornings CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Monday 20th March 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

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

08:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am 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.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Deacon shares information about Ridge's past with Brooke. Dollar Bill makes a big commitment to Sheila.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Monday 20th March 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

In this action-packed episode, viewers are left to decide if tech enthusiasts are going too far with implanting chips in their bodies or if human microchipping is the wave of the future.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:30 pm Judge Judy (Rpt)

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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.

04:00 pm Freshly Picked With Simon Toohey

CC G

ALL NEW EPISODES

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Brooke takes the first step in life without Ridge.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 20th March 2023

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

08:30 pm Would I Lie To You? Australia

CC

M
Sexual References,
Coarse Language

ALL NEW EPISODES

Chrissie Swan, Charlie Pickering and Frank Woodley assume their seats at the Would I Lie To You? table, the show with so many lies. Guests Courtney Act, Peter Helliar, Nath Valvo and Steph Tisdell

09:30 pm Ghosts

CC

PG
Sexual References

ALL NEW EPISODES

Isaac's Book

Sam struggles to keep Isaac's spirits up after she hits a wall trying to publish a biography about him. Trevor and Hetty conspire to keep their relationship hidden and Thor tries to control his anger.

Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnoch, Brandon Scott Jones, Asher Grodman, Richie Moriarty

10:00 pm The Montreal Comedy Festival (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Montreal's 40th Birthday Gala

It's the 40th Birthday of the Just For Laughs Comedy Festival in Montreal, Tommy Little has assembled the best of the fest to celebrate. Starting Russell Peters, Dara Ó Briain, Aida Rodriguez & more.

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:00 am The Late Show With Stephen Colbert

CC

PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Monday 20th March 2023

01:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Tuesday 21st March 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

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

08:30 am Entertainment Tonight (Rpt)

CC

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

09:00 am 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.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Brooke takes the first step in life without Ridge.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Tuesday 21st March 2023

01:00 pm Dr Phil

CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

For the past 36 years, Patty Prewitt has been serving a life sentence after being convicted of murdering her husband. However, Patty has always maintained her innocence and is pleading for clemency.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Entertainment Tonight

CC

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03:30 pm Judge Judy (Rpt)

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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.

04:00 pm Freshly Picked With Simon Toohey

CC G

ALL NEW EPISODES

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Deacon attempts to persuade Sheila to attend the grand opening of Il Giardino. Steffy and Finn brainstorm ways to get Sheila out of Bill's life and back in jail.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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



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Tuesday 21st March 2023

07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Is high energy Kelpie, Tess the perfect training companion for 8 year old Sophie? Is Lolla the right big goofy dog that Tai Chi instructor Amanda is searching for?

08:40 pm NCIS

CC M
Violence,
Drug References

ALL NEW EPISODES

Old Wounds

Parker grapples with his emotions when a conman from his past turns up as a prime suspect in the murder of a navy officer transporting millions of dollars' worth of opioids.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen

09:40 pm NCIS (Rpt)

CC M

Unseen Improvements

NCIS tracks a stolen laptop to the uncle of a young boy, Phineas, Gibbs' former neighbour.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

10:30 pm NCIS: Hawaii (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Silent Invasion

When the murder of a captain and his wife echoes a previous case, the NCIS team brings in a former team member to help determine if they are dealing with a copycat killer.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon

Guest Starring: Jake Weber

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.



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04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burseson.



SYDNEY PROGRAM GUIDE

Wednesday 22nd March 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

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

08:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am 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.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Deacon attempts to persuade Sheila to attend the grand opening of Il Giardino. Steffy and Finn brainstorm ways to get Sheila out of Bill's life and back in jail.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

CC

LIVE

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SYDNEY PROGRAM GUIDE

Wednesday 22nd March 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

All across social media, people are celebrating "child-free" living. Will having children make the world a better place or is it morally/ethically wrong or unjustifiable for people to have children?

02:00 pm The Dog House Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Is high energy Kelpie, Tess the perfect training companion for 8 year old Sophie? Is Lolla the right big goofy dog that Tai Chi instructor Amanda is searching for?

03:00 pm Entertainment Tonight

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04:00 pm Freshly Picked With Simon Toohey

CC G

ALL NEW EPISODES

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Wyatt and Liam unleash their anger at Bill for choosing Sheila over his family. Taylor makes a bold move to mediate between Steffy and Thomas.

05:00 pm 10 News First

CC

LIVE

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



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Wednesday 22nd March 2023

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Tripod Mr. Norman has the cuteness factor covered, but will he be able to tick all the Peacock's boxes? Does the already very crowded Sorrell house have enough room for Turbo Tess?

08:40 pm Law & Order: S.V.U

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Soldier Up

While Benson tries to help the young BX9 gang member who attacked her, Duarte reveals a shocking piece of evidence in the case. Fin is tasked with hiring new detectives for the Bronx SVU.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano, Terry Serpico, Kevin Kane

09:40 pm Fire Country

CC M
Violence,
Medical Procedures

ALL NEW EPISODES

Mama Bear

A former inmate firefighter harboring a grudge against Sharon returns to carry out his revenge.

Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila

10:40 pm Bull (Rpt)

CC M
Violence

Frontotemporal

Brilliant, brash & charming, Dr. Bull is the ultimate puppet master as he combines psychology, human intuition and high-tech data to learn what makes jurors, attorneys, witnesses and the accused tick.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

11:30 pm Bull (Rpt)

CC M
Mature Themes

Family Matters

Marissa's absence from TAC leads to more headaches for Bull. Facing off against his onetime ally, Bull must face court against Marissa and her new boss.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr



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Wednesday 22nd March 2023

12:30 am The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

01:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Bursleson.



SYDNEY PROGRAM GUIDE

Thursday 23rd March 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

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

08:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am 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.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

Wyatt and Liam unleash their anger at Bill for choosing Sheila over his family. Taylor makes a bold move to mediate between Steffy and Thomas.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

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SYDNEY PROGRAM GUIDE

Thursday 23rd March 2023

01:00 pm Dr Phil

CC M
Sexual References,
Mature Themes

ALL NEW EPISODES

More than half of all teachers in America earn income from sources other than their salary, with many turning to sex work on subscription social platforms. Dr. Phil discusses this once taboo subject.

02:00 pm Tasmaster Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Fabulous Taskmaster Tom Gleeson puts five funny folk to the test, with Julia Morris, Luke McGregor, Jimmy Rees, Nina Oyama and Danielle Walker undergoing a range of hilarious tasks for our amusement.

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:30 pm Judge Judy (Rpt)

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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.

04:00 pm Freshly Picked With Simon Toohey

CC G

ALL NEW EPISODES

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

The Forresters celebrate Carter's 10th anniversary at Forrester Creations. Hope is blindsided by news about the Hope for the Future line.

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

Thursday 23rd March 2023

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm Taskmaster Australia

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Fabulous Taskmaster Tom Gleeson puts five funny folk to the test, with Julia Morris, Luke McGregor, Jimmy Rees, Nina Oyama and Danielle Walker undergoing a range of hilarious tasks for our amusement.

08:30 pm Gogglebox Australia

CC

ALL NEW EPISODES

Our favourite couch commentators return for a new season. Join the Goggleboxers as they watch the best and worst of television in 2023.

09:30 pm Would I Lie To You? Australia Encore (Rpt)

CC M
Sexual References,
Coarse Language

SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley assume their seats at the Would I Lie To You? table, the show with so many lies. Guests Courtney Act, Peter Helliar, Nath Valvo and Steph Tisdell

10:30 pm Guy Montgomery By Name

CC M
Sexual References,
Coarse Language,
Mature Themes

Guy Montgomery: Guy Montgomery By Name, Guy Montgomery By Nature

Guy Montgomery By Name, Guy Montgomery By Nature is a comedy show by Guy Montgomery about being Guy Montgomery in a world full of people who are not Guy Montgomery.

12:00 am The Project Encore (Rpt)

CC

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01:00 am The Late Show With Stephen Colbert

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04:30 am CBS Mornings

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SYDNEY PROGRAM GUIDE

Friday 24th March 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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07:00 am Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

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08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

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

08:30 am Entertainment Tonight (Rpt)

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09:00 am 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.

09:30 am The Bold & The Beautiful (Rpt)

CC PG

The Forresters celebrate Carter's 10th anniversary at Forrester Creations. Hope is blindsided by news about the Hope for the Future line.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Friday 24th March 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

In this two-part episode, Dr. Phil discusses the handling – or mishandling – of the COVID-19 pandemic with top experts from the CDC, medicine, education, and legislation.

02:00 pm Would I lie To You? Australia Encore (Rpt)

CC M
Sexual References,
Coarse Language

SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley assume their seats at the Would I Lie To You? table, the show with so many lies. Guests Courtney Act, Peter Helliar, Nath Valvo and Steph Tisdell

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:30 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.

04:00 pm Freshly Picked With Simon Toohey

CC G

ALL NEW EPISODES

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Liam and Deacon bond over their mutual love and concern for Hope. Steffy stuns the Forrester Creations team with a gutsy solution to an urgent problem.

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

Friday 24th March 2023

06:30 pm The Project

CC

ALL NEW EPISODES

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

07:30 pm Football: Socceroos V Ecuador

**NO
CC**

LIVE

Socceroos V Ecuador

Tune in and catch all the Socceroos action, as our boys take on Ecuador. Live from CommBank Stadium. Kick off 8:10PM (AEDT).

10:30 pm Taskmaster Australia Encore (Rpt)

CC PG
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

Fabulous Taskmaster Tom Gleeson puts five funny folk to the test, with Julia Morris, Luke McGregor, Jimmy Rees, Nina Oyama and Danielle Walker undergoing a range of hilarious tasks for our amusement.

11:30 pm Would I Lie To You? Australia Encore (Rpt)

CC M
Sexual References,
Coarse Language

SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley assume their seats at the Would I Lie To You? table, the show with so many lies. Guests Courtney Act, Peter Helliar, Nath Valvo and Steph Tisdell

12:30 am Just For Laughs Australia (Rpt)

CC M
Sexual References,
Coarse Language

Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Brodi Snook, Harley Breen & Alice Fraser.

