



# SYDNEY PROGRAM GUIDE

Sunday 25th June 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

### 062523 The Final Prophecy – The Triumph Of The Gospel

Because the Lord Jesus Christ has conquered sin and death and hell, lives are changed, and the Church grows. This is the triumph of the Gospel - the victory of Jesus on our behalf.

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

## ALL NEW EPISODES

### 479 - Activate The Grace Covenant Through Tongues

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 Planet Shapers (Rpt)** CC G

### Planet Shapers

Sustainability stories about innovating and adapting to create a more sustainable world.

**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

In this Christmas special, 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 Australia By Design: Innovations (Rpt)** CC PG

Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game.



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Sunday 25th June 2023

<b>10:00 am Studio 10: Sunday</b>	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
<b>12:00 pm MasterChef Australia Encore (Rpt)</b>	CC PG Mild Coarse Language, Mild Themes	<p><b>SPECIAL ENCORE PRESENTATION</b></p> <p><b><u>Beat The Chef</u></b></p> <p>For a hot shot at an Immunity Pin, the lucky mug to grind out the best sweet coffee dish moves on to stir things up in a tea for two brewhaha against The Ritz-Carlton's perky pastry chef Kay-Lene Tan.</p>
<b>01:10 pm Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
<b>01:30 pm Bondi Rescue (Rpt)</b>	CC PG Coarse Language, Mature Themes	Australia's East Coast has been devastated by drought and fires. While the fires continue to blaze, the smoke impacts the lifeguards visibility, quality of air and their ability to protect beachgoers.
<b>02:00 pm Luxury Escapes (Rpt)</b>	CC G	<p><b><u>Italy / Blue Mountains</u></b></p> <p>Cameron begins his journey with some adventure and relaxation in The Blue Mountains. Then he's off to fashionable Milan, followed by a trip to majestic Lake Como.</p>
<b>02:30 pm 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.
<b>03:00 pm The Offroad Adventure Show (Rpt)</b>	CC PG	This season Borgy, Leash, Jamie and Jess are taking on two epic 4wd adventures crossing the states of NSW and VIC using only the dirt.
<b>04:00 pm 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>04:30 pm Farm To Fork (Rpt)</b>	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.



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Sunday 25th June 2023

**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 MasterChef Australia**

CC PG  
Coarse Language,  
Mild Themes

## ALL NEW EPISODES

### Caviar Taste Test

It's a colour palette for the palate as a mother of a pearl taste test sets the tone. Who will then be caught red-handed and feeling blue cooking an elimination dish that highlights one chosen colour?

**09:00 pm FBI**

CC M  
Violence

## ALL NEW EPISODES

### Prodigal Son

As the FBI investigates a deadly robbery that garnered a cache of automatic weapons for the killers, the team discover one of the perps is a classmate of Jubal's son, who is reluctant to cooperate.

Starring: Zeeko Zaki, Jeremy Sisto, Shantel Van Santen, John Boyd, Katherine Renee Turner, Ben Shenkman

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

CC M  
Violence

## Spies, Part 2

While Jane investigates Maggie's kidnapping, she's shocked when she learns the truth and enlists her team and Whistler to prove her findings.

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

**11:00 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.

**12:00 am Home Shopping (Rpt)**

## Home Shopping



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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

## Monday 26th June 2023

**06:00 am Freshly Picked With Simon Toohey** CC G  
(Rpt)

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.

**06:30 am My Market Kitchen** (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.

**07:00 am 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.

**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

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

### SPECIAL ENCORE PRESENTATION

**08:30 am Entertainment Tonight** (Rpt) CC

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  
Mild Themes

Brooke wonders what caused Deacon's sudden change of heart. R.J. tells Hope why he really returned to Los Angeles. Brooke is shocked by what she witnesses.

### LIVE

**10:00 am Studio 10** 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.



# SYDNEY PROGRAM GUIDE

Monday 26th June 2023

**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.

**01:00 pm Dr Phil**

CC PG  
Mature Themes

## ALL NEW EPISODES

Dr. Phil shows parents the reality of what many teens are doing behind the wheels of their vehicles and offers advice on what they can do to keep their teenagers safe on the road.

**02:00 pm MasterChef Australia Encore (Rpt)**

CC PG  
Coarse Language,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

### Caviar Taste Test

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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 Good Chef Bad Chef**

CC G

## 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  
Coarse Language,  
Mild Themes

## ALL NEW EPISODES

Ridge makes a confession. Brooke and Taylor reach a tense impasse.

**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 26th June 2023

**07:30 pm MasterChef Australia**

CC PG  
Coarse Language,  
Mild Themes

## ALL NEW EPISODES

### Everything Mystery Box

Contestants must include every ingredient in the dreaded Everything Box to plate up a meal with the whole shebang. The makers of the bottom three dishes will face tomorrow's mind-blowing Pressure Test

**08:40 pm Have You Been Paying Attention?**

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

## ALL NEW EPISODES

Have our contestants, Kitty Flanagan, Ray O'Leary, Bron Lewis, Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

**09:40 pm Just For Laughs Australia**

CC MA15+  
Sexual References,  
Coarse Language

## ALL NEW EPISODES

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Stephen K Amos, Al Del Bene and Alice Fraser.

**10:10 pm FBI: Most Wanted**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

### Clean House

The Fugitive Task Force searches for a missing migrant teen they believe was lured into unlawful work by a dangerous man. Remy learns of a previously undisclosed witness in his brother's murder case.

Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes

**11:00 pm FBI: Most Wanted (Rpt)**

CC M  
Violence,  
Drug References

### El Pincho

The team go in search of a notorious Colombian drug lord who has escaped from prison and is on a killing spree, leading Kristin to open up to her ex-husband about a terrifying ordeal from her past,

Starring: Julian McMahon, Alexa Davalos, Roxy Sternberg, Keisha Castle-Hughes

Guest Starring: Molly Burnett

**12:00 am The Project Encore (Rpt)**

CC

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**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)

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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 Burleson.





# SYDNEY PROGRAM GUIDE

Tuesday 27th June 2023

**06:00 am Freshly Picked With Simon Toohey** CC G  
(Rpt)

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.

**06:30 am My Market Kitchen** (Rpt) CC G

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

**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  
Coarse Language,  
Mild Themes

Ridge makes a confession. Brooke and Taylor reach a tense impasse.

**10:00 am Studio 10** CC PG

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**01:00 pm Dr Phil**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

A complete stranger began contacting rapper Brooklyn Queen, declaring herself to be Brooklyn's birth mother, but there is no way that this can be true. What do DNA test results reveal?

**02:00 pm MasterChef Australia Encore (Rpt)**

CC PG  
Coarse Language,  
Mild Themes

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## ALL NEW EPISODES

Hope learns the truth about Taylor's actions. Brooke finally admits her feelings.

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**07:30 pm MasterChef Australia**

CC PG  
Mild Themes

## ALL NEW EPISODES

### Beef & Oyster

Internationally renowned chef Clare Smyth of Sydney's Oncore Restaurant is here to put contestants through their Pressure Test paces with a dish inspired by beef, oyster and Irish stout pie.

**08:40 pm The Cheap Seats**

CC M  
Coarse Language,  
Mature Themes,  
May Contain:

## ALL NEW EPISODES

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.

**09:40 pm NCIS (Rpt)**

CC M  
Violence

### All Hands

After a civilian research vessel rescues a small boat of wounded navy officers, NCIS arrives on the ship and is forced to hide after discovering terrorists on board

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

**10:40 pm NCIS (Rpt)**

CC M  
Violence

### Fight Or Flight

When the body of a Navy lieutenant is discovered missing an eye, the NCIS investigation leads to the world of cage fighting

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

**11:30 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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**12:30 am The Late Show With Stephen Colbert**

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## 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 Burleson.



# SYDNEY PROGRAM GUIDE

## Wednesday 28th June 2023

**06:00 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.

**06:30 am My Market Kitchen** (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.

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**08:30 am Entertainment Tonight** (Rpt) CC

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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.

**09:30 am The Bold & The Beautiful** (Rpt) CC PG  
Mild Themes

Hope learns the truth about Taylor's actions. Brooke finally admits her feelings.

**10:00 am Studio 10** CC PG

### LIVE

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# SYDNEY PROGRAM GUIDE

Wednesday 28th June 2023

**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.

**01:00 pm Dr Phil**

CC PG  
Mature Themes

## ALL NEW EPISODES

The number of young people who identify as transgender has nearly doubled in recent years. Some say that teens are rushing to get medical treatments without counseling or knowing the facts.

**02:00 pm MasterChef Australia Encore (Rpt)**

CC PG  
Mild Themes

## SPECIAL ENCORE PRESENTATION

### Beef & Oyster

Internationally renowned chef Clare Smyth of Sydney's Oncore Restaurant is here to put contestants through their Pressure Test paces with a dish inspired by beef, oyster and Irish stout pie.

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CC PG  
Mild Themes

## ALL NEW EPISODES

Taylor tries to defer blame. Hope reassures Thomas that he doesn't need to be concerned about Liam. Ridge struggles with his conscience.

**05:00 pm 10 News First**

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



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## ALL NEW EPISODES

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**07:30 pm MasterChef Australia**

CC

## ALL NEW EPISODES

**0.My Farm To Table**

**08:40 pm Riptide**

CC M  
Violence,  
Coarse Language,  
Drug References

## SERIES PREMIERE

Newlyweds Alison and Sean appear to have an idyllic life. When Sean fails to return, having gone surfing, police conclude that he has drowned. However, Alison suspects something more sinister.

Starring: Jo Joyner, David Berry, Peter O'Brien, Ciaran Griffiths, Asher Yasbincek, Alexandra Fowler

**09:40 pm So Help Me Todd**

CC PG  
Mature Themes

## ALL NEW EPISODES

**Corduroy Briefs**

Margaret and Todd work to bring justice to an Olympic athlete who lost his leg in a plane crash resulting from a defective aircraft.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann

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CC M  
Violence

## SPECIAL ENCORE PRESENTATION

**Prodigal Son**

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Mild Themes

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

## ALL NEW EPISODES

Social media is designed to hook people in, and TikTok's advanced algorithms may make it more addictive to children than other apps. But, what about parents and spouses becoming victims, too?

**02:00 pm MasterChef Australia Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

**0.My Farm To Table**

**03:10 pm Entertainment Tonight** CC

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Mild Themes

## ALL NEW EPISODES

Thomas is surprised to learn who is spreading rumors about him and Hope. Liam must trust his intuition.

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## ALL NEW EPISODES

**08:40 pm The First Inventors**

CC G

## ALL NEW EPISODES

Vast communication networks, trade superhighways and sophisticated kinship systems. First Nations people built an extraordinarily connected society on this enormous and often inhospitable continent.

**09:40 pm The Cheap Seats Encore (Rpt)**

CC M

Coarse Language,  
Mature Themes,  
May Contain:

## SPECIAL ENCORE PRESENTATION

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.

**10:40 pm Law & Order: S.V.U (Rpt)**

CC M

Violence,  
Strong Adult Themes

## Never Turn Your Back On Them

Chief McGrath pressures Benson to get a conviction as the bodies start piling up in the probe into Congressman Howard, while the search for witnesses on the run leads Fin and Kat down a dangerous path

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

**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



# SYDNEY PROGRAM GUIDE

## Thursday 29th June 2023

**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

## Friday 30th June 2023

<b>06:00 am</b> <b>Freshly Picked With Simon Toohey</b> (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.
<b>06:30 am</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>07:00 am</b> <b>Farm To Fork</b> (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.
<b>07:30 am</b> <b>Good Chef Bad Chef</b> (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.
<b>08:00 am</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>SPECIAL ENCORE PRESENTATION</b>		
<b>08:30 am</b> <b>Entertainment Tonight</b> (Rpt)	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</b> (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.
<b>09:30 am</b> <b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Mild Themes	Thomas is surprised to learn who is spreading rumors about him and Hope. Liam must trust his intuition.
<b>LIVE</b>		
<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.



# SYDNEY PROGRAM GUIDE

Friday 30th June 2023

**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.

**01:00 pm Dr Phil**

CC PG  
Violence,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Citizens are being attacked by strangers with violent criminal histories. Are these attacks a result of soft-on-crime policies enacted by woke and progressive District Attorneys and elected officials?

**02:00 pm First Inventors Encore (Rpt)**

CC G

## SPECIAL ENCORE PRESENTATION

Vast communication networks, trade superhighways and sophisticated kinship systems. First Nations people built an extraordinarily connected society on this enormous and often inhospitable continent.

**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 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.

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

CC PG  
Sexual References,  
Mild Themes

## ALL NEW EPISODES

Wyatt offers a new perspective. Hope has an unexpected vision of her future.

**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 30th June 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 To Be Advised**

## SPECIAL ENCORE PRESENTATION

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

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

Have our contestants, Kitty Flanagan, Ray O'Leary, Bron Lewis, Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

**09:30 pm The Graham Norton Show (Rpt)**

CC M  
Coarse Language

Graham is joined by Dame Helen Mirren, Ariana DeBose and Pedro Pascal, with music from Freya Ridings, who performs her single Weekends. Plus, audience tales from the world famous Big Red Chair.

**10:30 pm The Graham Norton Show (Rpt)**

CC M  
Coarse Language,  
Mature Themes

Join the hilarious and cheeky Graham Norton as he chats with guests Penelope Cruz, Pedro Almodóvar, James McAvoy, Nicóle Lecky and Ella Henderson.

**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](#)



# SYDNEY PROGRAM GUIDE

## Friday 30th June 2023

<b>02:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>03:00 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>03:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>04:00 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>04:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>05:00 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>05:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>





# SYDNEY PROGRAM GUIDE

## Saturday 01st July 2023

**06:00 am Reel Action (Rpt)** CC G

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

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

### ALL NEW EPISODES

#### 2327 The Sin Of Removing Landmarks

Dr Michael Youssef speaks about the Word of God and offers hope.

**07:00 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.

**07:30 am Escape Fishing With ET (Rpt)** CC

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.

**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 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!

**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 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.

**10:00 am Studio 10: Saturday** CC PG

Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.

**12:00 pm First Inventors Encore (Rpt)** CC G

### SPECIAL ENCORE PRESENTATION

Vast communication networks, trade superhighways and sophisticated kinship systems. First Nations people built an extraordinarily connected society on this enormous and often inhospitable continent.



# SYDNEY PROGRAM GUIDE

Saturday 01st July 2023

**01:00 pm My Market Kitchen (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.

**01:30 pm Hungry (Rpt)** CC G

Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.

**02:00 pm Pooches At Play** CC

## ALL NEW EPISODES

### Pooches At Play

Hosted by Dog Trainer and Behaviourist, Lara Shannon, get all the tips and advice you need to be the best carer and friend to your favourite furry pals.

**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 What's Up Down Under** CC

## ALL NEW EPISODES

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 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.

**04:00 pm My Market Kitchen** CC

## ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

**04:30 pm 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.

**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 July 2023

**06:00 pm To Be Advised**

**07:00 pm The Dog House Australia (Rpt)**

CC PG  
Mild Themes

Amrita is willing to give a troubled soul a home but gets more trouble than she bargained for with Jack Russell cross Oreo in the meeting pen.

**08:00 pm NCIS: Los Angeles**

CC M  
Frequent Violence

## ALL NEW EPISODES

### Best Seller

When Sam's friend Tom Olsen finds himself being hunted down by enemies from his past, the NCIS team must find out who is after him.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

**09:00 pm Blue Bloods**

CC M  
Mature Themes

## ALL NEW EPISODES

### Irish Exits

Baez and her daughter get targeted by a perp she once put away. Eddie advises Badillo after his ex-girlfriend is attacked. Anthony is sucked into a crime ring and Frank worries about his friend Lenny.

Starring: Tom Selleck, Donnie Wahlberg, Vanessa Ray, Marisa Ramirez, Treat Williams, Bridget Moynahan

**10:00 pm CSI: Vegas**

CC M  
Violence,  
Mature Themes

## ALL NEW EPISODES

### Shell Game

The CSI team investigates a case where an ambitious investigative reporter is found dead at a pistachio factory, while the crime lab buzzes with bets on who Max will promote to day shift supervisor.

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

**11:00 pm The Cheap Seats Encore (Rpt)**

CC M  
Coarse Language,  
Mature Themes,  
May Contain:

## SPECIAL ENCORE PRESENTATION

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.

**12:00 am Home Shopping (Rpt)**

## Home Shopping



# SYDNEY PROGRAM GUIDE

## Saturday 01st July 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)

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.