



# SYDNEY PROGRAM GUIDE

Sunday 02nd April 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

### 040223 Overcomer Interview With Dr. David Jeremiah

Dr. Jeremiah and Sheila Walsh discuss the tools that God has provided to help us become overcomers.

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

## ALL NEW EPISODES

### 467 - His Promises Are Yours To Own

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

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

**08:30 am 2023 Australian Formula 1 Grand Prix** CC

## LIVE

### F1- Australia- Day 3 Live

Watch all the live action here for day three of the 2023 F1 World Championship in Melbourne. Look forward to increased speeds, beautiful cars & spectacular racing. Track coverage from 09:05AM 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

Sunday 02nd April 2023

<b>06:30 pm</b>	<b>The Sunday Project</b>	CC
<b>07:30 pm</b>	<b>I'm A Celebrity...Get Me Out Of Here!</b>	CC
<b>09:30 pm</b>	<b>NCIS: Hawaii (Rpt)</b>	CC M Violence
<b>10:30 pm</b>	<b>FBI (Rpt)</b>	CC M Violence
<b>11:30 pm</b>	<b>The Sunday Project Encore (Rpt)</b>	CC
<b>12:30 am</b>	<b>Home Shopping (Rpt)</b>	
<b>01:00 am</b>	<b>Home Shopping (Rpt)</b>	
<b>01:30 am</b>	<b>Home Shopping (Rpt)</b>	
<b>02:00 am</b>	<b>Home Shopping (Rpt)</b>	
<b>02:30 am</b>	<b>Home Shopping (Rpt)</b>	

## ALL NEW EPISODES

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

## SEASON PREMIERE

### Rescuers

When a Navy petty officer is murdered, Jane and the team investigate while protecting the victim's friend and colleague

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

### Scar Tissue

After a woman's body is found tied up with a sophisticated knot, the team realise they have a cross-country serial killer on their hands. Could an MMA fighter or one of his entourage be the murderer?

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

## SPECIAL ENCORE PRESENTATION

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

### Home Shopping

### Home Shopping

### Home Shopping

### Home Shopping

### Home Shopping



# SYDNEY PROGRAM GUIDE

## Sunday 02nd April 2023

**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 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 03rd April 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**

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

Brooke remains guarded as Thomas confesses his remorse to Hope. A secret affair takes a dangerous turn.

**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 03rd April 2023

01:00 pm **Dr Phil** (Rpt)

CC PG  
Coarse Language,  
Mature Themes

For those anxious about rising prices, Dr. Phil is starting a series on how to survive inflation. Learn credit card tips, grocery ideas, and coupon tricks that could save you thousands!

02:00 pm **To Be Advised**

## ALL NEW EPISODES

04:00 pm **Good Chef Bad Chef**

CC

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

## ALL NEW EPISODES

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

CC PG

Liam is shocked when Hope reveals Steffy's plan to save Hope for the Future.

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.

## ALL NEW EPISODES

07:30 pm **I'm A Celebrity...Get Me Out Of Here!**

CC

## ALL NEW EPISODES

09:00 pm **Would I Lie To You? Australia**

CC M  
Coarse Language

Chrissie Swan, Charlie Pickering and Frank Woodley lead a panel of celeb guests on Would I Lie To You? Guests Cal Wilson, Dilruk Jayasinha, Georgie Carroll and Jock Zonfrillo

## ALL NEW EPISODES

10:00 pm **Ghosts**

CC PG  
Drug References,  
Mature Themes

### Weekend From Hell

Elias Woodstone returns to the manor seeking Hetty's forgiveness so he can stay out of hell for good. Jay tries to repeat a culinary creation that he came up with after walking through Flower.

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



# SYDNEY PROGRAM GUIDE

Monday 03rd April 2023

**10:30 pm Best Of The Sydney Comedy Festival (Rpt)** CC MA15+  
Sexual References,  
Coarse Language,  
Strong Adult Themes

**Best Of The Sydney Comedy Festival Vol. 1**

Strap yourselves in for some laughs! Comics include Nick Cody, Demi Lardner, Rhys Nicholson, Fiona O'Loughlin, Dane Baptiste, Nikki Britton, Harley Breen, John Hastings, Guy Montgomery & Luke Heggie!

**12:00 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.

**01:00 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.

**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 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 04th April 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**

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

Liam is shocked when Hope reveals Steffy's plan to save Hope for the Future.

**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 04th April 2023

**01:00 pm Dr Phil**

CC PG  
Mild Coarse  
Language,  
Mature Themes

## ALL NEW EPISODES

Dr. Phil meets two families who lost their sons to "The blackout challenge." He also receives an update from a past guest who lost one of her 13-year-old twin boys to "the choking game" in 2005.

**02:00 pm To Be Advised**

**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 Good Chef Bad Chef**

CC

## ALL NEW EPISODES

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

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

CC PG

## ALL NEW EPISODES

Wyatt backs Liam for standing firm with Hope about Thomas. Hope is forced to make a difficult choice.

**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.

**07:30 pm I'm A Celebrity...Get Me Out Of Here!**

CC

## ALL NEW EPISODES

**09:00 pm NCIS**

CC PG  
Violence

## ALL NEW EPISODES

### Butterfly Effect

The NCIS team jumps into motion to investigate who is responsible for a potential bio terror attack at a strip mall parking garage. Also, Knight's father deals with a health scare while in Japan.

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





# SYDNEY PROGRAM GUIDE

Tuesday 04th April 2023

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

CC M  
Violence

## Rule 91

While pursuing a dangerous arms dealer, the team is shocked when Bishop is implicated in an old NSA leak. Also, Gibbs and Marcie realise the killer they've been tracking may be onto them.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

**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

**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 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

Wednesday 05th April 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**

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 backs Liam for standing firm with Hope about Thomas. Hope is forced to make a difficult choice.

**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

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# SYDNEY PROGRAM GUIDE

Wednesday 05th April 2023

**01:00 pm Dr Phil (Rpt)**

CC PG  
Mature Themes

Dr. Phil hosts a debate about President Biden's recently announced plan which offers debt relief to address growing college costs and make the student loan system more manageable for working families.

**02:00 pm To Be Advised**

**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.

### ALL NEW EPISODES

**04:00 pm Good Chef Bad Chef**

CC

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

### ALL NEW EPISODES

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

CC PG

Hope blindsides Liam with shocking news about Thomas.

### 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 Project**

CC

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

### ALL NEW EPISODES

**07:30 pm I'm A Celebrity...Get Me Out Of Here!**

CC

### ALL NEW EPISODES

**09:00 pm Law & Order: S.V.U**

CC M  
Violence,  
Mature Themes

#### Intersection

A car accident leads the detectives on a search for an ambulance driver who is abducting and raping female patients. Fin gives potential new recruit, Brooklyn's Det. Bruno, a tour of Manhattan SVU.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano, Molly Burnett, Kevin Kane



# SYDNEY PROGRAM GUIDE

Wednesday 05th April 2023

**10:00 pm Fire Country**

CC PG  
Mature Themes

### ALL NEW EPISODES

#### You Know Your Dragon Best

The crews work to contain a dangerous forest fire and save a group of environmentalists protesting a housing development.

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

**11:00 pm Bull (Rpt)**

CC M  
Mature Themes

#### Safe Space

Bull helps an agoraphobic client bring a wrongful death suit against the alleged killer of his beloved aunt, but the client's inability to testify in person threatens the trial.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

**12:00 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.

**01:00 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.

**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



# SYDNEY PROGRAM GUIDE

Wednesday 05th April 2023

**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

Thursday 06th April 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**

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

Hope blindsides Liam with shocking news about Thomas.

**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

Thursday 06th April 2023

**01:00 pm Dr Phil (Rpt)**

CC PG  
Sexual References,  
Mature Themes

Do athletes believe they are individually more important than their teams and that the rules don't apply to them? Dr. Phil sits down with parents, athletes, coaches, and students who all say yes.

**02:00 pm To Be Advised**

**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.

### ALL NEW EPISODES

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

**04:00 pm Good Chef Bad Chef**

CC

### ALL NEW EPISODES

Douglas prepares to move back in with Liam and Hope. An irate Liam questions Hope's motives for her change of heart.

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

CC PG

### LIVE

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

**05:00 pm 10 News First**

CC

### ALL NEW EPISODES

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

**06:30 pm The Project**

CC

### ALL NEW EPISODES

**07:30 pm I'm A Celebrity...Get Me Out Of Here!**

CC

### SEASON FINALE

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 Taskmaster Australia**

CC



# SYDNEY PROGRAM GUIDE

Thursday 06th April 2023

09:30 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.

10:30 pm **Would I Lie To You? Australia Encore (Rpt)** CC M  
Coarse Language

## SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley lead a panel of celeb guests on Would I Lie To You? Guests Cal Wilson, Dilruk Jayasinha, Georgie Carroll and Jock Zonfrillo

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.

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 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

Friday 07th April 2023

## ALL NEW EPISODES

<b>06:00 am</b>	<b>The Talk</b>	CC PG Mature Themes	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.
<b>07:00 am</b>	<b>Farm To Fork (Rpt)</b>	CC PG	Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.
<b>07:30 am</b>	<b>Good Chef Bad Chef (Rpt)</b>	CC G	Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
<b>08:00 am</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.
<b>08:30 am</b>	<b>Entertainment Tonight</b>	CC	Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>09:00 am</b>	<b>Judge Judy (Rpt)</b>	CC PG	Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.
<b>09:30 am</b>	<b>The Bold &amp; The Beautiful (Rpt)</b>	CC PG	Douglas prepares to move back in with Liam and Hope. An irate Liam questions Hope's motives for her change of heart.
<b>10:00 am</b>	<b>Studio 10</b>	CC PG	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.
<b>12:00 pm</b>	<b>Planet Shapers (Rpt)</b>	CC G	<b><u>Planet Shapers</u></b> Sustainability stories about innovating and adapting to create a more sustainable world.
<b>12:30 pm</b>	<b>My Market Kitchen (Rpt)</b>	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.



# SYDNEY PROGRAM GUIDE

Friday 07th April 2023

**01:00 pm Dr Phil (Rpt)**

CC PG  
Sexual References,  
Coarse Language,  
Mature Themes

Dr. Phil meets women who claim they were sexually assaulted by college athletes and say there is a big double standard when it comes to athletes accused of criminal behaviour versus typical students.

**02:00 pm To Be Advised**

## ALL NEW EPISODES

**03:00 pm Entertainment Tonight**

CC

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.

## ALL NEW EPISODES

**04:00 pm Good Chef Bad Chef**

CC

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

## ALL NEW EPISODES

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

CC PG

Deacon gets in his feelings as he listens to Wyatt and Liam discuss Sheila. Sheila freaks out, believing Bill is aware of her secret affair with Deacon.

## 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 Project**

CC

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

**07:30 pm The Graham Norton Show (Rpt)**

CC M  
Coarse Language,  
Mature Themes

Settle in for a grand night of entertainment as Graham is joined by legendary singer Bruce Springsteen, Anya Taylor-Joy, Anna Maxwell Martin and Mo Gilligan. With music from Florence and the Machine.



# SYDNEY PROGRAM GUIDE

Friday 07th April 2023

<b>08:35 pm</b>	<b>Taskmaster Australia Encore</b> (Rpt)	CC	
<b>09:40 pm</b>	<b>Football: Matildas V Scotland</b>	CC	
<b>12:45 am</b>	<b>Would I Lie To You? Australia Encore</b> (Rpt)	CC	M Coarse Language
<b>01:45 am</b>	<b>The Project Encore</b> (Rpt)	CC	
<b>02:45 am</b>	<b>The Late Show With Stephen Colbert</b>	CC	PG
<b>03:30 am</b>	<b>Home Shopping</b> (Rpt)		
<b>04:00 am</b>	<b>Home Shopping</b> (Rpt)		
<b>04:30 am</b>	<b>Home Shopping</b> (Rpt)		
<b>05:00 am</b>	<b>Home Shopping</b> (Rpt)		

## 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.

## LIVE

### Matildas V Scotland

Tune in and catch all the action as the Matildas take on Scotland. Live from Cherry Red Records Stadium. Kick off 10:15PM (AEST).

## SPECIAL ENCORE PRESENTATION

Chrissie Swan, Charlie Pickering and Frank Woodley lead a panel of celeb guests on Would I Lie To You? Guests Cal Wilson, Dilruk Jayasinha, Georgie Carroll and Jock Zonfrillo

## SPECIAL ENCORE PRESENTATION

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

## 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.

### Home Shopping

### Home Shopping

### Home Shopping

### Home Shopping



# SYDNEY PROGRAM GUIDE

Friday 07th April 2023

05:30 am Home Shopping (Rpt)

Home Shopping



# SYDNEY PROGRAM GUIDE

Saturday 08th April 2023

<b>06:00 am</b>	<b>Reel Action</b> (Rpt)	CC G	<p><b><u>Lake Macquarie Flathead</u></b></p> <p>Lake Macquarie has been the beneficiary of being a recreational fishing haven for some years now. Guesty, Sammy Hitzke and Barney get stuck into the Lakes lizards on soft plastics and vibes.</p>
<b>06:30 am</b>	<b>Leading The Way With Dr. Michael Youssef</b>	CC G	<p><b>ALL NEW EPISODES</b></p> <p><b><u>2315 The Imperatives Of The Resurrection 11:00am Service</u></b></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
<b>07:00 am</b>	<b>Freshly Picked With Simon Toohey</b> (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>
<b>07:30 am</b>	<b>Escape Fishing With ET</b> (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>
<b>08:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	<p>Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.</p>
<b>08:30 am</b>	<b>What's Up Down Under</b> (Rpt)	CC PG Sexual References	<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>
<b>09:00 am</b>	<b>Farm To Fork</b> (Rpt)	CC PG	<p>Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.</p>
<b>09:30 am</b>	<b>Good Chef Bad Chef</b> (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>
<b>10:00 am</b>	<b>Studio 10: Saturday</b> (Rpt)	CC PG	<p>Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.</p>
<b>12:00 pm</b>	<b>Taskmaster Australia</b> (Rpt)	CC	<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 08th April 2023

<b>01:00 pm</b>	<b>Taskmaster Australia</b> (Rpt)	CC		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.
<b>02:00 pm</b>	<b>All 4 Adventure</b> (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.
<b>03:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G		Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
<b>03:30 pm</b>	<b>My Market Kitchen</b> (Rpt)	CC G		Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
<b>04:00 pm</b>	<b>Farm To Fork</b> (Rpt)	CC PG		Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.
<b>04:30 pm</b>	<b>Taste Of Australia - BBQ Special</b>	CC		<p><b>ALL NEW EPISODES</b></p> <p><b><u>Dee Why Beach</u></b></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>
<b>05:00 pm</b>	<b>10 News First</b>	CC		<p><b>LIVE</b></p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
<b>06:00 pm</b>	<b>Bondi Rescue</b> (Rpt)	CC PG Coarse Language		With a record 234 rescues performed in Bondi on one day, Australia's prettiest playground can quickly become a nightmare for tourists not used to the precarious surf conditions.
<b>06:30 pm</b>	<b>The Dog House Australia Encore</b> (Rpt)	CC PG Mature Themes		<p><b>SPECIAL ENCORE PRESENTATION</b></p> <p>Will Lexi be able to bond with brothers Sam and Jackson? Will dogs Bobby and Milly mend Johnno's broken heart? And will the energetic puppy Cookie prove too hard to handle for dancers Ash and Mike?</p>



# SYDNEY PROGRAM GUIDE

Saturday 08th April 2023

**07:30 pm Blue Bloods**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

### Past History

Danny races to catch a serial killer targeting young women, a clash occurs when Eddie intervenes in Erin's murder case, and Frank must discipline Joe when he breaks protocol while working with the FBI

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

**08:30 pm CSI: Vegas**

CC M  
Violence

## ALL NEW EPISODES

### Boned

The CSI team investigates the death of an archaeologist found near the discovery of an ancient civilization. Max locates another cryptic note after a mentally distressed woman kills her attacker.

Starring: Paula Newsome, Matt Lauria, Mandeep Dhillon, Ariana Guerra, Sarah Gilman, Lex Medlin

**09:30 pm NCIS Encore (Rpt)**

CC PG  
Violence

## SPECIAL ENCORE PRESENTATION

### Butterfly Effect

The NCIS team jumps into motion to investigate who is responsible for a potential bio terror attack at a strip mall parking garage. Also, Knight's father deals with a health scare while in Japan.

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

**10:30 pm NCIS: Hawaii (Rpt)**

CC M  
Violence

### Rescuers

When a Navy petty officer is murdered, Jane and the team investigate while protecting the victim's friend and colleague

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

**11:30 pm Fire Country Encore (Rpt)**

CC PG  
Mature Themes

## SPECIAL ENCORE PRESENTATION

### You Know Your Dragon Best

The crews work to contain a dangerous forest fire and save a group of environmentalists protesting a housing development.

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



# SYDNEY PROGRAM GUIDE

## Saturday 08th April 2023

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am 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.