01:00 am Just For Laughs Uncut (Rpt)

CC MA15+
Sexual References,
Coarse Language,
Mature Themes

Amy Schumer, Rhys Nicholson, Kyle Kinane & Bo Burnham

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.

01:30 am The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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



SYDNEY PROGRAM GUIDE

Friday 24th March 2023

02:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

03:30 am The Graham Norton Show (Rpt) CC M
Coarse Language,
Mature Themes

Graham is joined by actors Geena Davis and Stephen Graham, and by Strictly judge Motsi Mabuse. Closing out the show is the wizard of wordplay, British rapper Stormzy, with a banger from his new album.

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 25th March 2023

06:00 am	Reel Action (Rpt)	CC G	<p><u>River Lure Fishing</u></p> <p>Guesty, Wayne and Riley Gordon target a range of river inhabitants including flathead and bream. But the great thing about a day on the water is you never know what's around the corner.</p>
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p>ALL NEW EPISODES</p> <p><u>2313 The Folly And The Power Of The Cross: Part 2</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	<p>Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.</p>
07:30 am	Escape Fishing With ET (Rpt)	CC G	<p>Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.</p>
08:00 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.</p>
08:30 am	What's Up Down Under (Rpt)	CC G	<p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
09:30 am	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
10:00 am	Studio 10: Saturday	CC PG	<p>Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.</p>
12:00 pm	Taskmaster Australia Encore (Rpt)	CC PG Coarse Language, Mature Themes	<p>SPECIAL ENCORE PRESENTATION</p> <p>Fabulous Taskmaster Tom Gleeson puts five funny folk to the test, with Julia Morris, Luke McGregor, Jimmy Rees, Nina Oyama and Danielle Walker undergoing a range of hilarious tasks for our amusement.</p>



SYDNEY PROGRAM GUIDE

Saturday 25th March 2023

01:00 pm	Pat Callinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
02:00 pm	All 4 Adventure (Rpt)	CC PG Coarse Language	Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.
03:00 pm	What's Up Down Under (Rpt)	CC G	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
03:30 pm	Roads Less Travelled (Rpt)	CC G	An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.
04:00 pm	Farm To Fork (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
04:30 pm	Taste Of Australia - BBQ Special	CC	<p>SEASON FINALE</p> <p><u>Dee Why Beach</u></p> <p>Hayden grew up surfing the break at Dee Why Beach, and Hayden finishes up his BBQ Special with recipes featuring a side of salmon, pork belly and a whole butterflied chicken.</p>
05:00 pm	10 News First	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:00 pm	Bondi Rescue	NO CC	
06:30 pm	The Dog House Australia Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>Tripod Mr. Norman has the cuteness factor covered, but will he be able to tick all the Peacock's boxes? Does the already very crowded Sorrell house have enough room for Turbo Tess?</p>



SYDNEY PROGRAM GUIDE

Saturday 25th March 2023

07:30 pm Blue Bloods

CC M
Mature Themes

ALL NEW EPISODES

Lost Ones

Danny and Baez's investigation into the death of a chess hustler is complicated by interference from the victim's son. Jamie tries to make amends with a man he regrets putting away as a young officer.

Starring: Tom Selleck, Donnie Wahlberg, Will Estes, Bridget Moynahan, Marisa Ramirez, Len Cariou

08:30 pm CSI: Vegas

CC M
Mature Themes

ALL NEW EPISODES

Trinket

The CSI team search for a young boy's mother after he is found hiding in a stranger's garage. Max receives a strange letter with symbols that Folsom and Allie recognize from prior crime scenes.

Starring: Marg Helgenberger, Paula Newsome, Lex Medlin, Matt Lauria, Mandeep Dhillon, Ariana Guerra

09:30 pm FBI: International

CC M
Violence

ALL NEW EPISODES

Crestfallen

Scott's connection to his mother takes a deadly turn when Greg Hutchinson's private jet is shot down over Poland. The Fly Team are shocked to learn the identity of a man who missed the flight.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

Guest Starring: Elizabeth Mitchell

10:30 pm NCIS Encore (Rpt)

CC M
Violence,
Drug References

SPECIAL ENCORE PRESENTATION

Old Wounds

Parker grapples with his emotions when a conman from his past turns up as a prime suspect in the murder of a navy officer transporting millions of dollars' worth of opioids.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll, Brian Dietzen

11:30 pm NCIS: Hawaii Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Silent Invasion

When the murder of a captain and his wife echoes a previous case, the NCIS team brings in a former team member to help determine if they are dealing with a copycat killer.

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon

Guest Starring: Jake Weber



SYDNEY PROGRAM GUIDE

Saturday 25th March 2023

12:30 am Bull Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Frontotemporal

Brilliant, brash & charming, Dr. Bull is the ultimate puppet master as he combines psychology, human intuition and high-tech data to learn what makes jurors, attorneys, witnesses and the accused tick.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

01:30 am Bull Encore (Rpt)

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

Family Matters

Marissa's absence from TAC leads to more headaches for Bull. Facing off against his onetime ally, Bull must face court against Marissa and her new boss.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power

G

ALL NEW EPISODES

Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus.