



SYDNEY PROGRAM GUIDE

Sunday 24th April 2022

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to church.

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

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

420 - Release His Glory In Your Life

Religious program.

07:30 am Joel Osteen CC G

Jo916

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

SPECIAL ENCORE PRESENTATION

Love is in the air as Miguel helps bring a surprise proposal to life. Amanda's dog Minnie needs a check up from resident vet Dr. Chris Brown, and Barry has tips for creating extraordinary wall art.

09:00 am Luca's Key Ingredient CC G

ALL NEW EPISODES

Salumi is quintessential to Italian cooking, and Luca highlights three of his favourites today with recipes including pancetta, prosciutto cotto and guanciale in three epic Italian dishes.

09:30 am Studio 10: Sunday CC PG

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

12:00 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.

12:30 pm To Be Advised



SYDNEY PROGRAM GUIDE

Sunday 24th April 2022

02:10 pm To Be Advised

03:20 pm To Be Advised

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

ALL NEW EPISODES

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

05:00 pm 10 News First CC

LIVE

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

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

ALL NEW EPISODES

The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef

09:00 pm FBI CC

ALL NEW EPISODES

Sarin Gas

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

10:00 pm FBI(Rpt) CC M
Violence

Uncovered

The team must infiltrate a drug trafficking gang after a chemical plant robbery leaves two customs agents dead. Maggie gains new insight into Nestor's character when he offers his help on the case,

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



SYDNEY PROGRAM GUIDE

Sunday 24th April 2022

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

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 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 25th April 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

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

SPECIAL ENCORE PRESENTATION

An emotional Hope encourages Steffy to fight for her life. Meanwhile, A powerful bond is formed between Sheila and Taylor during a terrifying situation.

08:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 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.

03:30 pm My Market Kitchen

CC G

SEASON PREMIERE

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

Monday 25th April 2022

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

ALL NEW EPISODES

Bridget consoles a heartbroken Liam with news about Steffy's condition. Meanwhile, Sheila panics when she realizes that her fate is in Steffy's hands.

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 MasterChef Australia CC

ALL NEW EPISODES

The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef

08:40 pm FBI: Most Wanted CC

ALL NEW EPISODES

Covenant

The team's new leader, charming but formidable Special Agent Remy Scott, takes charge as they investigate a series of homicides tied to a forbidden love between a young teen and her older boyfriend.

Starring: Dylan McDermott, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes

09:40 pm FBI: Most Wanted (Rpt) CC M
Violence,
Mature Themes

Ride Or Die

After a manipulative student commits murder in a fit of jealousy, the team races to capture her before she escapes across the border; Jess teaches Tali how to stand up to bullies.

Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand



SYDNEY PROGRAM GUIDE

Monday 25th April 2022

10:40 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Mature Themes

Grudge

The team searches for a cyberstalker who vows revenge on those he believes wronged him; someone from Hana's past offers her help on the case, but at a price she's not willing to pay.

Starring: Julian McMahon, Roxy Sternberg, Kellan Lutz, Keisha Castle-Hughes, Nathaniel Arcand

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)

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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

Tuesday 26th April 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

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

CC PG

SPECIAL ENCORE PRESENTATION

Bridget consoles a heartbroken Liam with news about Steffy's condition. Meanwhile, Sheila panics when she realizes that her fate is in Steffy's hands.

08:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

12:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

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

01:00 pm To Be Advised

02:10 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

02:30 pm Everyday Gourmet With Justine Schofield (Rpt)

CC G

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

03:00 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.



SYDNEY PROGRAM GUIDE

Tuesday 26th April 2022

03:30 pm My Market Kitchen CC G

ALL NEW EPISODES

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

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

ALL NEW EPISODES

Ridge vows to bring those responsible for hurting his family to justice. Meanwhile, Taylor makes a shocking statement about Sheila to 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.

07:30 pm MasterChef Australia CC

ALL NEW EPISODES

The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef

08:30 pm The Cheap Seats CC

SEASON PREMIERE

Melanie Bracewell and Tim McDonald take a look at the week that was. From major news stories, entertainment and viral videos The Cheap Seats is a Reader's Digest for those who just don't want to read.

09:30 pm NCIS: Los Angeles CC

ALL NEW EPISODES

Mwd

NCIS investigates the kidnapping of Master Sergeant Boomer, a military working dog. Also, Sam looks to sell his boat so he can take care of his father who is suffering from Alzheimer's.

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



SYDNEY PROGRAM GUIDE

Tuesday 26th April 2022

10:30 pm NCIS (Rpt)

CC M
Violence

Lonely Hearts

The lead suspect in a murder investigation is a woman that Gibbs' friend met on a dating site; Sloane has a secret admirer on Valentine's Day.

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)

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03:30 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 Burseson.



SYDNEY PROGRAM GUIDE

Wednesday 27th April 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

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

CC PG

SPECIAL ENCORE PRESENTATION

Ridge vows to bring those responsible for hurting his family to justice. Meanwhile, Taylor makes a shocking statement about Sheila to Ridge.

08:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

12:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

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

01:00 pm To Be Advised

02:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

02:30 pm Everyday Gourmet With Justine Schofield (Rpt)

CC G

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

03:00 pm Judge Judy (Rpt)

CC PG

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SYDNEY PROGRAM GUIDE

Wednesday 27th April 2022

03:30 pm	My Market Kitchen	CC
04:00 pm	Good Chef Bad Chef	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:30 pm	The Project	CC
07:30 pm	MasterChef Australia	CC
09:30 pm	First Dates Australia	CC
10:30 pm	This Is Us	CC PG Mature Themes

ALL NEW EPISODES

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

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.

ALL NEW EPISODES

LIVE

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

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Every Version Of You

Randall and Rebecca embark on a road trip and reflect on their past.

Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz



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Wednesday 27th April 2022

11:30 pm The Project Encore (Rpt) CC

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

ALL NEW EPISODES

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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

Thursday 28th April 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

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

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

12:00 pm Dr Phil

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

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

01:00 pm To Be Advised

03:00 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.

03:30 pm My Market Kitchen

CC

ALL NEW EPISODES

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

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.



SYDNEY PROGRAM GUIDE

Thursday 28th April 2022

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

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

06:30 pm **The Project** CC

07:30 pm **MasterChef Australia** CC

08:30 pm **Gogglebox Australia** CC

09:30 pm **To Be Advised**

10:30 pm **Blue Bloods (Rpt)** CC M
Violence,
Mature Themes

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

ALL NEW EPISODES

LIVE

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

ALL NEW EPISODES

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

ALL NEW EPISODES

The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef

ALL NEW EPISODES

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Where The Truth Lies

Frank takes heat when a widow blames him for her husband's recent suicide while on the job. Eddie has a gut feeling about a murder, and a desperate Luis Delgado begs Danny to protect his sons.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray

Guest Starring: Lou Diamond Phillips

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Thursday 28th April 2022

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)

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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

Friday 29th April 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

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

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

12:00 pm Dr Phil

CC PG
Mild Themes

ALL NEW EPISODES

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

01:00 pm The Living Room Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Love is in the air as Miguel helps bring a surprise proposal to life. Amanda's dog Minnie needs a check up from resident vet Dr. Chris Brown, and Barry has tips for creating extraordinary wall art.

02:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

02:30 pm Everyday Gourmet With Justine Schofield (Rpt)

CC G

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



SYDNEY PROGRAM GUIDE

Friday 29th April 2022

03:00 pm Judge Judy (Rpt) CC PG

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

ALL NEW EPISODES

03:30 pm My Market Kitchen CC

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef CC G

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

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 The Living Room CC

08:30 pm The Dog House Australia (Rpt) CC PG
Mild Themes

Will Johnny and Eva get to surprise their teenager Jude with a rescue when they can't agree on the breed? And what about Sophie the cavalier, can she win the timid heart of Martin the maltese cross?

SPECIAL ENCORE PRESENTATION

09:30 pm First Dates Australia Encore (Rpt) CC



SYDNEY PROGRAM GUIDE

Friday 29th April 2022

10:30 pm **To Be Advised**

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)

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04:00 am **Home Shopping** (Rpt)

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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 30th April 2022

06:00 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.

ALL NEW EPISODES

2218 - Appropriating The Happiness That Is In You - Part 1: By Being Salt

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

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

ALL NEW EPISODES

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.

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

07:30 am The Offroad Adventure Show (Rpt) CC

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.

08:30 am Pooches At Play (Rpt) CC G

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

09:00 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.

09:30 am Studio 10: Saturday CC PG

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

12:00 pm Pat Callinan's 4x4 Adventures (Rpt) CC G

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

ALL NEW EPISODES

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.

01:00 pm The Offroad Adventure Show CC



SYDNEY PROGRAM GUIDE

Saturday 30th April 2022

02:00 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.

02:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

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 All 4 Adventure (Rpt) CC PG
Coarse Language

Jase and Simon, head into the wilds of Western Australia and the Northern Territory for another epic season of off-road and off-shore adventures.

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.

06:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language, Mature Themes

When a car free falls off a ledge, tumbling upside down onto one of the Australia's busiest walking tracks, the Lifeguards venture off the sand to help keep beach goers safe.

06:30 pm Bondi Rescue (Rpt) CC PG
Coarse Language

Tragedy strikes when a husband and wife are washed off rocks by a massive wave. The Lifeguards search desperately for the couple, hoping that the rescue mission doesn't become a body retrieval.

07:00 pm Isuzu UTE A-League Men CC

LIVE

Round 21: Perth Glory V Western Sydney Wanderers

Tune in for all the Round 21 action of the Isuzu UTE A-League Men as Perth Glory take on the Western Sydney Wanderers from HBF Park. Match start time: 7:45PM (AEST).



SYDNEY PROGRAM GUIDE

Saturday 30th April 2022

07:40 pm	Isuzu UTE A-League Men	CC	<p>LIVE</p> <p><u>Round 21: Perth Glory V Western Sydney Wanderers</u></p> <p>Tune in for all the Round 21 action of the Isuzu UTE A-League Men as Perth Glory take on the Western Sydney Wanderers from HBF Park. Match start time: 7:45PM (AEST).</p>
09:30 pm	Isuzu UTE A-League Men	CC	<p>LIVE</p> <p><u>Round 21: Perth Glory V Western Sydney Wanderers</u></p> <p>Tune in for all the Round 21 action of the Isuzu UTE A-League Men as Perth Glory take on the Western Sydney Wanderers from HBF Park. Match start time: 7:45PM (AEST).</p>
10:00 pm	Ambulance Australia (Rpt)	CC M Violence, Coarse Language, Drug Use, Mature Themes	Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.
11:00 pm	Ambulance Australia (Rpt)	CC M Coarse Language, Mature Themes	Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.
12:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
03:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 30th April 2022

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power

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ALL NEW EPISODES

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